

Ideas to Incorporate Spices in Your Dishes

- Flavor your milk or coffee with a pinch of nutmeg, vanilla, cardamom or pumpkin spice.
- Simmer a whole cinnamon bark in soups or stews.
- Sprinkle cinnamon on fruits such as apples, bananas, melons, and oranges.
- Combine spices and use them as dry rubs for meats or fish. Here are some ideas:
 - Combine equal parts cinnamon, cardamom, and black pepper, and use as a rub for meats.
 - Coarsely grind coriander and rub it into meats or fish before cooking.
 - Rub ginger into the meat before grilling to help tenderize and add flavor.
- Add cinnamon to rice pilaf.
- Before sautéing vegetables or making stir-fry, sprinkle oil with turmeric, stirring for a few seconds, so it toasts a bit but doesn't burn.
- Add turmeric to fried onions.
- Use turmeric generously in lentil dishes.
- Blend turmeric in melted butter and drizzle overcooked vegetables.
- Add a teaspoon of turmeric to a large pot of chicken noodle soup.
- Add a teaspoon of turmeric to homemade chili.
- Mix coriander seeds with peppercorns in your peppermill.
- Add whole or ground coriander seeds to stews, casseroles, marinades, vinaigrettes, and pickled dishes.
- Fennel seeds naturally complement many foods from the Mediterranean diet, including tomatoes, olives, olive oil, basil, grilled meat, and seafood.
- Add ground fennel to scrambled eggs.
- Use fennel stalks as a soup base or stock.



More Ideas to Incorporate Spices in Your Dishes...

- Sauté fennel leaves and stalks with onions for a side dish.
- Mix sliced fennel with a variety of your favorite fresh vegetables to make a fresh salad.
- Add roasted fennel bulbs to any entrée.
- Grate fresh ginger over cooked tofu, vegetables, or soba noodles.
- Toss sliced or chopped ginger into stir-fries.
- Steep a coin-sized piece of fresh ginger with your choice of tea.
- Sprinkle ground ginger and a little brown sugar on acorn squash or sweet potatoes before baking.
- Use mint to flavor Middle Eastern dishes, such as lamb, soups, and vegetable salads.
- Make mint limeade by mixing lime juice, agave or stevia, and muddled mint leaves. Top off with filtered water and ice cubes.
- Incorporate mint into a fresh fruit salsa with chopped apples, pear, lemon or lime juice, jalapeno, and honey.
- Add mint leaves and cucumber to your water for a refreshing treat.
- Incorporate Sage with poultry and pork.
- Mix cooked navy beans with olive oil, sage, and garlic and serve on bruschetta.
- Use sage as a seasoning for tomato sauce.
- Add fresh sage to omelets and frittatas.
- Sprinkle some sage on top of pizza.

