



Add some zing and zest to your day!

How do you make your food taste amazing and still be healthy? Herbs and spices! The fall is the perfect time to explore different flavors and spices for the season. Herbs and spices are a great way to make your food taste great, without processed ingredients like added sodium. I list below common herbs and spices and what foods to pair it with!

Basil- white meats, combined with fruit (such as raspberries and strawberries, or added to stir fries.

Cayenne pepper-It's hot and spicy flavor is great in vinegar-based sauces, can be combined with lemons in marinades, and works well with all types of meat.

Dill-Salmon or a variety of vegetables (especially carrots and cucumbers), and even mixed with yogurt.

Cilantro -Salsa, guacamole, and combined with lemon and lime for marinades.

Coriander seeds- Soups, fish, and smoked meats, like turkey. It blends well with cumin.

Rosemary-Roasted meats (like chicken, pork, and salmon) or mixed into sauces for a more subtle taste. It also blends with tomatoes, spinach, and mushrooms.

Sage- Sweet fruits and veggies, like apples and squash, but it also adds a punch to sausage and a variety of cheeses.

Thyme- Add it to bean, egg, and veggie dishes. If you're a meat-lover, try it with lamb. It blends well with bay seasoning and parsley.

Turmeric-This colorful spice is most commonly used in curries, but it adds flavor to stir-fried veggies or rice.

Parsley-Pasta dishes, sprinkled on fish and chicken, or added to potatoes.

Cinnamon-Toss it in oatmeal or other whole-grain breakfast cereals, sprinkle it in your coffee or protein drinks, sprinkle it on sweet potato fries, squash, carrots or other roasted vegetables.

Ginger- Combine it with honey for a fresh tea, sprinkle it in smoothies or fresh juices, add to stir frys, soup, and marinades.