

## Enhance Healthy Dishes with Herbs and Spices

Simple blends for around-the-world flavor.

A world of flavor is at your fingertips when you add just the right combination of herbs and spices. Our handy chart makes it easy for you to spin the globe and turn everyday dishes into a healthy journey across the Seven Seas. Start with a starchy vegetable, bean or grain of your choice and then choose exotic spices and produce to suit your ethnic food cravings.

Take your taste buds around the world with these inspired combinations.

<b>Italian</b>	<b>Thai</b>	<b>Mexican</b>	<b>Moroccan</b>	<b>Asian</b>	<b>Greek</b>	<b>Indian</b>
<b>Herbs &amp; spices</b>	<b>Herbs &amp; spices</b>	<b>Herbs &amp; spices</b>	<b>Herbs &amp; spices</b>	<b>Herbs &amp; spices</b>	<b>Herbs &amp; spices</b>	<b>Herbs &amp; spices</b>
Garlic Onion Basil Oregano Thyme Parsley Marjoram	Garlic Shallot Basil Lemongrass Curry Ginger Lime leaves Mint Cilantro Chilies	Cumin Cilantro Garlic Coriander Onions Chilies Cinnamon	Garlic Onions Cinnamon Ginger Cilantro Mint Saffron Cumin	Ginger Garlic Coriander Miso Scallions Soy Rice vinegar Sesame	Garlic Mint Oregano Dill Chilies Cinnamon Parsley Thyme Marjoram	Garlic Ginger Onion Turmeric Cumin Coriander Curry blends Garam-Masala
<b>Produce</b>	<b>Produce</b>	<b>Produce</b>	<b>Produce</b>	<b>Produce</b>	<b>Produce</b>	<b>Produce</b>
Lemon Tomato Spinach Bell pepper Potatoes	Lime Peas Zucchini Carrots Potatoes Eggplant	Lime Bell pepper Tomato Corn Jicama Potatoes	Lemon Eggplant Orange Tomato Carrot	Lime Shiitake Cucumber Broccoli Bok choy	Lemon Spinach Olives Arugula Eggplant	Lemon Cauliflower Spinach Peas Tomato Potato

**Need inspiration? Here are some simple combinations that work well together.**

Serves 2

### **Italian:**

Start with: Russet potatoes cut in ½ inch pieces (1 ½ cup)

Toss with: red bell pepper (1/2 c) + garlic (2 cloves) + red onion (1/4 c) + thyme (1 T) + rosemary (1 T)

Roast @ 400°: until browned on all sides ~35 minutes

Finish with parsley (2 T) = roasted herbed potatoes (yields 2 cups)

### **Thai:**

Start with: Cooked brown rice (2 cups)

Steam Sauté shallot (3 T) + ginger (1 T) + chilies (1 t) + lemongrass (1 T) + peas (1/2 c) + carrots (1/2 c)

Finish with: basil (2 T) + cilantro (2 T) = Thai steam fried rice (yields 3 cups)

**Moroccan:**

Start with: Cooked chickpeas (2 cups)

Steam sauté: garlic (2 cloves) + chilies (1 t) + ginger (2 T) + cumin seeds (1 T) + cinnamon (1 t) + saffron (1 t) + eggplant (1/2 c) + tomato (1/2 c) + lemon zest (2 T) and juice (1 T)

Finish with: cilantro (1/4 cup) = Chickpea tagine (serve with whole grain of choice) (yields 3 cups)

*For more cooking tips and delicious recipes visit [wholefoodsmarket.com/healthstartshere](http://wholefoodsmarket.com/healthstartshere)*

