

Spice It Up

Healthy food doesn't have to be bland. Spice up your meals by adding your favorite flavors!

Spices, like all aromatics, are a great way to add flavor without adding salt! Other aromatics include garlic, ginger, onions, citrus, oils, vinegar, and other vegetables.

Spices tell the unique stories of the cuisines they're used in. **Spices give us that taste of "home" and familiarity in our favorite dishes.**

Spices can be dried or fresh. If using fresh spices, add them toward the end of the recipe. If using dried spices, add them toward the beginning.



TIPS: Save money on spices!

- ✿ Buying spices at the grocery store can be expensive. See if your grocery store has a bulk section - they'll be much cheaper!
- ✿ Spice blends can be an affordable way to try new spices. They're a mix of spices often found in a flavor palate, like "Italian seasoning" (basil, oregano, rosemary, thyme, sage, coriander) or "taco seasoning" (chili powder, garlic powder, red pepper flakes, oregano, paprika, cumin, black pepper).
- ✿ If you don't have the spice you need, substitute a similar spice! For example, you could substitute cloves for allspice, cardamom for ginger, or oregano for basil.
- ✿ Your spices will keep their flavor longer if they're stored in a cool, dry place. Keep them in an airtight container. Avoid storing in racks or cabinets over a stove where they'll be exposed to heat and humidity. Whole spices stay fresh for up to 2 years, ground spices about 6 months.
- ✿ Grow your own herbs on your windowsill or outside!

