

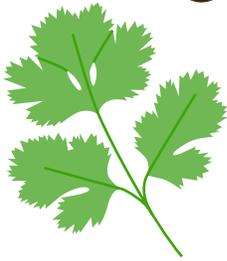


FLAVOR BOOSTERS

Salt and pepper aren't the only options to add flavor to foods. Try the following healthful flavor booster and experiment with your own.

Fresh Herbs

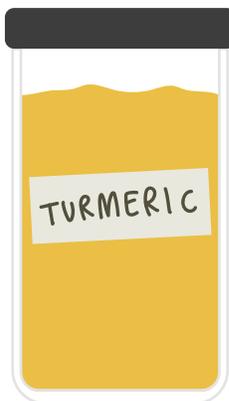
Popular fresh herbs include basil, cilantro, dill, chives, mint, oregano, parsley, tarragon, and thyme.



- ▶ Stir chopped basil into prepared tomato sauce.
- ▶ Top bean or chicken soups with a sprinkle of freshly chopped dill.
- ▶ Flavor seltzer or plain water with mint leaves.

Dried Herbs and Spices

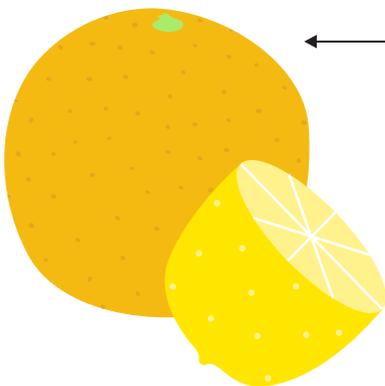
Some common dried herbs include basil, dill, mint, oregano, parsley, rosemary, sage, tarragon, and thyme. Common dried spices include cinnamon, cloves, ginger, nutmeg, paprika, pepper, and turmeric.



- ▶ Sprinkle ground ginger on oatmeal.
- ▶ Add a dash of paprika to baked chicken.
- ▶ Sauté mushrooms with olive oil and a few minced rosemary leaves.
- ▶ Add a sprinkle of oregano to roasted potatoes.

Citrus Fruits

A small amount of juice or peel from citrus fruits can add major flavor. After washing, use a small, sharp knife, microplane, or grater to remove the outer colored part of the peel (the zest). Avoid the bitter white part of the rind (the pith) just beneath the outer peel.



- ▶ Squeeze lemon juice or sprinkle lemon zest over baked or grilled fish and cooked vegetables.
- ▶ Stir orange zest into oatmeal, yogurt, or cake batter.
- ▶ Add a splash of lemon, lime, or orange juice to sparkling water for a refreshing beverage.

SOME LIKE IT HOT!

Adding some heat to recipes can really kick up the flavor. Here are 5 fiery condiments to try. Start with a small amount and add more until you reach your desired heat level.

- ▶ Popular **sriracha** is a bright, red-hot sauce made from chili peppers, vinegar, garlic, sugar, and salt. Drizzle it on Asian dishes, scrambled eggs, or burgers.
 - ▶ Prepared **horseradish** contains grated horseradish root mixed with distilled vinegar. Add a small spoonful to mashed potatoes or root vegetables.
 - ▶ **Garlicky harissa** gets its heat from hot chiles and contains cumin, coriander, and caraway. It's traditionally served with couscous dishes but also adds bold flavor when mixed into hummus.
 - ▶ True **wasabi** is a green, pungent paste made from the Japanese horseradish root and traditionally accompanies sushi. Jars or tubes of wasabi available in the US usually are often a mix of horseradish, mustard, and food coloring. Add a dash to sauces and salad dressings.
 - ▶ **Gochujang** is a thick, spicy paste made with dried red chiles and fermented soybeans. Try it in marinades and dipping sauces.
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Stocks and Broths

Common flavors of stocks and broths are chicken, beef, vegetable, and fish. Store-bought varieties are usually high in sodium. Look for low sodium versions or try making your own with little or no added salt.

- ▶ Cook rice, couscous, pasta, or other grains in chicken or vegetable stock rather than water.
- ▶ Create a delicious soup by simmering chopped vegetables in stock or broth.
- ▶ Flavor stews with beef or vegetable stock.
- ▶ Cook chicken in broth with a splash of wine.

Marinades

Marinades contain an acidic ingredient like wine, vinegar, or citrus juice, which tenderizes meat and vegetables and adds flavor. Always marinate in the refrigerator, not on the counter. Discard marinades or sauces that have come in contact with raw meats.

- ▶ Use a reduced-sodium teriyaki marinade for salmon, tuna, beef, and chicken.
- ▶ Try a citrus or pineapple marinade for mahi mahi, tilapia, or chicken.

Vinegar

Vinegar adds tangy, light flavor for just a few calories. Red wine, white wine, balsamic, apple cider, sherry, and rice vinegar are common types. Some vinegars are flavored with garlic, herbs, or fruit. Remember, a small amount of vinegar goes a long way.

- ▶ Top a mozzarella and tomato salad with a drizzle of balsamic vinegar.
- ▶ Make a homemade salad dressing with raspberry vinegar.
- ▶ Add 1 or 2 tablespoons of sherry vinegar to a shrimp stir-fry.
- ▶ Stir 1 tablespoon of apple cider vinegar into a pot of lentil soup right before serving.