



SEASONING YOUR FOOD

HOW TO ADD SEASONING:

- Add 1/4 teaspoon dried, finely powdered, **or** 3/4 to 1 teaspoon dried, loosely crumbled, **or** 1 1/2 teaspoons fresh, chopped herbs for every four servings of food, pint of sauce or pound of meat.
- If using a salt substitute, check with your doctor first. Add after foods have been cooked; it changes the flavor when heated. “Lite Salt” is still 1/2 salt and may need to be limited or avoided.

CAUTION: Small amounts of herbs and spices should give the flavor you like. Too much may create a bitter or unpleasant taste.



- For the best flavor, add seasoning during the last hour of cooking.
- For foods that cool in less than an hour or for salads, wet the herbs with a little oil or lemon juice and let stand for 1/2 hour before using to let the full flavor develop.
- For a combination of herbs and spices, use about 1/2 teaspoon for every four servings.
- One to two teaspoons of sugar can be added to vegetables during cooking. If a sugar substitute is used, add after foods have been cooked; it can change the flavor when heated.

FOOD	SUGGESTED SEASONING
Beef	bay leaf, basil, dry mustard, nutmeg, green pepper, sage, onion, marjoram, pepper, thyme, dill seed, oregano, caraway, curry, garlic, parsley, rosemary
Pork	basil, caraway, cloves, nutmeg, garlic, onion, parsley, rosemary, sage, pepper, apples, applesauce, pineapple, chili powder, spiced apples and peaches, allspice, oregano
Fish	bay leaf, basil, curry, cumin, dry mustard, green pepper, lemon juice, paprika, marjoram, allspice, onion, nutmeg, parsley
Eggs	basil, curry, dry mustard, green pepper, onion, jelly, paprika, parsley, nutmeg, pepper
Carrots	parsley, sugar or sugar substitute, honey, cinnamon, mint, lemon juice, allspice, nutmeg, bay leaf, caraway seed, dill seed, ginger, mace, thyme, mint jelly, pepper
Potatoes	onion, basil, parsley, paprika, bay leaf, green pepper, chives, celery seed, oregano, poppy seed, rosemary, thyme, pepper, garlic, mint, nutmeg
Rice	turmeric, cumin, curry, allspice, nutmeg, sugar or sugar substitute, honey, cinnamon, onion, green pepper, pepper
Broccoli	lemon juice, pepper, vinegar, sugar or sugar substitute, basil, caraway seed, dry mustard, nutmeg, curry, oregano, garlic
Peas (Green)	onion, basil, mint, sage, mint jelly, sugar or sugar substitute, pepper, honey, rosemary, parsley, green pepper, oregano, garlic, poppy seed
String Beans	lemon juice, nutmeg, dill seed, thyme, sugar or sugar substitute, vinegar, dry mustard, oregano, honey, caraway seed, sage, garlic, pepper
Spinach	lemon juice, vinegar, onion, allspice, basil, mace, oregano, sugar or sugar substitute, pepper
Corn	green pepper, onion, paprika, pepper, sugar or sugar substitute, curry