









# Add Flavor Without Salt and Fat!

## Use Herbs and Spices

Herb or Spice	Taste or Flavor	Use in
 <p>All Spice</p>	<ul style="list-style-type: none"> <li>• Combination of cinnamon, clove and nutmeg</li> <li>• Native to West India</li> </ul>	<p>Sausages, braised meats, poached fish, cooked fruits, puddings, pies, and relishes</p>
 <p>Basil</p>	<ul style="list-style-type: none"> <li>• Aromatic green leaf</li> <li>• Member of the mint family</li> </ul>	<p>Tomato dishes, pesto, egg dishes, salads, fish and marinades</p>
 <p>Cayenne</p>	<ul style="list-style-type: none"> <li>• Very powerful ground hot pepper</li> <li>• Native to French Guiana</li> </ul>	<p>Soups, sauces, fish, and eggs</p>
 <p>Chives</p>	<ul style="list-style-type: none"> <li>• Fine, hollow green top of a very small onion</li> </ul>	<p>Salads, egg and cheese dishes, fish soups, and sauces</p>






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 <p>Cilantro</p>	<ul style="list-style-type: none"> <li>• Light green aromatic leaf</li> <li>• Shaped like flat parsley but has a stronger flavor</li> </ul>	<p>Salads, salsa, sauces, soups, eggs, and dressings</p>
 <p>Curry</p>	<ul style="list-style-type: none"> <li>• Mixture of 20 spices including turmeric, cumin, coriander, ginger, clove and cinnamon</li> <li>• Peppery and yellow in color</li> </ul>	<p>Cabbage, broccoli, cauliflower, fish, meat and rice</p>
 <p>Dill</p>	<ul style="list-style-type: none"> <li>• “Dill pickle” flavor</li> </ul>	<p>Soups, sauerkraut, pickling, vegetables, sauces and shellfish</p>
 <p>Garlic</p>	<ul style="list-style-type: none"> <li>• Part of the onion family</li> <li>• Strong and hot flavor</li> </ul>	<p>Everything from meats, vegetables, sauces, salads, and seafood</p>

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 <p>Ginger</p>	<ul style="list-style-type: none"> <li>• Spicy</li> <li>• Light brown knobby root</li> </ul>	<p>Desserts, fruits, tea, pickling, Chinese, Caribbean and Japanese dishes</p>
 <p>Mint</p>	<ul style="list-style-type: none"> <li>• Cool flavor</li> <li>• Spearmint and peppermint are most popular</li> </ul>	<p>Fruits, tea, water, fruit drinks, peas, carrots, jellies, soups and sauces</p>
 <p>Nutmeg</p>	<ul style="list-style-type: none"> <li>• Sweet flavor</li> <li>• Grown in the Netherlands, East and West Indies</li> </ul>	<p>Pies, cream sauces, soups, chicken, veal, vegetables, desserts and breads</p>
 <p>Oregano</p>	<ul style="list-style-type: none"> <li>• Strong flavor</li> <li>• From Italy and Mexico</li> </ul>	<p>Italian and Mexican dishes, tomato sauces, soups, stews, meats, salads and marinades</p>
 <p>Paprika</p>	<ul style="list-style-type: none"> <li>• Mildly spicy and sweet red pepper flavor</li> </ul>	<p>Fish, seafood, garnish, salads and sauces</p>



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 <p>Parsley</p>	<ul style="list-style-type: none"> <li>• Green leaf, curly or flat with a delicate, sweet flavor</li> </ul>	<p>Garnish, stews, sauces, salads, vegetables and potatoes</p>
 <p>Rosemary</p>	<ul style="list-style-type: none"> <li>• Very aromatic light green leaf resembling pine needles</li> </ul>	<p>Lamb, fish, beef, sauces, soups, stews, salads, bread and marinades</p>
 <p>Sage</p>	<ul style="list-style-type: none"> <li>• Pungent gray green herb with fuzzy oblong leaves</li> </ul>	<p>Stuffing, meat, poultry, soups, stews, salads and fish</p>
 <p>Thyme</p>	<ul style="list-style-type: none"> <li>• Tiny brownish green leaf and very aromatic</li> </ul>	<p>Soups, chowders, stocks, sauces, meats, poultry and salad dressings</p>
 <p>Turmeric</p>	<ul style="list-style-type: none"> <li>• Yellow root of the ginger family</li> <li>• Mild, peppery flavor</li> </ul>	<p>Curry powder, pickles, relish, salads, eggs and rice</p>