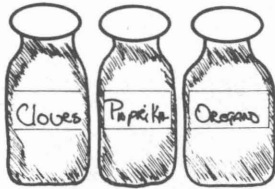


TEXAS AGRICULTURAL EXTENSION SERVICE • The Texas A&M University System



"SPICE UP" YOUR LOW CALORIE MENU



Dear Homemaker:

Eat well while eating correctly on a low calorie diet! To help you maintain the weight level you have achieved, flavor foods with spices and herbs instead of fat, bacon or salt pork. Spices and herbs add flavor without adding calories.

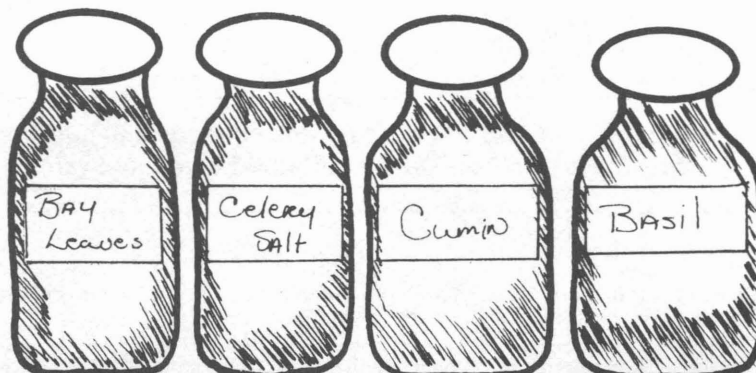
A small amount of spice can make a big difference in the flavor of foods. When trying a spice for the first time, use just a little bit of it. Gradually add more to suit your taste.

Below is a list of spices you may wish to use:

Bay Leaves	Lime
Bouillon	Mint
Celery (fresh, flakes, salt, seeds)	Mustard
Chili Powder	Onion (fresh or dried)
Cinnamon	Onion Powder or Salt
Cumin (cumino) (ground or whole)	Oregano
Dill (fresh or dried)	Orange Juice or grated Orange Rind
Garlic (fresh, powdered or salt)	Paprika
Green or Red Pepper	Red Pepper
Horseradish	Salt and Pepper
Lemon	Sage

Sincerely,

Signature and Title



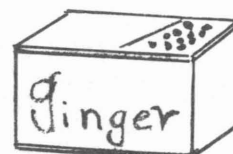
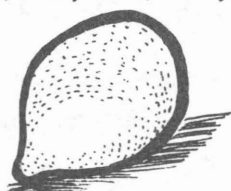
WAYS TO SPICE UP YOUR MEALS



Meats

- Rub a clove of garlic over roasts and steaks or lightly over chicken to give the meat a new taste.
- Use sage with fresh pork, turkey, chicken or meat loaf.
- Add cumin (cumino), ground or whole, and oregano to ground meat dishes to give a "South of the Border" flavor.
- Try chili powder in ground beef dishes or in stews.
- Sprinkle lemon juice over beef, chicken and fish before or after cooking.
- Use salt, pepper, chopped onion, celery, green pepper, a dash of oregano and lemon juice to make a good mixture to brush over meat, fish or chicken to be baked.
- Add 1 or 2 bay leaves to dried beans, stews or pot roasts.
- Bake fish with lemon juice, parsley and a dash of paprika.
- Use spices such as oregano, thyme, rosemary, marjoram, curry, basil and paprika to bring out the flavor of meats.

Vegetables



To add new flavors to vegetables, prepare:

- Carrots cooked in orange juice and/or pineapple juice; or with grated lemon or orange rind added after cooking; or with caraway seeds or with nutmeg.
- Whole Kernel Corn cooked with green or red peppers, or with chili powder, garlic powder and/or onion.
- Green Beans cooked with a small amount of onion or dill, sage or basil.
- Beets cooked in vinegar or lemon sauce or cooked with ginger and cinnamon, and/or cloves, or dill, ginger or thyme.
- Potatoes cooked with onion and parsley (this is a good way to reheat left-over potatoes); if baked, slice open and sprinkle with paprika.
- Tomatoes cooked with garlic, crushed basil, diced celery and green peppers; or with celery seeds, flakes or celery salt or bay leaves.
- Cucumbers with vinegar, basil, dill, mint or tarragon.
- Dry beans, especially pintos, can be seasoned with onion, chili powder, celery, green peppers, oregano or cumino seed. Try all of these together in a pot of beans.
- Cabbage, chopped and cooked until just tender crisp, with a small amount of vinegar, caraway seeds and dill (fresh and dry).
- Okra cooked with chili powder, onion, green peppers and tomatoes.
- Zucchini squash cooked with dill or onion and tomatoes.



Prepared by Carol B. Suter, Extension foods and nutrition specialist—ENP-A, The Texas A&M University System.

Educational programs conducted by the Texas Agricultural Extension Service serve people of all ages regardless of socio-economic level, race, color, sex, religion or national origin.