

May: Spice Up your life

Did you know that herbs and spices add fabulous flavor and color to food without adding salt, fat or sugar?

Spices and herbs have been used for centuries but are they the same thing?

Herbs are the leaves of low growing shrubs and include parsley, chives, thyme, basil, oregano, rosemary, and others. **Spices** come from the bark, roots, buds, seeds, berry, or fruit of plants and trees. Spices include cinnamon, ginger, onion, garlic, cloves, black pepper, paprika, etc.

Tip: Experiment and add flavor



Seasoning blends - mixture of spices and herbs: Italian seasoning, taco seasoning, and poultry seasoning. Opt for salt-free or lower sodium versions.



Rubs - Dry rubs are mixtures of several dry spices and herbs that are worked into the surfaces of meat, poultry, or fish



Marinades - add flavor and tenderize meats and poultry. generally contain herbs and spices, oil, and an acid such as yogurt, citrus juice, or vinegar

Featured Recipe:



Experiment with herbs and spices

Try adding fresh mint and lemon to a glass of ice water. When cooking pasta, add flavor with basil, oregano, parsley and pepper or use an Italian seasoning blend. For more flavor, add spices to uncooked dishes, such as salads, several hours before serving.



Herbs and spices for the entire family

Introduce children to herbs and spices with some easy flavor combinations such as apples with cinnamon, bananas with nutmeg and chicken with rosemary. Try starting a small herb garden!

Try this delicious recipe with any combination of veggies you have available, and enjoy the extra protein boost from the couscous !

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