

Flavoring your Food with Herbs and Spices

Food	Spices and Herbs to Try
Beef	Allspice, Bay Leaf, Cumin, Marjoram, Nutmeg, Onion, Oregano, Parsley, Pepper, Sage, Thyme
Chicken	Allspice, Cilantro, Cumin, Garlic, Ginger, Lemon Pepper, Marjoram, Oregano, Paprika, Parsley, Poultry Seasoning, Rosemary, Sage, Tarragon, Thyme
Fish	Allspice, Cilantro, Curry Powder, Dill, Dry Mustard, Lemon Juice, Marjoram, Paprika, Pepper, Thyme
Lamb	Cumin, Curry Powder, Garlic, Rosemary, Mint
Pork	Cumin, Curry Powder, Garlic, Onion, Oregano, Sage, Pepper, Oregano
Fruits	Allspice, Cinnamon, Ginger, Nutmeg
Carrots	Basil, Cinnamon, Cloves, Garlic, Marjoram, Nutmeg, Rosemary, Sage
Corn	Cumin, Curry Powder, Onion, Paprika, Parsley
Green Beans	Dill, Curry Powder, Lemon Juice, Lemon Pepper, Marjoram, Oregano, Tarragon, Thyme
Greens	Onion, Pepper
Peas	Ginger, Marjoram, Onion, Parsley, Sage
Potatoes	Dill, Garlic, Onion, Paprika, Parsley, Sage
Sweet Potatoes	Cinnamon, Garlic, Ginger, Nutmeg
Summer Squash	Basil, Cloves, Curry Powder, Garlic, Marjoram, Nutmeg, Rosemary, Sage
Winter Squash	Cinnamon, Ginger, Nutmeg, Onion
Tomatoes	Basil, Bay Leaf, Chili Powder, Cilantro, Dill, Marjoram, Onion, Oregano, Parsley, Pepper, Rosemary
Rice or Pasta Dishes	Basil, Cilantro, Cinnamon, Onion, Oregano, Pepper, Parsley, Rosemary
Broth-based Soups	Basil, Bay Leaf, Cumin, Oregano, Parsley, Paprika

If substituting fresh herbs for dried or ground herbs remember that dried herbs are stronger than fresh herbs. These are equivalents:

- 1 Tablespoon fresh cut herbs
- 1 teaspoon dried herbs
- 1/4 to 1/2 teaspoon ground dried herbs

Many of the above flavor suggestions were adapted from information provided by the National Heart, Lung, and Blood Institute (nhlbi.nih.gov). Additional suggestions have also been provided.



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