



Cooking with Herbs & Spices



Herb flavors are strongest when powdered, less strong when crumbled or flaked and mildest when fresh.

A GOOD RULE OF THUMB: Use herbs and spices sparingly to start.

- ☞ If a recipe calls for 1/4 teaspoon of powdered herb, you can use 3/4 to 1 teaspoon crumbled or flaked, or 2 to 3 teaspoons fresh.
- ☞ For starters, try 1/2 teaspoon of spice for a dish that serves 4 to 6.
- Herbs and spices can be expensive. Start with a few basic ones. Black pepper, basil, oregano, garlic powder/salt, and cinnamon can flavor a variety of foods.
- Foods with strong flavors will need more seasoning than foods with weaker flavors.
- Crumble dried herbs in your palm before adding them to your dish.
- Add whole spices during long cooking times to get the full flavor. Add ground or cut herbs and spices midway or towards end of cooking time so the flavor isn't lost or weakened. For cold foods (dips, dressings, etc.), add herbs several hours before serving.
- Allow for the buildup of the hot flavor with red pepper. The first taste test often seems mild.

The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact:
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