

Add Flavor With Herbs & Spices To Enjoy Healthier Meals

Could flavor be the missing link to healthier eating? Herbs and spices make healthy foods like vegetables, whole grains, and lean protein taste great while cutting back on added salt, fat and sugar. Incorporate these 10 basic herbs and spices into your foods to boost flavor while eating healthy!

Ground cinnamon

Garlic powder

Rosemary

Basil

Oregano

Red pepper

Chili powder

Cumin

Ground ginger

Black Pepper

How To Use Herbs & Spices

Vegetable:

Try adding:

Also works with:

Asparagus

lemon juice + rosemary + black pepper

green beans, Brussels sprouts, sugar snap peas

Zucchini

olive oil + basil + oregano

broccoli, cauliflower

Carrots

honey + cinnamon + ground ginger

sweet potatoes, butternut squash

Tomatoes

balsamic vinegar + garlic powder + oregano

spinach, eggplant

Try something new with fruit:

Sprinkle cinnamon instead of sugar on apples and berries, or add red pepper to bring a surprise to grilled fruits.

Lean Protein:**Try adding:****Also works with:**

Chicken breast

olive oil + garlic powder + rosemary

pork chops, turkey cutlets

Pork tenderloin

reduced sodium + red pepper + ground ginger soy sauce & orange juice

tofu, salmon, sirloin

Tilapia

lemon juice + salt-free garlic + black pepper & herb seasoning

red snapper, cod

Whole Grain**Try adding:**

Brown rice

low-sodium chicken broth + garlic powder + black pepper

Whole grain pasta

olive oil + oregano + basil

Quinoa

lemon juice + red pepper + cumin

Get your calcium-rich foods:

Incorporate low-fat dairy products without extra sugar with a few simple swaps.

Combine Greek yogurt, cinnamon, strawberries and bananas for a refreshing smoothie.

Mix herb seasoning into plain Greek yogurt instead of using sour cream.

For a savory snack, enhance cottage cheese with basil and oregano.