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Salt-Free Seasoning

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What is the Difference Between an Herb and a Spice

Herb: A leaf or other green part of the plant.

Examples: basil, chives, cilantro, mint, oregano, etc.

Spice: Any other element of the plant, including dried bark, the roots, a spice, a berry, seeds, twigs, or other plant matter.

Examples: cinnamon, cardamom, pepper, anise, ginger, clove, paprika, turmeric, etc.

Sources:

www.web.extension.illinois.edu

www.thespruceeats.com

Seasoning with Herbs and Spices

Heart disease and stroke are linked to high levels of sodium in the diet.

Managing sodium intake is very important for good health.

Current recommendations are to keep sodium intake to no more than 2,300 mg (that's 1 teaspoon) per day.

Seasoning with herbs and spices is a healthy way to enjoy great taste without salt.

Source: www.mydoctor.kaiserpermanente.org

Herbs and Spices What Goes with What?

Beef: bay leaf, cayenne, chili, curry, dill, ginger, mustard.

Pork: allspice, basil, cardamom, cloves, curry, ginger.

Lamb: basil, cardamom, curry, dill, mace, mint, rosemary.

Poultry: allspice, anise, bay leaf, cayenne, curry, dill, sage.

Fish: allspice, anise, basil, bay leaf, chives, fennel, thyme.

Herbs and Spices

Fruit: Allspice, anise, cinnamon, cloves, curry, ginger, mace, mint, nutmeg, pepper.

Vegetables

Green beans: dill, marjoram, nutmeg, oregano.

Broccoli: mustard, nutmeg, sage.

Carrots: Dill, nutmeg, parsley, rosemary, thyme.

What Goes with What?

Cucumbers: basil, dill, parsley.

Eggplant: oregano, parsley.

Mushrooms: garlic, sage.

Potatoes: chives, cumin, dill, fennel, garlic, mace.

Rice: chives, cumin, curry, nutmeg, saffron.

Source: www.udel.edu

Hot 'N Spicy Seasoning

Ingredients

- 1 1/2 teaspoons white pepper (ground)
- 1/2 teaspoon cayenne pepper
- 1/2 teaspoon black pepper
- 1/2 teaspoon onion powder
- 1 1/4 teaspoons garlic powder
- 1 Tablespoon basil (dried)
- 1 1/2 tablespoons thyme (dried)

Directions

1. Mix all ingredients together. Store in an airtight container.

Image and recipe source: www.myplate.gov

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