

SENSATIONAL SEASONINGS

Herb & Spice Information

HALT THE SALT

Sodium

Table salt is made up of two essential minerals, sodium and chloride. Sodium also occurs naturally in foods in various amounts. The body's daily requirement for sodium is minimal and is easily met without adding excess salt to food. A reduction in salt intake is recommended for the general population and is of particular importance to those with high blood pressure (*Dietary Guidelines for Americans*, 1990).

"Halt the salt" does not mean hold the flavor! The taste for salt is an acquired one, and so is the taste for herbs and spices. There are numerous herbs and spices to use as seasonings and most contain negligible calories, fat, and sodium. With the use of herbs and spices, there is no need to add salt to flavor foods.

HERB AND SPICE TIPS

Dried Herbs and Spices

- Store in a cool, dry place, away from sunlight.
- Keep containers tightly closed after each use.
- Whole spices keep their flavor almost indefinitely.
- To liven up the flavor of dried herbs add a tablespoon of fresh parsley to each teaspoon.

Fresh Herbs/Spices

- When selecting fresh herbs and spices, look for a rich, fresh color first, then note aroma.
- Fresh herbs are milder in flavor than dried herbs; thus, it is necessary to use two to three times the amount of a fresh herb to maintain the intensity of the dried variety. Two teaspoons fresh equals three-quarters to one teaspoon dried.
- To preserve fresh herbs, freeze or dry them. Wash fresh herbs and dry them well before storing.
- Freeze (single layer) on a baking sheet—when completely frozen, pack in small, freezer-safe bags
- Dry fresh herbs in the microwave (remove stems)—lay herbs between two paper towels and microwave two to two and a half minutes on high. In the oven, place on a cookie sheet in a warm oven with the door open. Do not allow herbs to get crisp. Store in an airtight container.