

Flavor Savers

Fresh herbs, spices, and seasonings are a delicious way to add flavor to your meals without adding fat and calories. Experiment with different amounts until you reach your favorite creative combo.



Black Pepper



Cinnamon



Clove



Chilies



Basil



Thyme



Oregano



Cilantro

Advice on Spice:

CHECK INGREDIENTS: Make sure to buy spice mixes that do not contain salt. Don't worry—they will taste just as good!

BUY IN BULK: Save time and money by purchasing spices in bulk, and buy little bags as you need. Bulk spices can be found in larger grocery stores and international stores in the bulk aisle.

RE-USE & REFILL: Keep your jars of original spices, and refill them with the spices you buy in bulk.

A Blurb on Herbs:

GO GREEN: Make sure leaves are fresh and green, with no yellowing.

BAG & BUNCH: Store herbs in a pillowcase or muslin cloth bag in the fridge, or suspend bunches of herbs by a string to dry out.

FREEZE UP: Herbs freeze well. They may change color but will typically retain their flavor.



A Healthy Side Kick Many sauces contain added sugar or salt. For a healthy flavor, try substituting lemon or lime juice, or make your own salsa! Chopped fruits and vegetables make a tasty topping for grilled meats or sides.

SWEET, HOT OR SAVORY?

Whichever flavor you're craving, use the guide below to add a dash of round-the-world flair to your meals.

HERB/SPICE/SEASONING	LATIN	ITALIAN	CAJUN	INDIAN	CHINESE	CARIBBEAN
 BASIL		●				
 BLACK PEPPER	●	●	●	●	●	●
 CAYENNE	●		●	●	●	
 CILANTRO	●		●	●		●
 CINNAMON				●		
 CLOVE				●		
 COCONUT				●		●
 CORIANDER	●			●		
 CUMIN	●			●		
 FIVE-SPICE					●	
 GARLIC	●	●	●	●	●	●
 GINGER				●	●	●
 GREEN ONION	●		●	●	●	●
 HABANERO CHILI						●
 JALAPEÑO	●					
 LIME	●			●	●	●
 ONION	●	●	●	●	●	●
 OREGANO	●	●	●			
 PAPRIKA	●		●			
 RICE WINE VINEGAR					●	
 ROASTED SESAME OIL					●	
 SOY SAUCE					●	
 THYME		●	●			●
 TOMATO	●	●	●	●		●

LEGEND | SWEET:  HOT:  SAVORY: 