

Nutrition



Class #15

Herbs and Spices

Homework Assignment

- Did you prepare one meal rich in beta-carotene and one meal rich in lycopene?
- What did you make?
- Did you notice the bright colors in the produce section at the grocery store?

Herbs and Spices

Spices come from the bark (cinnamon), root (ginger, turmeric), buds (cloves, saffron), seeds (yellow mustard, poppy, sesame), berry (black pepper), or the fruit (allspice, paprika) of tropical plants and trees.

Herbs are leaves of low-growing shrubs. Examples are parsley, chives, marjoram, thyme, caraway, dill, oregano, rosemary, savory, sage and celery leaves.

Seasoning blends are mixtures of spices and herbs.

WHY USE?

<http://nutritionfacts.org/video/antioxidants-in-a-pinch/>

How can herbs and spices help with weight loss?

“...removing a tablespoon of fat removes about 10 grams of fat and 100 calories – **an amount which could represent a 10 pound weight loss in a year.**”

The calories in herbs and spices are far less than in breadings, batters, gravies, sauces and fried foods.”

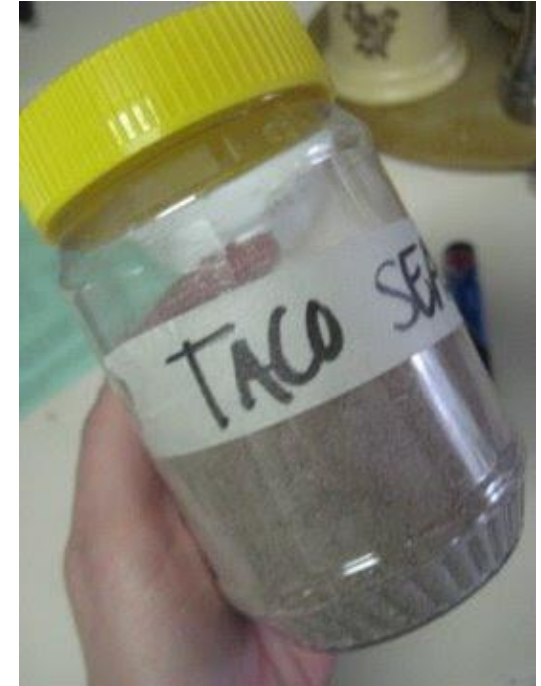
Source: Ann A. Hertzler, PhD, RD, Herbs and Spices, Virginia Cooperative Extension

SPICE MIXES

Can be Found in spice mixes and packets:

Milk
Sugar
Corn flour
Vegetable oil
Corn syrup
Corn maltodextrin
Silicon Dioxide
Natural flavors
Rice/other filler

Make your own mixes?
Buy in bulk?
Split with friends/classmates?



Typical Grocery Store Spices

- On average have been on the shelf for 9-12 months
- Sat another 12 months in storage
- Poor quality
- May contain contaminants



Purchase Whole Spices

- Grind them yourself
- Will stay fresh longer
- You know what you are getting



How Do I Get Better Quality Spices?

- Go to Ethnic Markets
- Find a local spice merchant
- Order quality spices online
 - Penzeys (USA)
 - Mountain Rose Herbs (USA)
 - World Spice (Canada)



Storing Spices

- Typically in a cool dry place
- Best to keep away from stove, dishwasher
- Best to buy whole and grind as you use



Approximate EQUIVALENT amounts of different forms of herbs:

- 1 tablespoon fresh herbs
- 1 teaspoon dried herbs

As a general rule, add FRESH
HERBS near the end of
cooking or just before serving.

Prolonged heating can cause
flavor and aroma losses.



Refrigerator/Freezer Storage?

- Refrigerate paprika, chili powder, and red pepper for best color retention, especially in the summer.
- Most herbs can be chopped and frozen.
- Consider freezing parsley in ice cube trays with water for easy addition to soups.



When to use it by?

- Ground spices = 1 year
- Whole spices= 2 years
- Frozen=5-6 months



GINGER ROOT

- Can add zest and flavor to dishes while offering possible health benefits.
- Known for its anti-inflammatory properties
- May be effective in relieving gastrointestinal stress
- May boost your immune system



Uses:

Use in tea, with fruit, in fruit and vegetable dishes, with Asian dishes.

Cloves

- Anti-inflammatory
- Lots of flavonoids
- Vitamin K
- Vitamin C



Uses: Ground cloves to sautéed vegetables, pierce an onion with a clove and add to soups, ground cloves to sweet potatoes, squashes, add to warm beverages.

Oregano

- Potent anti-oxidant
- Anti-bacterial
- Vit K
- Iron
- Calcium



Uses: On Italian foods, eggs or egg whites, salads, salad dressings
-add toward end of cooking process-excess heat-loss of flavor.

Basil

- Magnesium
- Muscle and blood vessel relaxation
- Heart health
- Vitamin C
- Iron
- Anti-inflammatory



Uses: Italian Foods, Stir-frys, eggplant and tofu dishes, Tomato Soups, Tea.

Peppermint

- Digestion
- Anti-cancer
- Muscle relaxation
- Respiratory benefits
- May help with asthma



Uses: Tea, Salads, Fruit, Soups.

Cinnamon

- Anti-clotting
- Anti-bacterial
- Better blood sugar control
- Enhanced brain function



Uses: Bean dishes, hot cereals, warm beverages, fruit.

Turmeric

- Boost immune system
- Brain function
- Decrease tumor growth
- Improve arthritis symptoms
- Anti-inflammatory



Uses: Sautéed Veggies, Soups, Eggs, Lentils, Mustard.

Homework Assignment

- Make a new recipe using an herb or spice that you haven't tried before!