



Give Them More  
of the  
Good Stuff!

# Herbs and Spices

## Shop and Save

- ✿ In bulk foods, you can buy a small amount to use while the flavor is strongest. Or try something new.
- ✿ Check for a “BEST by” date on packaged spices and herbs. They are still safe after the date but the flavor will be weaker.
- ✿ Fresh herbs should be a color typical for the herb. Avoid wilted or yellowed leaves.
- ✿ If you garden, grow some herbs. Try basil, parsley, chives and others in the ground or a container.

*Herbs and spices boost flavor,  
and are salt- and sugar-free!*



## Fresh or Dried?

Both fresh and dried herbs add flavor. Adjust amounts to your taste.

### Most Herbs:

3 teaspoons fresh =  
1 teaspoon dried

**Garlic:** 1 clove fresh =  
¼ teaspoon garlic powder

**Ginger:** 1 teaspoon  
fresh ginger root =  
¼ teaspoon ground  
ginger powder



## Store Well Waste Less

■ Store dried herbs and spices in a cool, dark location away from direct heat or sunlight. Keep containers tightly closed.

- Whole dried spices keep their flavor for up to 4 years; ground spices for 2 to 3 years and dried herbs for 1 to 3 years. Smell them to check for strength of flavor.
- Refrigerate fresh herbs like parsley, basil or cilantro upright in a glass of water like flowers. Cover with a loose plastic bag.
- Wash fresh herbs just before using by pushing up and down in

a bowl of water; lift out of the water; repeat in fresh water until no dirt appears in the bowl.

■ Freeze fresh herbs and use in cooked dishes within one year. Remove clean, dry leaves from main stems, spread on a tray and freeze. Package in freezer quality container labeled with the herb's name and date.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.

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# Using Herbs and Spices

## Homemade Seasoning Blends

Mix ingredients well and store in an airtight container.

### Taco Seasoning

- 3 Tablespoons **garlic powder**
- 3 Tablespoons **onion powder**
- 6 Tablespoons **chili powder**
- 3 Tablespoons **paprika**
- 1 Tablespoon **black pepper**

### Optional:

- 3 Tablespoons **cumin**
- 4 ½ teaspoons **dried oregano**
- Red pepper flakes** to taste

**Makes** 1 cup without optional ingredients.  
2 Tablespoons = one packet (1.25 ounces) taco seasoning mix

### Soulful Seasoning (salt free)

- 3 Tablespoons **onion powder**
- 4 Tablespoons **garlic powder**
- 1 Tablespoon **ground red pepper**
- 1 Tablespoon **chili powder**
- 1 Tablespoon **paprika**
- 1 teaspoon **ground black pepper**
- 2 teaspoons **ground thyme**

**Makes** ¾ cup

Use with vegetables and meats.

### Pumpkin Pie Spice

- 2 Tablespoons **cinnamon**
- 1 Tablespoon **ginger**
- 1 ½ teaspoons **nutmeg**
- 1 ½ teaspoons **cloves**

**Makes** 4 Tablespoons

Use fresh herbs to flavor water. Find ideas in the Food Hero Monthly for water at [FoodHero.org](http://FoodHero.org)

## Pumpkin Fruit Dip

### Ingredients:

- 1 can (15 ounce) pumpkin (about 1¾ cups cooked pumpkin)
- 1 cup low-fat **ricotta cheese** or **plain yogurt** or low-fat **cream cheese**
- ¾ cup **sugar** (or less to taste)
- 2 teaspoons **pumpkin pie spice**

### Directions:

1. In a medium bowl, combine pumpkin, ricotta cheese (or yogurt or cream cheese), pumpkin pie spice.
2. Add sugar a little at a time to reach desired sweetness. Stir until smooth.
3. Serve with fresh fruit dippers like apple slices, bananas or grapes.
4. Refrigerate leftovers within 2 hours.

**Makes** 3 cups

**Prep time:** 5 minutes

## Hummus Dip (no tahini)

### Ingredients:

- 1 can (15 ounces) **garbanzo beans**, drained and rinsed
- 2 Tablespoons **lemon juice**
- 2 teaspoons **vegetable oil**
- ½ cup nonfat plain **yogurt**
- ¼ teaspoon **garlic powder** or 1 clove garlic
- ¼ teaspoon **black pepper**
- ½ teaspoon **ground cumin**

### Directions:

1. For a **smooth texture**, blend all ingredients in a blender. For a **less smooth texture**, mash beans with a fork until they are as smooth as you like. Mix with other ingredients.
2. If hummus seems too thick, add 2 teaspoons of water.
3. Refrigerate leftovers within 2 hours.

**Makes** 2 cups

**Prep time:** 5 minutes



**Kids Can!**

When kids help make healthy food, they are more likely to try it. Show kids how to:

- measure and mix ingredients together.
- wash and cut up fruits and vegetables for dipping.

