



Don't Salt It – Herb and Spice It!

HERBS OR SPICES	MAIN DISH	SALAD	SAUCES AND SOUP	VEGETABLES
Allspice	Pot Roast, Duck, Turkey, Chicken, Fish	Fruit Salad	Tomato	Beets
Cayenne	Beef, Stews, Chicken, Seafood	All except Fruit	Meat, Vegetable, Chili	All
Chili Powder	Beef dishes, Chicken	Bean Salad	Chili, Mexican	Corn
Cloves			Tomato	Winter Squash, Sweet Potatoes
Curry Powder	Meat, Fish, Poultry, Lamb, Veal, Fish and Seafood	Chicken Salad	Vegetable, Chowders	Rice, Creamed Vegetables
Ginger	Pork, Poultry, Chinese Dishes	Fruit Salad	Dessert Sauce, Chinese Soups	Squash, Chinese Vegetables
Mace	Poultry Stuffing, Veal	Fruit Salad	Fish, Poultry, Veal	Potatoes
Dry Mustard	Beef, Poultry, Fish, Eggs	Poultry, Tuna, Macaroni, Potato	Fish, Vegetable	Cabbage

Nutmeg	Poultry, Stews, Creamed Dishes	Fruit Salad	Dessert and Fruit Sauces, Pudding	All Vegetables except the Cabbage Family
Paprika	Meat, Fish, Poultry, Creamed Dishes	All except Fruit Salad	All except Dessert Sauces	All
Basil	Tomato, Eggs, Fish, Poultry, Beef, Pork	Vegetable and Pasta Salads	Tomato, Vegetable, Minestrone	Cucumbers, Green Beans Zucchini
Dill	Fish	Potato, Vegetable	Creamed type	Green Beans Cucumbers Cabbage, Carrots
Marjoram	Italian Food, Meat, Fish, Poultry, Eggs	Salad Dressings	Tomato, Brown Sauce	Broccoli, Green Beans, Peas, Eggplant
Oregano	Italian Food, Meat, Poultry, Fish	Vegetable and Pasta	Tomato and Fish	Tomato, Broccoli, Zucchini, Eggplant
Parsley	All	All except Fruit	All except Fruit	All
Rosemary	Meat, Poultry, Fish		Vegetable, Meat, Poultry and Fish	Potatoes, Turnips Cauliflower
Sage	Pork, Poultry, Stews	Vegetable Salads	Meat, Poultry and Pork	Mushroom, Broccoli Cabbage, Onions, Cauliflower
Thyme	Meat, Poultry, Fish, Stews	Vegetable Salads and Salad Dressings	Fish	Onions
Tarragon	Eggs, Poultry, Fish	Salad Dressings	Creamed Type	Potatoes

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