

# Add flavor without fat.



Experiment with different herbs and spices.

Here are a few ideas to get you started:

Beef	Bay, chives, cumin, garlic, hot pepper, marjoram, mustard, onion
Cheese	Cayenne, dill, garlic, oregano, parsley
Eggs	Cayenne, chives, dill, nutmeg, onion, parsley
Fish	Basil, chervil, dill, fennel, tarragon, garlic, parsley, thyme
Lamb	Basil, garlic, mint, onion, rosemary
Pork	Coriander, cumin, garlic, ginger, hot pepper, black pepper, thyme
Poultry	Basil, garlic, lemon, oregano, paprika, rosemary, savory, sage
Salads	Basil, chives, tarragon, garlic, parsley, sorrel, herb vinegar
Soups	Bay, basil, chervil, marjoram, parsley, savory, rosemary
Vegetables	Basil, chives, cinnamon, dill, tarragon, marjoram, mint, parsley

Some tips:

- **Go easy.** A good rule of thumb is to combine no more than two or three different herbs or spices per dish. And start with  $\frac{1}{4}$  teaspoon of dried herbs or spice for 4 servings.
- **Don't use too many different seasonings in one meal.** For example, if your main dish is strongly flavored, keep the vegetable, salad, and dessert more simple.
- **Crush dried herbs in the palm of your hand** before adding to a recipe. This will revive the flavor and aroma.
- **Powdered herbs are more potent than dried flakes which are, in turn, more potent than fresh herbs.** In general,  $\frac{1}{4}$  teaspoon of powdered herbs is equal to 1 teaspoon of dried herbs or 2 teaspoons of fresh herbs.
- **Store dried herbs and spices in a cool, dry, dark place.**
- **Don't keep dried herbs and spices for more than one year.**

