

# Cooking with Herbs, Spices, and Seasonings

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Herbs and spices can add flavor and variety to your food. Use a little at first, add more when you are sure you like the flavor. To substitute dry herbs for fresh, use 1/3 teaspoon powder or 1/2 teaspoon crushed for 1 Tablespoon fresh chopped herbs. Some herbs and spices are expensive. You might want to buy only a few of the less expensive herbs and spices you will use.

Herbs and spices lose flavor and can spoil or get buggy if kept in the cupboard longer than a year. If you use herbs and spices slowly, buy small containers, or store them in the freezer.

Herbs, spices,  
and seasonings

Uses

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Allspice	Fruit desserts, pumpkin pie, apple cider, cakes, cookies, chicken, beef and fish dishes; a mixture of cinnamon, nutmeg and cloves
Basil	Tomato and egg dishes, stews, soups, and salads
Bay leaves	Tomato dishes, fish and meat dishes
Black pepper	Meats, casseroles, vegetables and soups; other ground peppers: Cayenne, white
Celery seed	Juices, soups, salads, vegetables, pot roasts, poultry, rolls and biscuits
Chili powder	Chili, bean and rice dishes
Chives	Potato dishes, soups, dips and sauces
Cilantro (coriander leaves)	Latin American, Indian, and Chinese dishes, salsa, stir fries, legume or rice salads, or hot cooked rice; grilled chicken or fish, or a dish of ripe tomatoes; use fresh if possible.
Cinnamon	French toast, fruit and fruit salads, sweet potatoes, pumpkin and squash, puddings and apple desserts, ham or pork chops
Cloves	Whole cloves on ham or pork roasts; ground cloves to season pear or apple desserts, beets, beans, tomatoes; squash and sweet potatoes
Coriander-seed	Middle Eastern dishes, spice cakes and cookies, soups, roast pork and salad dressings
Cumin	Mexican, Middle Eastern and Indian dishes; beef and lamb, dry bean dishes, marinades, chili and tomato sauces; ingredient in curry powder
Dillweed	Tuna or salmon salad, potato salad, pickles, dips and sauces

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Garlic	Mexican, Italian and Oriental dishes and in salad dressings; can be used fresh or dried, (minced or powder).
Ginger (fresh)	Oriental dishes, marinades for chicken or fish, fruit salad dressings
Ginger (ground)	Gingerbread, spice cake, pumpkin pie, poultry or meat, soups, stews, stuffing, squash, sweet potatoes
Italian seasoning	Italian dishes such as spaghetti; a mixture of marjoram, oregano, basil, and rosemary
Marjoram	Egg and cheese dishes, meats, fish, poultry, and vegetables
Mint	Fruit salads and fruit soups, melon, berries, and cold fruit beverages, cooked carrots or peas, chilled yogurt soup, lamb, tabbouleh
Mustard	Sauces for meat and fish, in marinades, salad dressings, chutneys, pickles, and relishes
Nutmeg	Cooked fruits, pies and desserts, baked items, spinach, sweet potatoes, eggnog and French toast
Onion	Any dish where onion flavor is desired; can be used fresh or dried (minced or powder)
Oregano	Italian dishes, chili, omelets, beef stew, meat loaf, pork and vegetables such as broccoli or tomatoes
Paprika	Stew, chicken, fish, potatoes, rice and hard-cooked eggs
Parsley	Meat, soup or vegetable dishes; adds color
Rosemary	Egg dishes, meats, fish, soups and stews, and vegetables
Thyme	Fish, poultry, or meats, in soups or stews, vegetable salads

### *Seasoning Your Food with Less Salt*

Try using herbs and spices to season your food. You may find that you can cut down the amount of salt you use.

Some seasonings contain salt and/or sodium. Use these sparingly:

garlic salt • celery salt • seasoned salt • soy sauce  
onion salt • monosodium glutamate (MSG)

Many seasoning mixtures contain a lot of salt - read the label!

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