

WEEK 3

My Taste is Why

Shelve the Shaker

Starting today, let your kiddos hide your salt shaker anywhere in the house. Then get creative in the kitchen and use other cooking solutions to spice up your dish! At the end of the week, we hope you'll expand your taste buds and will let that old salt shaker be a thing of the past.

Herb/Spice	Delicious Pairings	Extra Tip
Basil – Somewhat sweet, earthy	<ul style="list-style-type: none"> Any Italian food like meatless lasagna or pasta with red sauce Thai food like a stir fry with lots of veggies and sprinkled with peanuts Fruit like berries, peaches or apricots 	Add dried to dish at least 15 minutes before they are done cooking for full flavor. Add fresh right before serving to avoid flavor loss.
Curry Powder – A blend of spices usually including turmeric	<ul style="list-style-type: none"> Indian food like lentil potato stew Scrambled egg whites Whole grains like brown rice or quinoa with cilantro Tuna with celery and fat-free, no added sugar yogurt for a delicious sandwich 	Some curry powder can be hot and spicy. If you prefer a milder one (or a hotter one) look up the recipe online and make your own mix from spices in your spice drawer.
Cumin – Toasty and earthy with a little spice	<ul style="list-style-type: none"> Mexican food like black bean salsa or fat-free refried beans Fish such as tilapia, especially in fish tacos Root vegetables 	Cumin is also part of the Indian spice mix garam masala. Delicious when paired with coriander in Mexican or Indian food.
Rosemary – Woodsy	<ul style="list-style-type: none"> Roasted meats like chicken, pork, lamb, salmon Mushrooms, raw or cooked Whole grain breads Butternut squash or pumpkin 	Long sticks of fresh rosemary can be used to brush marinades on meat or as a skewer stick for grilled kabobs.
Smoked Paprika – Smokey with a fair amount of heat	<ul style="list-style-type: none"> Egg dishes Spice rubs for meats or even tofu In a fruit salsas like mango 	Use it to add the smokiness of bacon to any dish without the extra fat or salt.

	<ul style="list-style-type: none"> • Tomato sauce 	
Thyme – Earthy	<ul style="list-style-type: none"> • Any bean dish • Blends well with bay leaves, parsley, and lemon zest • Roasted vegetables 	Lightly crush dried leaves between your fingers when adding to a dish to release the flavor.
Cinnamon – Sweet and spicy	<ul style="list-style-type: none"> • Greek meat dishes like lamb or beef stew with oregano and onions • Whole grain muffins, waffles, pancakes or breads • Fruit crisps with oatmeal topping 	The natural sweetness means you can cut the amount of sugar in a recipe.

