

SPICE UP YOUR LIFE WITH THESE SUGGESTIONS

You may need more of a spice when you are replacing salt. Try different spices and adjust the amounts to your taste.

Herb/Spice	Use with these foods	Herb/Spice	Use with these foods
Allspice	Cakes, cookies, plums, peaches, fruit pies, breads	Ginger	Cakes, cookies, desserts (ground); Marinades, meat/ poultry dishes (raw)
Anise	Cookies, cakes, dessert	Mace	Desserts, vegetables, fruits
Basil	Pasta, eggs, chicken, fish, shellfish	Marjoram	Meat, fish, poultry, eggs, vegetables
Bay Leaf	Meats, stews, soups	Nutmeg	Desserts, sauces, soups, vegetables
Caraway	Eggs, pasta, breads, vegetables	Oregano	Pasta, meat, fish, poultry, vegetables, soups
Cardamom	Cakes, cookies, pies, sweet potato, winter squash	Paprika	Sauces, salads, dressings, fish, meat, poultry
Celery Seed	Coleslaw, vegetables	Parsley	Soups, stews, sauces, salads, pasta, meats, fish, poultry
Chili Powder	Soups, stews, meats	Poppy Seed	Desserts, breads
Cinnamon	Desserts, cookies, fruit	Rosemary	Poultry, meats, potato, vegetables
Clove	Desserts, cookies, fruit	Saffron	Rice, pasta, soups
Coriander	Rice, fish, shellfish, poultry,	Sage	Stuffing, poultry, meats, sausage
Cumin	Vegetables, meats, poultry	Savory	Eggs, vegetables, meats
Dill	Rice, eggs, fish, seafood, vegetables	Tarragon	Meats, poultry, fish, vegetables, shellfish
Fennel	Fish, soups, breads, vegetables	Thyme	Soups, fish, shellfish, poultry, vegetables
Garlic	Meats, poultry, pasta, dressings, sauces	Turmeric	Rice, pasta, other starch dishes