

SPICE IT UP!



Healthy food can also be tasty food. Cooking with herbs and spices enhances the flavor of food without adding fat, sugar, or salt. For more than 4,000 years, spices and herbs have been used to create healthy, satisfying meals. Many herbs and spices also have health promoting properties beyond traditional nutritional value and consequently play a role in the prevention of diet-related chronic disease. For example, using black pepper, curry powder, cumin, dill seeds, basil, ginger, coriander, or onion instead of salt may help decrease salt intake and decrease the risk for cardiovascular disease. Several commonly used herbs and spices naturally possess cancer preventing antioxidants. Did you know ½ teaspoon of cloves contains more antioxidants than ½ cup of blueberries? Additionally, the anti-inflammatory properties of some herbs and spices aid in reducing internal inflammation which is believed to be a precursor to chronic disease. Use the list of herbs and spices below to try new recipes, expand your palate, and experience opportunities for creativity in the kitchen and optimal health.

SPICE (Functional Properties)	FORM(S)	TASTE	USE (Recipes with page numbers are from the Operation Live Well e-cookbook. Each recipe can be found on the specified page.)
Allspice	Whole berries, ground	Sweet blend of cinnamon and cloves	Vegetables, baked fruit, hot beverages (e.g. apple cider), roasted lean cuts of chicken and lamb Recipe: Edamame Stew
Cardamom	Whole green or black seeds, ground	Spicy and sweet with a hint of citrus, and floral	Baked goods, hot tea, coffee, rice, roasted lean cuts of chicken and beef
Cinnamon Antioxidants	Whole sticks, ground	Warm, sweet with a hint of clove and citrus	Carrots, squash, sweet potato, oatmeal baked fruits, and hot beverages (e.g. apple cider) Recipe: Cinnamon Glazed Baby Carrots
Cloves Antioxidant	Whole buds, ground	Warm and sweet	Vegetables, baked fruit, and lean cuts of chicken, turkey, and lamb Recipe: Turkey Mole
Ginger Antioxidant, Anti-inflammatory	Fresh root, ground	Peppery and sharp, with a hint of lemon	Vegetables, tea, fruit, stir-fry dishes, tofu, lean cuts of pork and chicken Recipe: Thai Style Chicken Curry
Mustard	Whole yellow, brown, and black seeds, ground, prepared	Tart and spicy	Vegetables, vinaigrettes, fish, lean cuts of chicken, beef, and pork, and pickling Recipe: Sirloin w/Spicy Mustard Apple Chutney
Nutmeg Anti-inflammatory	Whole seeds, ground	Warm, sweet, and spicy	Vegetables, fruit, chicken, veal, lean cuts of chicken and lamb, hot beverages (e.g. chai, coffee) and breads Recipe: Baby Spinach w/ Golden Raisins, Pine Nuts
Paprika Antioxidant, Anti-inflammatory	Ground	Sweet or smoky and hot	Vegetables, soup, fish, lean cuts of chicken, beef, lamb, and pork Recipe: Rotini w/ Spicy Red Pepper & Almond Sauce
Pepper	Black, green, red or white peppercorns, ground	Hot, spicy, and strong	Vegetables, soup, eggs, vinaigrette, lean cuts of poultry and meat Recipe: Broccoli w/ Asian Tofu
Wasabi	Root, powder, paste	Extremely hot and spicy	Vegetables, sushi, vinaigrettes, fish, and chicken



HERB	FORM(S)	TASTE	USE
Anise	Small seeds, ground	Sweet with a hint of licorice	Vegetables, fruit, soup Recipe: Roasted Beets in Orange Sauce
Basil Antioxidant	Fresh and dried whole or chopped leaves	Sweet and peppery	Add to olive oil, sauces (e.g. pesto and spaghetti), fruit, soups, pasta, fish, and lean cuts of chicken and beef Recipe: Asian Style Chicken Wraps
Bay Leaves	Fresh and dried leaves	Mild combination of oregano and thyme	Soup, chowder, sauces, and vegetable, chicken, beef, and turkey stock Recipe: Chicken Picadillo
Caraway Seeds Antioxidant	Whole seeds	Strong licorice	Vegetables, rye bread, soup, and a crust coating for pork
Celery Seeds	Whole seeds	Strong celery taste and slightly bitter	Green and vegetable salads, vinaigrettes, soups, fish, and lean cuts of chicken and turkey
Chives Anti-inflammatory	Small green stems	Mild and onion like with a hint of garlic	Vegetables, fish, potatoes, eggs, and soup Recipe: Limas & Spinach
Cilantro Antioxidant, Anti-inflammatory	Small leaves	Strong mix of parsley and citrus	Guacamole, salsa, yogurt dip, beans, fish, and lean cuts of chicken, lamb, and pork Recipe: Bean and Green Herb Stew (pg. 36)
Coriander Antioxidant	Small seeds, ground	Mild blend of lemon and sage	Vegetables, fruit, and lean cuts of chicken, beef, venison and lamb Recipe: Spinach and Yogurt Dip (pg. 9)
Cumin Antioxidant	Whole amber, white, or black seeds, ground	Nutty and slightly bitter	Vegetables, beans, and lean cuts of chicken, lamb, and beef Recipe: Quinoa With Paprika and Cumin
Dill Antioxidant	Whole seeds	Tart	Vegetables, eggs, pickling, fish, lean cuts of chicken, and veal Recipe: Baked Salmon Dijon
Fennel Seed Antioxidant	Whole seeds	Sweet licorice	Green and vegetable salad, fish, soup, couscous, and lean cuts of beef and pork
Marjoram Anti-inflammatory	Fresh and dried whole leaves, ground	Mildly bittersweet	Vegetables, whole grain pasta (e.g. orzo), fish, and lean cuts of chicken and pork
Mint Anti-inflammatory	Fresh leaves, dried flakes	Strong and sweet with a cool after taste	Vegetables, fruit, pasta, eggs, and lean cuts of chicken, chicken, beef, and lamb Recipe: Couscous with Sun-Dried Tomatoes, Feta and Mint (pg.37)
Oregano	Fresh leaves, ground	Minty with a hint of pepper and balsamic	Fresh tomatoes and tomato based sauces, vinaigrette, fish, veal, and lean cuts of chicken, turkey, and lamb Recipe: Fish Veracruzana (pg.29)
Parsley (Flat Italian) Antioxidant	Fresh leaves, dried flakes	Mildly peppery	Vegetables, soup, salsa verde, hummus, green and vegetable salads, fish, and lean cuts of chicken and lamb Recipe: Seared Scallops and Fresh Pea Puree (pg. 30)
Rosemary Antioxidant, Ant-inflammatory	Fresh leaves	Sweet with a hint of pine	Vegetables, whole grain/whole wheat pasta (e.g. orzo, farfalle), fish, and lean cuts of chicken, beef, pork, and lamb Recipe: Herbed Goat Cheese and Sun-Dried Tomatoes Spread (pg. 10)
Sage Anti-inflammatory	Fresh leaves, ground	Strong, peppery, and slightly bitter	Vegetables, sauces, polenta, couscous, fish, and lean cuts of chicken, turkey, and beef and pork Recipe: Pumpkin Barley Pilaf with Mushrooms and Spinach (pg. 29)
Tarragon Antioxidant	Fresh sprigs, ground	Slightly bitter with a hint of licorice	Chicken, fish, and lean cuts of turkey and pork Recipe: Baked Pork Chops in Cherry Sauce
Thyme	Fresh sprigs, ground	A combination of lemon and pepper	Baked fruit, chicken, fish, and lean cuts of beef, pork, and chicken Recipe: Mushroom Penne
Turmeric Antioxidant, Anti-inflammatory	Fresh leaves, ground	Warm and sweet	Vegetables quick cooking barley, and lean cuts of chicken, fish, and lamb

For more information:

- Craig, W. (1999). Health-promoting properties of common herbs. American Journal of Clinical Nutrition. 70:491–499. Retrieved from <http://ajcn.nutrition.org/content/70/3/491s.full.pdf+html>

- Halvorsen, B., Carlsen, M., Phillips, K., Bohn, S., Holte, K., Jacobs, D., Blomhoff, R. (2006). Content of redox-active compounds (ie, antioxidants) in foods consumed in the United States. American Journal of Clinical Nutrition. 84:95–135. Retrieved from [Science.gov](http://www.sciencedirect.com/science/article/pii/S0002916506001001)