



# Don't Salt It – Herb and Spice It!

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

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

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