

Spice it up!

Adding herbs and spices to food reduces the need for salt and other less healthful seasonings while boosting flavor and nutrition. Some spices can improve digestion and metabolism while others can reduce cholesterol levels. Additionally, some have antimicrobial and anti-inflammatory properties.

This item...	...goes well with this herb or spice
 BEANS	cumin, cayenne, chili, parsley, pepper, sage, savory, thyme
 BEEF	basil, bay, chili, cilantro, curry, cumin, garlic, marjoram, mustard, oregano, parsley, pepper, rosemary, sage, savory, tarragon, thyme
 BREADS	anise, basil, caraway, cardamom, cinnamon, coriander, cumin, dill, garlic, lemon peel, orange peel, oregano, poppy seeds, rosemary, saffron, sage, thyme
 CHEESE	basil, caraway, celery seed, chervil, chili, chives, coriander, cumin, dill, garlic, horseradish, lemon peel, marjoram, mint, mustard, nutmeg, paprika, parsley, pepper, sage, tarragon, thyme
 CHICKEN	allspice, basil, bay, cinnamon, curry, dill, fennel, garlic, ginger, lemongrass, mustard, paprika, rosemary, saffron, sage, savory, tarragon, thyme
 EGGS	basil, chervil, chili, chives, curry, dill, fennel, ginger, lemon peel, marjoram, oregano, paprika, rosemary, saffron, sage, tarragon, thyme
 FISH	anise, basil, bay, cayenne, celery seed, chives, curry, dill, fennel, garlic, ginger, lemon peel, marjoram, mustard, oregano, parsley, rosemary, saffron, sage, savory, tarragon, thyme
 FRUITS	allspice, anise, cardamom, cinnamon, cloves, coriander, ginger, mint
 LAMB	basil, bay, cinnamon, coriander, cumin, curry, dill, garlic, marjoram, parsley, pepper, rosemary, sage, savory, thyme
 SALADS	basil, caraway, chives, dill, garlic, lemon peel, lovage, marjoram, mint, oregano, parsley, rosemary, tarragon, thyme
 SOUPS	basil, bay, chervil, chili, chives, cumin, dill, fennel, garlic, marjoram, parsley, pepper, rosemary, sage, savory, thyme
 TOMATOES	basil, bay, celery seed, cinnamon, chili, curry, dill, fennel, garlic, ginger, gumbo file, lemongrass, marjoram, oregano, parsley, rosemary, savory, tarragon, thyme