

## Enjoy the Taste of Eating Right!

From the desk of Volunteer, Michelle Kelly RDN, LD

### March is National Nutrition Month® ..Savor the flavor!

When it comes to choosing what to eat, nutrition is important but flavor is likely the true motivator and also the key to eating right, according to the Academy of Nutrition and Dietetics. This March, during National Nutrition Month®, experiment with new spices and spice combination in healthy meals and “Savor the flavor.”

#### 5 Spices to try

1 **Clove** ~ Clove is native to the islands of Indonesia and derived from the dried flower buds of the evergreen clove tree. Clove provides the distinct strong flavor and aroma to ketchup and Worcestershire sauce. **Clove** can be used in place of cinnamon or ginger. Examples: applesauce, stewed pears, or oatmeal. It can also be used when preparing muffins, cookies, whole grain pancakes, and sweet breads.

2 **Oregano** ~ Oregano is widely used in Mediterranean and Mexican Cuisine. Common oregano comes from the dried leaves of a small perennial flowering shrub native to the Mediterranean. **Oregano** isn't just for pizza and spaghetti sauce. Consider adding oregano to sandwiches (eg, grilled cheese) or in casseroles and salad dressing. You can also add it to your scrambled eggs.

3 **Ginger** ~ Ginger ground and dried comes from the root of the perennial herb *Zingiber officinale*. Ginger has been used to treat things like a common cold, motion sickness, and gastrointestinal ailments. Consider adding ground **Ginger** to a fruit smoothie, cereals, and yogurt or sprinkle some on toast to make quick and easy gingerbread toast. If you are looking for an Asian flair you can add it to sautéed vegetables, salad dressing or marinades. It is also great sprinkles on sweet potatoes.

4 **Cinnamon** ~ Cinnamon was one of the first known spices and is the dried inner bark of various evergreen trees within the genus *Cinnamomum*. **Cinnamon** can be add to a vast array of foods. Sprinkle it in your oatmeal or yogurt. Mix it in a glass of milk. You can also use it in plain cereal or sprinkle it on your toast with almond butter, add it to baked apples or pears. **Cinnamon** is a great way to add extra flavor and sweetness without adding sugar. It can also be used in quinoa, whole wheat couscous, or barley salad.

5 **Tumeric** ~ Dried turmeric similar to ginger originates from the root of the plant *Curcuma longa*. Known for its bright yellow color it is used to add color and flavor to prepared mustard, pickles, relish, chutneys, and rice dishes. **Tumeric** can be added to any vegetable side dish to provide a curry flavor. Because of its strong taste it is best cooked before eating. Tumeric will also add rich color to dishes such as roasted cauliflower or a plain couscous salad.

Resources: Today's Dietitian @ <http://www.todaysdietitian.com/newarchives/030612p40.shtml>

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**Questions?** If you have any questions on this or any nutrition-related topic, or have an idea for a future *Healthy Bite* topic, please call our registered dietitian, Lori Harvey. You can reach her by telephone at 330-376-7717 extension 140 or by email [lharvey@mobilemealsinc.org](mailto:lharvey@mobilemealsinc.org).

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