

# SPICES & SEASONINGS

## BEST BETS

Spice	Flavor Description	Try It On...	Heat Level
Balsamic vinegar	Complex, herbal sweet-and-sour drizzle topping	Salad, raw veggies, bread	
Basil	Popular fresh, zesty Italian herb	Pasta, pizza, salad, cheese, salad, fresh tomatoes and other salad veggies	
Black Pepper	Smoky, dry zip	Nearly everything! Meats, rice, potatoes, raw and cooked veggies...	
Chili Powder	Smoky heat	Chili, rice, Spanish/Mexican/Southwestern food, and even raw cabbage!	
Cinnamon	Sweet, woody	Yams, sweet potatoes, squash, apples, oatmeal; desserts, pudding; red meat	
Crushed Red Pepper	Mild spiciness	Pizza, hummus, salads, and pasta	
Curry Powder	Warm, spicy, smoky	Rice, soups, Indian and Spanish/Mexican/Southwestern foods	
Garlic Powder	Mild herbal, garlic	Pizza, pasta, and breadsticks	
Ginger	Zesty, slightly fruity; slight zip	Asian foods, noodles, desserts, squash, fruity drinks	
Italian Seasoning	Mix of oregano, basil, and other spices, warm, well-rounded flavor, savory	Any Italian food (pasta, bread, salad...)	
Local variety of Hot Sauce	<b>Ex.:</b> Sriracha, Frank's, Buffalo...	Hometown favorites are always a hit!	
Low-sodium Soy Sauce	Salty	Asian foods; rice, fish, meats, or vegetables	
Nutmeg	Sweet, nutty, pumpkin-pie spice	Yams, sweet potatoes, squash, apples	
Oregano	Bitter-sweet, peppery zing, popular woody Italian herb	Pasta, pizza, salad, Spanish/Mexican food	

