



Tips to Roast Vegetables

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- Roast at a high oven temp- 400 to 450 degrees F
 - Chop vegetables in uniform size so they cook evenly
 - Don't over crowd the pan, otherwise they will become soft
 - Roasting veggies with some oil will help them become crispier
 - To get the most flavor/crispier roast them on the top rack
 - Seasoning before putting them in the oven will add flavor
 - Flip veggies halfway through to ensure even cooking
 - When roasting multiple types of veggies, ensure they have similar cooking times. Good pairs include:
 - ❖ Cauliflower and Broccoli
 - ❖ Carrots and Broccoli
 - ❖ Baby potatoes and Butternut Squash
 - ❖ Onions and Bell Peppers
 - ❖ Zucchini and Yellow Squash
 - ❖ Asparagus and Leeks



**College of Nursing and
Health Professions**



Spice Guide



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Spices by Cuisine

Mexican

Coriander, Cumin, oregano, garlic powder, cinnamon, chili powder

Caribbean

All spice, nutmeg, garlic powder, cloves, cinnamon, ginger

French

Nutmeg, thyme, garlic powder, rosemary, oregano, Herbs de Provence

North African

Cardamum, cinnamon, cumin, paprika, turmeric, ginger

Cajun

Cayenne, oregano, paprika, thyme, rosemary, bay leaves, Cajun seasoning

Thai

Basil, cumin, garlic, ginger, turmeric, cardamum, curry powder

Mediterranean

Oregano, rosemary, thyme, bay leaves, cardamum, cinnamon, cloves, coriander, basil, ginger

Indian

Bay leaves, cardamum, cayenne, cinnamon, coriander, cumin, ginger, nutmeg, paprika, turmeric, garam masala, curry powder

Middle Eastern

Bay leaves, cardamum, cinnamon, cloves, cumin, ginger, coriander, oregano, za'atar, garlic powder

Shelf Life of Herbs and Spices

Herbs and Spices



Herbs

Herbs are plants that's leaves can be used to add flavor to foods. Herbs include basil, thyme, oregano, parsley, sage, and dill.



Spices

Spices are aromatic substances that are also used to add flavor to foods. These can come from bark, such as cinnamon, or can be a root, examples including ginger, garlic, or onion. Spices can also be seeds, such as mustard, sesame, or poppy seeds.



When to add herbs during cooking

Delicate herbs such as basil, chives, cilantro, dill and parsley should be added in the last 1-2 minutes of cooking

Less delicate herbs such as oregano, rosemary, thyme, and tarragon can be added when there is about 20 minutes left of cooking

<i>Seasoning</i>	<i>Shelf Life</i>
<i>Whole</i>	<i>2-5 years</i>
<i>Ground Spices</i>	<i>6 months-2 years</i>
<i>Leafy Herbs</i>	<i>3 months-2 years</i>
<i>Dried Vegetables</i>	<i>6 months</i>



Herbs and Spices that Pair well with Proteins

Poultry

Basil, bay leaf, cilantro, cinnamon, curry powder, garlic, mace, marjoram, mint, onion, paprika, parsley, rosemary, sage, saffron, tarragon, thyme

Pork

All spice, caraway, celery seed, cloves, coriander, fennel, ginger, mustard powder, paprika, sage,

Beef

Basil, Bay leaf, black pepper, cayenne, cumin, curry powder, mustard powder, garlic, green pepper, onion, oregano, rosemary, sage, thyme

Fish

Bay leaf, cayenne, curry powder, chives, dill, fennel, lemon zest, marjoram, mint, mustard powder, onion, paprika, parsley, red pepper, saffron, sage, sesame seed, tarragon, thyme, turmeric

Lamb

Basil, Cinnamon, cumin, curry powder, garlic, marjoram, mint, onion, oregano, rosemary, sage, sesame seed, thyme

Chicken Fajita Bowls

Chicken Seasoning

2t Chili powder

1t paprika

½t onion powder

½t garlic powder

¼t cayenne pepper

¼t cumin

1 T oil

Bell Pepper and Onion seasoning

¼ t Salt

½ t Pepper

1 T oil

Rice

½ bunch Cilantro

1 Lime

Vegetable bouillon and/or salt

Directions

Start the rice in a pot with vegetable bouillon

First cook 1lb chicken in a pan on the stove with the oil and seasonings, remove from the pan

Then in the same pan cook a sliced onion and 2 bell peppers

When the rice is done add the lime juice and cilantro and fluff

Serve with parsley, salsa, avocado, lime juice