

# HERBS & SPICES

Using herbs and spices in cooking can reduce sodium and enhance flavor!

## **HERBS**

Herbs are the leaves of herbaceous (non-woody) plants and are a versatile addition to any dish. With their pleasant and distinctive smell, they can be used to flavor food, create medicinal remedies, or even craft perfumes.

- Examples: basil, mint, oregano, parsley, rosemary, sage, thyme

## **DRIED**

- Dried herbs and spices are more concentrated in flavor, so you need a smaller amount to achieve the same flavor as fresh herbs and spices.
- Add dried herbs and spices earlier in the cooking process to allow their flavors to fully infuse into the dish, also known as “blooming” your spices.

## **NUTRITIONAL BENEFITS**

- Herbs and spices are rich in vitamins and antioxidants that offer health benefits, such as reducing inflammation, blood pressure, cholesterol, and the risk of chronic diseases like certain cancers. Examples include clove, rosemary, oregano, cinnamon, turmeric, and garlic. Incorporating them into recipes enhances flavor while reducing the need for excess salt.
- High sodium diets are linked to increased risks of high blood pressure, heart attacks, strokes, and kidney disease, affecting both adults and children. Using herbs and spices instead of salt can help lower sodium intake and improve health.

## **SEASONING & SPICE BLENDS**

- Many people buy high-sodium seasonings, like garlic or onion salt, and taco or chili seasoning packets to flavor foods. Consider the ideas below to help reduce sodium:
- Replace garlic salt with chopped garlic, granulated garlic, or garlic powder.
- Replace onion salt with fresh or frozen chopped onions, onion powder, or dried onions.
- Purchase spices and herbs with no added salt, or make your spice blends.

Source: Institute of Child Nutrition (ICN)

## **SPICES**

Spices come from the bark, buds, fruit, roots, seeds, or stems of various plants or trees that have been dried and crushed. They have a strong taste and are used to flavor food.

- Examples: cinnamon (bark), cumin (seed), cloves (flower bud), ginger (root), nutmeg (seed), vanilla (undeveloped fruit of an orchid)

## **FRESH**

- Add fresh herbs and spices toward the end of the cooking process to preserve their flavor and aroma.
- To substitute dried herbs for fresh ones in a recipe, use the correct ratio from the CIGN conversion chart on the next page.



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# HERBS & SPICES

## FRESH TO DRY HERB & SPICE CONVERSION CHART

HERB/SPICE	FRESH/WHOLE	CORRESPONDING EQUIVALENT
Basil	2 teaspoons finely chopped	1 teaspoon dried
Bay Leaf	1 leaf fresh	2 leaves dried
Chervil	1 tablespoon fresh	1 teaspoon dried
Cilantro	1 tablespoon fresh	1 teaspoon dried
Cinnamon	1 cinnamon stick	1/2 teaspoon ground
Cumin	4 1/2 tablespoons whole seed	4 tablespoons ground (1 oz.)
Dill	1 tablespoon fresh	1 teaspoon dried
Garlic (large)	1 clove fresh (1 1/2 tsp minced)	1/2 teaspoon powder
Garlic (small)	1 clove fresh (1/2 tsp minced)	1/8 teaspoon powder
Ginger	1 tablespoon freshly grated	1/4 teaspoon dry ground
Marjoram	1 tablespoon fresh	1 teaspoon dried
Onion	1 medium onion	1 teaspoon onion powder
Oregano	1 tablespoon fresh	1 teaspoon dried
Parsley	2 tablespoons fresh	1 teaspoon dried
Rosemary	1 tablespoon fresh	1 teaspoon dried
Sage	2 teaspoons fresh	1 teaspoon dried
Tarragon	1 tablespoon fresh	1 teaspoon dried
Thyme	1 tablespoon fresh	1 teaspoon dried
Vanilla	1 inch vanilla bean scraped seeds	1 teaspoon extract



# DRIED HERBS

## BASIL

Sweet, Peppery, Earthy



### Best Used In

Condiments, Curry, Fresh Fruit, Fruit Salads, Marinades, Salad Dressing, Soups, Spice Blends, Tomato Sauces

### Produce

Cauliflower, Chickpeas, Green Beans, Peas, Potato, Summer Squash, Tomato, White Beans

### Meat/Meat Alternates

Chicken, Egg, Fish, Legumes, Pork, Tofu, Turkey, Yogurt

## BAY LEAF

Pungent, Bitter, Aromatic



### Best Used In

Sauces, Soups, Stews, Tomato Sauces

### Produce

Chickpeas, Mushrooms, Potato, Tomato, White Beans

### Meat/Meat Alternates

Beef, Legumes

## DILL

Lemony, Sweet, Grassy, Floral



### Best Used In

Condiments, Salad Dressing, Salads, Sauces, Spice Blends

### Produce

Broccoli, Cabbage, Carrot, Cauliflower, Chickpeas, Cucumber, Green Beans, Peas, Potato, Summer Squash, Tomato, White Beans

### Meat/Meat Alternates

Chicken, Egg, Fish, Legumes, Tofu, Yogurt

## MARJORAM

Lightly-Sweet, Earthy, Mild-Bitter



### Best Used In

Marinades, Salad Dressing, Sauces, Spice Blends

### Produce

Cauliflower, Chickpeas, Green Beans, Mushrooms, Peas, Potato, Summer Squash, Tomato, White Beans, Winter Squash

### Meat/Meat Alternates

Chicken, Fish, Legumes, Pork, Tofu, Turkey, Yogurt

## OREGANO

Pungent, Peppery, Earthy, Bitter



### Best Used In

Chili, Marinades, Salsa, Sauces, Spice Blends, Tomato Sauce

### Produce

Bell Peppers, Black Beans, Cabbage, Carrot, Mushrooms, Potato, Root Vegetables, Summer Squash, Tomato, White Beans

### Meat/Meat Alternates

Beef, Chicken, Legumes, Pork, Tofu

## ROSEMARY

Woody, Pungent, Lemon-Pine



### Best Used In

Marinades, Sauces, Soups, Spice Blends, Stews, Roasted Meats, Roasted Vegetables

### Produce

Carrot, Mushrooms, Potato, Root Vegetables, Tomato, White Beans, Winter Squash

### Meat/Meat Alternates

Beef, Legumes, Pork

## SAGE

Mild-Sweetness, Earthy, Mild-Citrus, Light-Pine



### Best Used In

Sauces, Soups, Spice Blends, Roasted Meats, Roasted Vegetables

### Produce

Cabbage, Carrot, Cauliflower, Chickpeas, Mushrooms, Potato, Root Vegetables, White Beans, Winter Squash

### Meat/Meat Alternates

Legumes, Pork, Turkey

## THYME

Earthy, Sweet, Mild-Mint



### Best Used In

Marinades, Sauces, Soups, Spice Blends, Stews, Roasted Meats, Roasted Vegetables

### Produce

Citrus, Cabbage, Carrot, Cauliflower, Green Beans, Mushrooms, Potato, Root Vegetables, Summer Squash, Sweet Potato, Tomato, White Beans, Winter Squash

### Meat/Meat Alternates

Chicken, Fish, Legumes, Pork, Tofu, Turkey

## PURCHASING TIP



Only buy in quantities that you can use within three months.

## PRO TIP



Adding dried herbs is a great way to add a boost to custom spice.

## STORAGE TIP



Keep in a dry cool place in a tightly sealed container. Moisture will quickly ruin your dried herbs.