



Top Herbs

Herbs are an excellent way to add flavor to your meals without adding salt.

All-purpose Herbs include rosemary and sage.

Rosemary has a strong, piney flavor and scent. It is often added to bread before baking and is ideal for fish, meats and salad dressings.

Sage is a slightly smoky herb and is an ideal rub for poultry or sprinkled in dressings, sauces and breads.

Fresh Flavors can be found in dill weed, cilantro, parsley, culantro and savory. These herbs are much better fresh than dried.

Dill is ideal for fish like tuna and salmon whether fresh or dried. It also suits plain yogurt- or low-fat sour cream-based sauces and white bean dishes.

Cilantro and *parsley* go with almost any vegetable dish, tomato-based sauces and salsas.

Culantro adds flavor to southwestern dishes such as salsa, chili or guacamole.

Italian Seasonings include marjoram, basil, oregano and thyme.

Marjoram has a mild mint flavor and is similar to oregano in flavor. They are best when used together.

Fresh *basil* leaves are classic with sliced tomatoes and fresh mozzarella, drizzled with balsamic vinegar and a little olive oil. Basil is an excellent seasoning for green salads.

Oregano has an intense taste and is a great compliment to tomato sauces, mushrooms, beets and green beans.

Thyme has a minty, tea-like flavor. Thyme goes well with roasted vegetables, delicate sauces, fish and other light dishes.



Sweet Spices include cinnamon, ginger, nutmeg, allspice and cloves to spice up fruit and cooked cereals.

Cinnamon is the most popular and adds a sweet woody fragrance.

Ginger adds a rich, sweet, warm flavor to fruits.

Ground *nutmeg*, *allspice* and *cloves* are all great additions to muffins and breads.

Licorice Flavors are found in fennel seeds, caraway seeds, dill seeds, anise seeds, chervil and tarragon.

Chervil is mild and excellent over seafood.

Tarragon has a strong, almost lime scent. Use it with poultry or fish or in a salad dressing.

Anise and *fennel seeds* add a sausage-like flavor to spaghetti sauce. When ground in a coffee grinder, a little of these seeds can enhance soups and sauces.

Middle Eastern spices include cumin and curry.

Cumin is delicious sprinkled on chicken and vegetables before cooking, as well as in chili.

Curry has a strong flavor that adds a sweet heavy essence to dishes. Use it sparingly to flavor dishes like curried chicken, curried rice and curried pumpkin soup.

The **Onion Family** includes garlic, chives, onions, shallots, leeks and scallions.

Garlic is a classic herb which goes well with almost anything from Asian to Italian.

Chives and *scallions* liven up a yogurt dressing for young greens, cucumbers and other salad vegetables.

Leeks and *onions* are similar – use these for soups, pasta and more.

Shallots have a complex light flavor which resembles a cross between onions and garlic.