



DINNER

Savory Spice of Life™ Blend

This blend adds savory highlights to veggies, grains, popcorn, toast, and soup.

YIELD: Little under 1/2 cup

INGREDIENTS

1 lb. fresh green beans (stem ends snapped off, strings removed)

5 shallots (finely chopped)

1 tablespoon extra virgin olive oil

1/2 teaspoon fresh ginger (finely chopped)

1/2 cup filtered water

DIRECTIONS

1. Stir all ingredients together until well combined.
2. Store in an airtight container.



NUTRITION GEM

Health Benefits of Oregano, Dill & Dulse Flakes

Spices turn bland food into savory dishes. Blend any or all of these ingredients and keep this blend on the table to use to complement fresh ground salt and pepper.

Oregano — Oregano, both as a culinary herb and in its essential oil form has antioxidant and anti-inflammatory properties to support the immune system, mitigate fungal infections and mold, and offer relief from respiratory issues.

Dill — Dill, be it fresh leaves or seeds, supports digestion, alleviates flatulence, aids in cholesterol reduction, diabetes management, provides ease of labor and delivery.

Dulse Flakes — Dulse seaweed, a rich source of protein, fiber, vitamins and minerals, is a good source of iodine, important for thyroid health and neurohormone balance.

COOKING PEARL

Using Dried Herbs & Spices

Seasoning with dried herbs and spices means complementing, not overwhelming, the natural flavor of the food. The mark of a skilled natural chef is the ability to use herbs and spices in a synergistic way, adding flavor while increasing the metabolic activity of the body to digest and assimilate it.

Consider the following when using blends or any spice combination you create:

- More is not always better when using dried herbs and spices.
- Add dried herbs and spices when sautéing onions and other aromatics to further enhance the flavor of the dish.
- When using fresh herbs such as parsley and cilantro, add them to the dish at the end of the cooking time so they retain their vibrant color and flavor.
- Slow-cooked dishes often work better when herbs and spices are layered throughout the cooking time.

