Incorporating Spices into the Diet
Culinary uses of Cinnamon

• Cinnamon has a delicate flavor and is used in both sweet and savory dishes

• Popular in Asian and Middle Eastern cuisine to provide flavor to lamb, rice dishes and curries

• Cinnamon is part of a mixed spice powder ‘garam masala’ used widely in Indian cooking
Incorporating Cinnamon into the Diet

Sprinkle on apple crumble, pie
Add to mulled wine
Cinnamon yogurt or ice cream
Sprinkle on cereals or hot chocolate
Boil a cinnamon stick with warm milk
Ground cinnamon is a great addition to fruit desserts which use apples, prunes, pears and apricots

Cinnamon tea
As an ingredient in homemade cakes and biscuits
Sprinkle on French or cinnamon toast
Added to rice pudding
Marinade for beef or lamb
Ground cinnamon offers a unique taste when added to black beans in a nachos or burritos recipe
Purchasing & Storing Cinnamon

- Ceylon cinnamon: sweeter, lighter in color, powder is finer.
- Cassia cinnamon: darker in color

- Cinnamon sticks will have a strong flavor and will stay fresh up to 1 year

- Ground cinnamon usually has a short shelf life (up to 6 months).

- Store in tightly sealed glass containers which are kept in a dry, cool and dark place.

- For longer shelf life, cinnamon can be stored in the refrigerator.
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Culinary uses of Turmeric
Using Ground Turmeric

Smoothies: use 1 tsp for a subtle turmeric flavor. Add up to 2 tsp for a more intense flavor. Include coconut oil in your smoothie to boost the turmeric absorption.

Add 1-2 tsp to any soup recipe. It will add a deep golden hue.

A natural in curries or stews. Sauté the vegetables in oil and add in 1 tsp of ground turmeric.

Add a color pop to rice dishes by adding ½ tsp turmeric to the water when cooking the rice.

Boost the healthiness of mac and cheese by stirring in ½ tsp to cheese sauce.

Tea, add in ¼ tsp ground turmeric to the mug before pouring in the hot water.

Golden pancakes: Add ½ tsp to dry pancake mix.

Hummus: Combine ¼ tsp with 1 tbsp of toasted sesame seeds and sprinkle over hummus.

Cook lentils or other legumes with onions, olive oil and 1 tsp ground turmeric.
To use the fresh root, you first need to peel it.

Just like ginger root, peel the skin using the edge of a spoon.

Grate with a microplane grater or cut off whole pieces.

Wrap the unused portion tightly in plastic wrap and store in the refrigerator for a week to 10 days.
Using Fresh Turmeric

Add a 1-inch piece of turmeric root to smoothies or to freshly pressed juices

Use 1 tsp freshly grated root in marinades for chicken, fish and beef

Stir freshly grated turmeric into salad dressings

Intensify the flavor and color of pumpkin pie, pumpkin muffins or a pumpkin loaf. Stir in 1 tsp of freshly shredded turmeric to the batter and bake as usual

Add 1-2 tsp of freshly grated turmeric to stir-fry. Add it in while sautéing the vegetables

Sprinkle into scrambled egg dishes, frittatas, or quiches; the color of the turmeric will enhance the color of the eggs

Make a savory yogurt bowl: Top plain Greek yogurt with 1 tbsp of grated fresh turmeric, ¼ tsp freshly ground black pepper, a pinch of sea salt and a tsp of olive oil
Chicken curry

Vegan Lentil Cauliflower Tacos
Culinary uses of Ginger
Ginger tea
Gingerbread, scones
Add grated ginger to fresh fruit, juices, cakes, cookies, soups, steamed rice
Goes well in recipes including:
  - Fish stew
  - Chicken, pork, beef stir fry recipes
  - Carrot soup
  - Green beans
Culinary uses of Fenugreek

Central ingredient in Indian Cuisine in curries and to flavor mango chutney

Roasted fenugreek sometimes used as a substitute for coffee

Jewish version of halvah, a confectionary consumed in the Middle East and Asia

Kadhai paneer made with fenugreek seeds and leaves
## Using Fenugreek in Cooking

<table>
<thead>
<tr>
<th>Seeds have a bitter/musky taste/odor</th>
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<tbody>
<tr>
<td>Seeds require longer cooking time than leaves</td>
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<tr>
<td>Leaves are available fresh, frozen or dried; dried leaves retain flavor best</td>
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<tr>
<td>Stir a handful of the fresh chopped leaves into a stew of potatoes and garbanzo beans</td>
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| Simmer a pot of homemade tomato sauce with a drizzle of clarified butter and crushed dried leaves. |
| Flavor steamed green peas with dried or fresh fenugreek leaves, salt and a hint of cream |
| A pinch can also be sprinkled over yogurt, cooked greens, or sauce |
| Fresh leaves can be added to salads and cooked dishes |
Storage

- Store whole and ground fenugreek in an airtight container, in a cool, dry, and dark location for up to 6 months.

- Fresh fenugreek leaves have a short shelf life and should be used immediately.