



Enjoy the Taste

Herbs & Spices Add Pizzazz to Fruits & Veggies

If salt and pepper complete the range of food seasonings you use, we've got suggestions to enhance the taste and appeal of healthy foods. Adding herbs and spices to fruit & veggie dishes might have you asking for more! Herbs and spices can also replace and reduce the salt (sodium) you eat, which is a healthy thing to do. Some spices also help reduce the need for as much sweetening (sugar) in foods.

Not sure where to start? Try these ideas.

Check out the cupboard

Wherever you keep your herbs and spices, look to see what is on hand to use. Seasonings can lose their strength over time, so you may need to get rid of old containers.

Start slow

Pick one herb/spice to try on your fruits and/or veggies and begin with a small amount. Get to know the taste of that seasoning and how it adds to the enjoyment of food.

Experiment

Eating more fruits & veggies is a healthy goal for all Americans. Try enhancing fruit and veggie dishes with herbs and spices; you'll enjoy the taste of eating right! Many herb/spice containers give suggestions.

Try an unfamiliar herb or an ethnic blend:

- Italian – oregano, basil or rosemary compliment cooked zucchini, stewed tomatoes or roasted potatoes
- Mexican – cumin, chili powder and cilantro add interest to corn and salsas
- Asian – nutmeg adds zing sprinkled on cooked spinach or cabbage and ginger complements fruit dishes

Choose your **Challenge** goal to enjoy the tastes of fruits & veggies with herbs and spices:

- Choose an herb such as basil or parsley to try on cooked veggies this week.
- Use spices like cinnamon or nutmeg on cooked and canned fruits to add pizzazz!
- Purchase a spice blend at the grocery store to use on your veggie dishes at home.
- Create your own *Challenge* goal. _____

