Spicing It Up Without Salt and Fat

When fat and/or sodium are eliminated from or decreased in a recipe, some of the flavor goes with it. Adding herbs and spices can enhance the flavor of the foods you prepare. When substituting dried herbs for fresh, use one teaspoon of dried herbs for each tablespoon of fresh called for in the recipe.

Spice/Herb	Uses
Allspice	Stews, vegetable soups, tomatoes, squash
Basil	Soups, garden greens, stews, tomatoes, potatoes, legumes, green beans, pasta, couscous, rice, eggplant
Bay leaves	Stews, soups, tomato dishes, pasta, rice, lean beef
Caraway Seed	Salads, sauces, soups, broccoli, stews, cabbage, lean pork
Celery Seed	Coleslaw, soups, stews
Chili Powder	Casseroles, soups, corn, Mexican dishes
Chives	Salads, cottage cheese, sauces, soups, stews, green beans, zucchini
Cinnamon	Apples, pears, bread, squash, sweet potatoes, plain yogurt
Cloves	Apples, pears, squash, sweet potatoes
Curry Powder	Cauliflower, broccoli, carrots, lentils, rice, pea pods
Dill Weed	Soups, salads, carrots, zucchini, tomatoes, lean pork, potatoes, nonfat cream cheese or cottage cheese, plain yogurt
Ginger	Oriental vegetables, pears, rice, carrots
Lemon/lime juice	Salads, apples, broccoli, pineapple, spinach
Marjoram	Eggplant, green salads, pasta, couscous, potatoes, carrots
Mint	Peas, carrots, pineapple, strawberries
Nutmeg	Cottage cheese, pears, apples, spinach, mushrooms, blueberries
Oregano	Soups, stews, Italian dishes, tomatoes, pasta, couscous, eggplant, lean beef
Rosemary	Dressing, potatoes, peas, soups, stews, legumes, wild rice, chicken, fish
Sage	Dressing, rice, stews, green beans, Brussels sprouts, tomatoes
Savory	Soups, green beans, lima beans, salads, tomatoes
Tarragon	Soups, salads, rice, mushrooms, cabbage, chicken
Thyme	Rice, lentils, soups, salads, onions, tomatoes, chicken, fish
Wine and flavored vinegar	Wine as flavored vinegar can replace the oil when stir-frying. Start with one to two teaspoons and keep adding to prevent the food from sticking. Reducing the heat can also help prevent sticking.

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