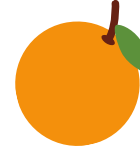
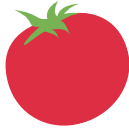


URI SNAP-ED NUTRITION NEWSLETTER

SPICE UP YOUR COOKING



Herbs and spices are a great way to add different flavors and colors into your meals. **Herbs** are usually the leafy part of a plant, and can be found as fresh or dried forms in stores. **Spices** are from non-leafy parts of a plant, and are often sold as dried. There are many different ways to use herbs and spices to make your meals more flavorful.



HERBS 101

There are many different herbs that can help flavor your food. Some popular herbs include: basil, rosemary, thyme, mint, dill, cilantro and parsley, but there are many others.

Do I buy fresh or dried?

Most herbs can be found as both fresh or dried forms. Dried herbs often cost less and last longer. But, growing fresh herbs yourself can save you a lot of money. Fresh herbs can be a tasty addition to meals and salads. Just remember to add fresh herbs at the end of cooking for the best flavor.

How do I store fresh herbs?

Try storing herbs in a cup of water in your refrigerator to keep your herbs fresh for longer.



SPICES 101

There are many different spices, such as black pepper, ginger, garlic, cumin, cinnamon and chili powder. Different groups of people often use certain spices to give cultural foods a specific flavor. Certain spices are also popular globally and used in many different cultural dishes. For instance, cumin is used in many popular Latin American, Middle Eastern, North African and Indian dishes.

When do I add spices?

Spices should be added earlier in the cooking process to give the most flavor.

How long do spices last?

Spices are most flavorful when they are new, and slowly lose flavor over time. If using older spices, you may need to add more of the spice than called for in the recipe. Store spices in a cabinet or drawer away from direct light and heat.

How do I add spices to my dish?

Avoid measuring or shaking spices over warm pots or pans. The steam from the pot or pan can decrease the shelf life of your spice, and make your spices less flavorful.



HOW TO USE HERBS AND SPICES TO FLAVOR YOUR FOOD



Herbs and spices can add vitamins and minerals to your food. Using herbs and spices can also help you use less salt and fat while cooking because they can add extra flavors into the dish.

 <p>BASIL</p> <ul style="list-style-type: none"> - Main ingredient in pesto - Used in many tomato dishes 	 <p>CUMIN</p> <ul style="list-style-type: none"> - Rich, earthy flavor - Often used as base in taco seasonings
 <p>ROSEMARY</p> <ul style="list-style-type: none"> - Unique, savory flavor - Often used to flavor meat and in stews 	 <p>GARLIC</p> <ul style="list-style-type: none"> - When cooked or roasted, can have a buttery flavor - Can be used in place of salt
 <p>CILANTRO</p> <ul style="list-style-type: none"> - One of the most popular herbs in the world - Citrusy flavor 	 <p>CINNAMON</p> <ul style="list-style-type: none"> - Sweet and spicy flavor - Can be sprinkled on fruit or roasted carrots
 <p>DILL</p> <ul style="list-style-type: none"> - Strong, grassy flavor - Goes well with fish and in salads 	 <p>GINGER</p> <ul style="list-style-type: none"> - Strong flavor that is sweet, spicy, earthy and citrusy
 <p>PARSLEY</p> <ul style="list-style-type: none"> - Curly or flat-leaf - Used in many Mediterranean recipes 	 <p>CURRY</p> <ul style="list-style-type: none"> - Strong, savory flavor - Great way to flavor dishes without extra salt
 <p>OREGANO</p> <ul style="list-style-type: none"> - Slightly bitter and earthy flavor - Flavor mellows when cooked 	 <p>NUTMEG</p> <ul style="list-style-type: none"> - Nutty, spicy flavor - Can be used to flavor vegetables or desserts

HERB TIP: You can usually use either fresh or dried herbs in most recipes, depending on what you have at home. 1 tablespoon (Tbsp) of fresh herbs is the same as about 1 teaspoon (tsp) of dried herbs.

SPICE TIP: Ground spices lose their flavor quicker than whole spices, but most whole spices need to be ground or grated for recipes.