



CUT THE SALT AND KEEP THE FLAVOR

**Calling all FAN cooks, lead kitchen staff, and menu planners!
Get ready for a crash course in seasonings.**

There are plenty of ways to add flavor to a dish. Some examples include vinegar, citrus juice or zest, and condiments like horseradish or mustard. Herbs and spices make up one other exciting example. Below is a list of common spices and herbs. Try mixing different spices in your cooking to find new layers of flavors for your favorite dishes. There's no way to get bored with all the choices.

Remember: you are in control of your health and taste, so taste the difference!

Herb / Spice / Vegetable	General Flavor*	Cooking Examples
Basil	Slight Green Mint Flavor	With tomatoes, in omelets, on pizza, on grilled chicken and vegetables
Black Pepper	Pungent, somewhat hot	In dishes you want to add some mild heat, soups, meats, fish
Cayenne Pepper	Fiery Hot	Use sparingly, use in dishes you want to add heat to, meats, chili, barbeque
Cinnamon	Slightly Spicy and Sweet	On fruit, in stews and chili, with chocolate, and in baked goods
Cumin	Slightly Bitter, Very Fragrant	In Mexican and Indian Cuisine, in chili, in barbeque
Garlic	Pungent and Bitter	With chicken, sautéed vegetables, potatoes and tomatoes, shrimp, in barbeque
Oregano	Slightly Bitter, Aromatic	On pizza, with tomatoes, in Italian dishes
Paprika	Sweet to hot, somewhat bitter	Use soups, in potato or egg salad, on vegetables
Parsley	Crisp and Herbal	On pizza, with meats, with vegetables, almost anything
Thyme	Slighty Minty and Herbal	With cheese, in cooked vegetables, in bread

* "Bitter" is not always bad. Many times there is a bad image when they think of something as 'bitter tasting,' but this is not always fitting when talking about ingredients. After all, chocolate, coffee and garlic are all considered bitter. Give all spices a chance. You may like something that you never thought you would try.