




SPICES & SEASONINGS

NEW & REGIONAL

Spice	Flavor Description	Try It On...	Heat Level
Apple Cider Vinegar	Bright, sour tang	Cabbage, kale, cooked or raw green veggies, salad	
Cardamom	Mysterious, warm, sweet, a little bit tart	Yams, sweet potatoes, squash, apples, cooked fruit, and in smoothies and desserts	
Cayenne	Hot, spicy	Flavor to soups, tacos, rice, eggs, corn, and any Spanish/Mexican/Southwestern cuisine	
Chipotle Pepper	Smoky, fiery	Rice, soups, Spanish/Mexican/Southwestern foods	
Cilantro	Fresh, citrusy leaf	Spanish/Mexican/Southwestern dishes	
Coriander	Seed of the cilantro plant: warm, sweet, slightly lemony	Red meat, Mexican/Southwestern and Indian foods	
Cumin	Rich, nutty spice	Beans, rice, chili, tacos, beans, and soups	
Dill	Sharp, green, slightly bitter	Great on fish and chicken	
Lemon pepper	Zesty, peppery	Meats, especially chicken and fish	
Lemon wedges	Bright, sour pop	Beverages, raw and cooked green vegetables, salad	
Onion Powder	Mild onion flavor	Soups, pasta, and rice	
Sesame Seed	Toasted flavor and crunch	Salad, noodles, Asian foods, bread	
Rosemary	Floral, piney aroma	Chicken, pork, bread, potatoes, cooked vegetables, beans, and eggs	
Tajin (Low-sodium variety)	Chili-lime with a pinch of salt	Very trendy, fun! Try it on fruit or eggs	
Thyme	Woody flavor & aroma	All-purpose spice on meat, veggies, and salad	
Turmeric	Mild woody flavor, slightly bitter	Rice, chili, soups, and Indian cuisine	

