

## Fruit and Vegetable Seasoning Guide



Herbs and spices add flavor, color and interest to fresh and frozen fruit and vegetables without added fat and calories. Here's a list of herbs and some ideas for fruit or vegetables to try with them.

Dried herbs can go stale, so be sure to store in an air-tight container away from heat. Most dried herbs last about a year. Add fresh herbs toward the end of cooking for the most flavor. When substituting dried for fresh herbs, use 1 teaspoon of dried for 1 tablespoon of fresh.

<i>Herb or Seasoning</i>	<i>Description</i>	<i>Fruit or Vegetable</i>
Basil	Fragrant, savory and sweet	tomatoes and tomato sauces, lettuce salads, potatoes, peas
Caraway seeds	Nutty, with a slight licorice flavor	beets, cabbage, carrots, potatoes, turnips, winter squash
Chervil	Subtle flavor of licorice and lemon	asparagus, eggplant, peas, potatoes, mixed salad greens
Chili Powder	A blend of spicy flavors	potatoes, corn, tomatoes
Chives	Mild onion flavor	potatoes, cucumbers, corn, tomatoes, brussels sprouts, carrots, mixed salad greens
Cilantro	Lively, with hints of citrus and evergreen	tomato salsas, avocado, Asian salads
Cinnamon	Warm, spicy and sweet	apples, pears, cooked winter squash, sweet potatoes, yams
Dill	Fresh, light licorice flavor	asparagus, carrots, corn, potatoes, beets
Garlic	Strong and sharp, softens and mellows when cooked	tomatoes, broccoli, carrots, potatoes, swiss chard, collard greens
Ginger	Aromatic, warm and spicy with a "bite"	apples, pears, carrots, green beans, winter squash, sweet potatoes
Marjoram	Similar to oregano with a minty, basil-like flavor	tomato sauces, beans, carrots, corn, eggplant, parsnips, cauliflower, salads
Mint	Cool and refreshing	oranges, grapefruit, peas, fruit or vegetable salads
Nutmeg	Spicy and sweet	cooked spinach, kale, potatoes, apples, pears, winter squash
Oregano	Savory, sweet and peppery	potatoes, corn, mushrooms, summer squash, tomatoes, salads
Parsley	Herbal, bright and fresh	corn, potatoes, peas, salads, tomatoes
Rosemary	Subtle, pine-like aroma and flavor	potatoes, broccoli, turnips
Sage	Soft, sweet and slightly minty	eggplant, sweet potatoes, peas, winter squash
Thyme	Delicate and savory, with a slight lemon flavor	eggplant, carrots, corn, sweet potatoes, mushrooms, winter squash, tomatoes, lettuce salads

Sources: Frontierherb.com, mayoclinic.com, whfoods.com, [www.foodnetwork.com](http://www.foodnetwork.com).