

The background of the slide features a top-down view of several small, white, square and round bowls filled with various ground spices and herbs. The colors range from light beige to dark brown, with one prominent bowl of bright green powder in the center. The bowls are arranged in a circular pattern around the central text box.

April 2019

Healthy Eating Tip of the Month

The Health Benefits of Herbs and Spices

Why Should I Use More Herbs & Spices?

Using more spices and herbs in everyday cooking can help to reduce the intake of sodium in your diet, increase your intake of polyphenols, and bring more variety and flavor into your dishes

Why should I reduce the amount of sodium that I eat?

Consuming excess amounts of sodium, or greater than 2,300 milligrams a day, can lead to high blood pressure which can be dangerous if left untreated or undiagnosed

How much salt is 2,300 milligrams of sodium?

2,300 milligrams of sodium equals just *1 teaspoon* of table salt

Why does using more herbs & spices in my food help to reduce the amount of sodium that I consume?

Fresh, dried, or ground herbs and spices contain zero salt or sodium—other flavorings like garlic, lemon & black pepper don't either!



Chicken goes well with ...

Bay leaf	Parsley
Dill	Sage
Mustard	Tarragon
Paprika	Thyme

**What Goes Well
With What I'm
Cooking?**

Fish goes well with ...

Allspice	Dill
Basil	Fennel
Bay Leaf	Marjoram
Chives	Tarragon

Beef goes well with ...

Bay Leaf	Oregano
Cayenne	Rosemary
Chili Powder	Parsley
Paprika	Thyme

Make Your Own Herb Butter!

Mix 1 stick of unsalted butter with 1-3 tablespoons of *dried* herbs OR 2-6 tablespoons of *fresh* herbs, 1/2 teaspoon lemon juice and a pinch of black pepper. Mix together until fluffy. Cover and refrigerate for 1 hour and use when cooking with meats, fish, or vegetables!

RECIPES USING HERBS & SPICES

Fresh Basil Pesto

- 2 cups **fresh basil**, packed
- 1/3 cup pine nuts or walnuts
- 1/2 cup grated Romano or Parmesan cheese
- 3 teaspoons minced garlic (or about 3 cloves)
- 1/2 cup olive oil
- Salt and **pepper**

Pulse basil and nuts in a food processor. **Add** in the cheese and garlic. **Stream** in the olive oil until smooth. **Add** salt and pepper to taste, & serve!



https://www.simplyrecipes.com/recipes/fresh_basil_pesto/

Greek Turkey Meatballs with Cucumber **Mint** Sauce



Turkey Meatballs

- 1.25 lbs. ground turkey
- 1 egg
- 1/2 panko bread crumbs
- 3/4 tsp. salt
- 1/2 tsp. **pepper**
- 1/2 tsp. **cumin**
- 1 green onion
- 1 tsp. lemon zest

Cucumber Mint Sauce

- 1/2 cup shredded cucumber
- 3 cups **fresh mint** leaves
- 1/2 cup olive oil
- 3 tsp. minced garlic (3 cloves)
- 2 tbsp. fresh lemon juice
- 2 tsp. lemon zest

Combine all meatball ingredients in a bowl. **Roll** into 12-15, 1 1/2 inch balls. **Bake** meatballs in a 400F oven for ~20-24 minutes, or until internal temperature reaches 165F.

Place shredded cucumber in a strainer and press out all liquid. **Pulse** cucumber in a food processor with remaining sauce ingredients and **serve** with meatballs.

*Can serve with brown rice or whole wheat pasta

<https://www.platingpixels.com/greek-turkey-meatballs-cucumber-mint-sauce/>

Roasted Cauliflower & Potato Salad with Lemon & Dill

- 2 1/2 medium potatoes cut into 1 inch chunks
- 1 tsp. **dried thyme**
- 1/2 tsp. **cumin**
- 3 tbsp. olive oil
- 1 cup of raw cauliflower florets
- 2 tsp. garlic (2 cloves)
- 1 cup loosely packed kale
- 1/4 cup **fresh dill**
- Juice and zest of 1 lemon
- Salt and **pepper**

Preheat oven to 400F.

Toss the potatoes with **thyme**, **cumin**, and olive oil and roast for 10 minutes in the oven.

Stir in cauliflower and garlic and roast for another 20-25 minutes until the potatoes and cauliflower are cooked through. While the pan is still hot, **stir** in the kale until softened.

Add the dill, lemon juice and zest, salt and pepper.

Adjust seasonings if needed.



<http://homespuncapers.com/2016/08/01/roasted-cauliflower-potato-salad-lemon-dill/>

Lemon Tarragon Grilled Chicken

Ingredients

- 12 chicken drumsticks and 6 chicken thighs (or whatever combination of ~10 lbs. chicken)
- 2 tbsp. salt
- 2 tsp. **pepper**

For the Sauce...

- 1 lemon
- 1/4 cup fresh **tarragon**
- 2 tsp. minced garlic (2 cloves)
- 1 and 1/2 tsp. salt
- 1/2 tsp. **pepper**
- 1/3 cup olive oil

Tarragon
tastes a lot
like black
licorice!

Pat chicken dry and season with salt and **pepper**. **Grill** chicken for ~15-20 minutes, flipping once, over indirect heat or until internal temperature reaches 165F.

In a separate bowl, **combine** the juice of the lemon, **tarragon**, garlic, salt and **pepper**. **Stream** in olive oil until mixture completely comes together.

Mix cooked chicken with lemon tarragon sauce and serve.

<https://thefoodcharlatan.com/lemon-tarragon-grilled-chicken/>

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