

# Joyful Eating with Functional Flavors

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Herbs and spices are nature's gift! These nutrient dense foods make food delicious and impart essential flavors to meals and contribute necessary nutrients. Herbs and spices are concentrate sources of antioxidants and anti-inflammatories. Consider herbs and spices a food group and include them will most meals and snacks.

Rule of Thumb: ½ teaspoon-1 teaspoon ground herbs/spices per 4 servings, 1 pound meat/poultry/fish or 2 cups soup/sauce. Some spices are more pungent (ginger, turmeric, nutmeg, cloves) and others are more mild (cinnamon, cumin, dill) – experiment to learn more about your preferences.

## **Sweet Spices**

- Allspice
- Anise
- Cardamom
- Cinnamon
- Cloves
- Ginger
- Mace
- Nutmeg

## **Savory Spices with Kick**

- Black pepper
- Garlic powder
- Curry powder
- Cumin
- Dill
- Basil
- Ginger
- Coriander
- Onion powder

## **With Potatoes (all types), Corn or Beans**

- Dill
- Garlic
- Onion
- Paprika
- Parsley
- Sage
- Cumin
- Curry
- Pesto

## **With Poultry**

- Ginger
- Marjoram
- Oregano
- Paprika
- Rosemary
- Sage
- Thyme
- Tarragon
- Turmeric
- Curry powder
- Poultry Seasoning blend
- Herbs de Provence blend
- Roasted red pepper spread/pesto
- Marinara sauce
- Artichoke spread

## **With Pork**

- Garlic
- Onion
- Sage
- Pepper
- Oregano
- Herbs de Provence blend
- Pesto
- Applesauce
- Olive spread
- Cabbage, potato, onion and apple sauté

## **With Green Beans**

- Dill
- Curry powder
- Marjoram
- Oregano
- Tarragon
- Thyme
- Almonds
- Lemon

## **With Leafy Greens (cooked or salads)**

- Onion
- Pepper
- Garlic
- Turmeric
- Lemon
- Olive oil
- Balsamic vinegar

## **With Zucchini**

- Dill
- Garlic
- Onion
- Tomatoes
- Paprika
- Parsley
- Sage

**With Savory Grains (Rice, Quinoa, Millet, Oatmeal)**

- Curry powder
- Turmeric
- Ginger
- Coconut oil, coconut milk
- Tomato sauce, salsa
- Cook the grain with vegetable broth and the spices/herbs used in the rest of the meal
- Slivered almonds

**With Sweet Grains (Oatmeal, Rice, Quinoa, Millet)**

- Cinnamon
- Ginger
- Pumpkin Pie Spice blend
- Coconut oil
- Dried fruit
- Pecans, walnuts
- Pumpkin seeds

**With Eggs**

- Turmeric
- Curry powder
- Garlic
- Onion
- Parsley
- Basil
- Tomatoes

**With Beef**

- Bay leaf
- Marjoram
- Nutmeg
- Onion
- Pepper
- Sage
- Thyme
- Tomato paste

**With Lamb**

- Curry powder
- Garlic
- Onion
- Rosemary
- Mint
- Allspice
- Turmeric
- Cumin
- Dried fruit
- Chili paste
- Hummus
- Tahini
- Pine nuts

**With Fish**

- Curry powder
- Dill
- Dry mustard
- Marjoram
- Paprika
- Pepper
- Old Bay Seasoning blend
- Lemon
- Olives, olive spread
- Crushed nut coating

**With Tomatoes**

- Basil
- Bay leaf
- Dill
- Marjoram
- Onion
- Oregano
- Parsley
- Pepper
- Italian seasoning blend
- Olive oil
- Olives, olive spread
- Pesto

**With Carrots, Sweet Potatoes or Winter Squash**

- Cinnamon
- Cloves
- Ginger
- Nutmeg
- Pumpkin Pie Spice blend
- Dill
- Marjoram
- Rosemary
- Sage
- Turmeric
- Olive oil
- Coconut oil
- Pecans