



TIPS

Seven Super Spices with an African Flair

Culinary heritage starts with herbs and spices, dried or fresh, used to enhance the flavor of foods. Spices come from seeds, roots, and barks, while herbs come from the more green, leafy parts of plants. Cooking with herbs and spices adds lots of flavor to your dishes without adding lots of extra salt.



QUICK TIP 1:

Cinnamon complements both sweet and savory foods. Sprinkle it on oatmeal, sliced apples, or hot chocolate. Dust squash, sweet potatoes, or cauliflower with cinnamon before roasting.



QUICK TIP 5:

Add lemon and **Dill** to pickled vegetables, seafood dishes, and potato salad for a taste of summer all year.



QUICK TIP 2:

Use 1 teaspoon **Ground Ginger** to brighten lentils, chickpeas, sautéed cabbage, leafy greens and seafood. Add 1/8 teaspoon to hot or iced teas for extra zing.



QUICK TIP 6:

Add 1/2 teaspoon of **Thyme** to black-eyed peas, sweet potatoes, millet, or okra. Or make West African staple *Jollof Rice* using thyme, tomato paste, and assorted vegetables.



QUICK TIP 3:

To add a little Caribbean flavor to your next soup or chili, add 1 teaspoon of **Allspice** to the pot. Try 1/2 teaspoon in red beans cooked with coconut milk.



QUICK TIP 7:

Mix 1/2 teaspoon of **Yellow Curry** with 2 cups hot cooked whole wheat couscous and top with chickpeas, grated carrots, and dried fruit for a traditional North African treat.



QUICK TIP 4:

Just a dash of **Crushed Red Pepper Flakes** or **Paprika** can add a lot of flavor and a bit of lively heat. Try perking up tomato sauces, soups, stews, and bean dips with a little sprinkle.

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