



# BETTER LIVING FOR TEXANS

TEXAS A&M AGRILIFE EXTENSION

 @BETTERLIVINGFORTEXANS

@BETTERTEXANS  

OCTOBER 2020

## Spice Up Your Cooking!

This time of year you can find a “pumpkin spice” version of everything – candy, cereal, coffee, and more! Pumpkin spice foods and beverages are typically flavored with a combination of cinnamon, nutmeg, ginger, and cloves. This blend of flavors makes these foods quite popular!

Flavor is one of the top reasons why we choose to eat the foods we eat. The Dietary Guidelines for Americans recommends limiting salt/sodium intake, however, salt is a common source of flavor in the food we eat.

By familiarizing yourself with a few herbs and spices, you can enhance the flavor while lowering the sodium content in foods you prepare.

### Spice and Herb Tips

Storing dried herbs and spices in airtight containers on a dry, dark shelf can help preserve its flavor for a few years.

Spices and herbs have very minimal nutritional value, meaning they won't increase sugar, fat, salt, or calories in a food. They are simply used to enhance the flavor of a dish.

Herbs and spices vary in strength of flavor. If you are experimenting with flavors, it's a good idea to start

with just a pinch and then taste test. You can always add more but once it's added, there's no going back.

The following information may help you know where to start when it comes to flavoring dishes with herbs and spices:

*Strong flavor:* bay leaf, cardamom, curry, ginger, pepper, mustard, rosemary, sage

*Medium flavor:* basil, cumin, dill, fennel, garlic, marjoram, mint, oregano, thyme, turmeric

*Sweet flavor:* cinnamon, cloves, allspice, ginger, cardamom, mint, fennel

*Savory flavor:* oregano, garlic powder, curry powder, dill, onion powder

*Peppery flavor:* mustard, black pepper, paprika, cayenne pepper, chili powder



Since spices and herbs can be expensive - start with a few basics like pepper, basil, oregano, and cinnamon. For spices that you use a lot, it is cheaper per ounce to purchase the spices in bulk.

Next time you cook, loosen your grip on the salt shaker and pick up some herbs and spices!

Adapted from: <https://www.udel.edu/academics/colleges/canr/cooperative-extension/fact-sheets/using-herbs-and-spices/> Photo Source: unsplash.com

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. USDA is an equal opportunity provider and employer.

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.





 @BETTERLIVINGFORTEXANS

@BETTERTEXANS  

OCTOBER 2020

## Local Events

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. USDA is an equal opportunity provider and employer.

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.





 @BETTERLIVINGFORTEXANS

@BETTERTEXANS  

OCTOBER 2020

## Recipe of the Month

Source: foodhero.org

### Pumpkin Fruit Dip

Servings: 26

Makes: 3 cups

### Ingredients

- 1 can (15 ounce) pumpkin
- 1 cup plain yogurt or low-fat cream cheese
- $\frac{3}{4}$  cup sugar
- 1  $\frac{1}{2}$  teaspoons cinnamon
- $\frac{1}{2}$  teaspoon nutmeg



Photo Source: pixabay.com

### Directions

1. Wash your hands and clean your preparation area.
2. In a large bowl, combine pumpkin, yogurt or cream cheese, cinnamon and nutmeg. Add sugar a little at a time to reach desired sweetness. Stir until smooth.
3. Serve with sliced fruit.
4. Refrigerate leftovers within 2 hours.

**Nutrients Per Serving:** (2 tablespoons) 40 calories, 0.5 g total fat, 0 g saturated fat, 1 g protein, 8 g carbohydrates, 1 g dietary fiber, 7 g total sugars, and 25 mg sodium

**Total Cost per serving:** \$\$\$\$

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. USDA is an equal opportunity provider and employer.

The members of Texas A&M AgriLife will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation or gender identity and will strive to achieve full and equal employment opportunity throughout Texas A&M AgriLife.

The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

