

# CULINARY INSTITUTE OF CHILD NUTRITION

# DRIED SPICES

## ALLSPICE

Earthy, Sweet



### Best Used In

Baked Goods, Marinades, Sauces, Soups, Spice Blends, Stews

### Fruits and Vegetables

Apples, Cabbage, Carrot, Cauliflower, Chickpeas, Root Vegetables, Sweet Potato, Winter Squash

### Meats/Meat Alternates

Beef, Chicken, Legumes, Pork, Yogurt

## CAYENNE

Spicy, Earthy



### Best Used In

Chili, Condiments, Curry, Marinades, Salad Dressing, Salsa, Sauces, Soups, Spice Blends, Stews

### Fruits and Vegetables

Bell Peppers, Black Beans, Cabbage, Cauliflower, Chickpeas, Corn, Potato, Root Vegetables, Summer Squash, White Beans

### Meats/Meat Alternates

Beef, Chicken, Fish, Legumes, Pork, Tofu

## CHILI POWDER

Sweet, Spicy, Smokey, Earthy, Savory



### Best Used In

Chili, Condiments, Curry, Fresh Fruit, Fruit Salads, Marinades, Salad Dressing, Salsa, Sauces, Soups, Spice Blends, Tomato Sauce

### Fruits and Vegetables

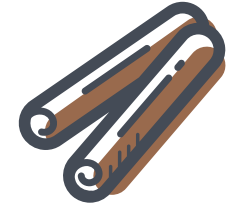
Bell Peppers, Black Beans, Cabbage, Carrot, Cauliflower, Chickpeas, Corn, Melon, Pineapple, Root Vegetables, Summer Squash, Tomato

### Meats/Meat Alternates

Beef, Chicken, Legumes, Pork, Tofu

## CINNAMON

Earthy, Sweet, Spicy, Woody



### Best Used In

Baked Goods, Chili, Condiments, Curry, Fruit Salads, Marinades, Sauces, Spice Blends, Stews

### Fruits and Vegetables

Apples, Carrot, Root Vegetables, Sweet Potato, Winter Squash

### Meats/Meat Alternates

Chicken, Legumes, Pork, Tofu

## CORIANDER

Citrusy, Earthy, Peppery



### Best Used In

Chili, Curry, Marinades, Salad Dressing, Sauces, Soups, Spice Blends, Stews

### Fruits and Vegetables

Bell Peppers, Black Beans, Cabbage, Carrot, Cauliflower, Chickpeas, Potato, Tomato

### Meats/Meat Alternates

Beef, Chicken, Fish, Legumes, Pork, Tofu, Yogurt

## CUMIN

Earthy, Nutty, Mild-Spice



### Best Used In

Chili, Curry, Marinades, Salsa, Sauces, Soups, Spice Blends

### Fruits and Vegetables

Bell Peppers, Black Beans, Cabbage, Carrot, Cauliflower, Chickpeas, Corn, Green Beans, Summer Squash, Tomato

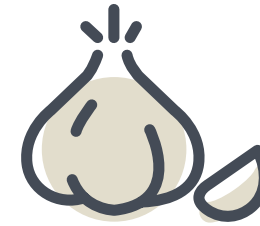
### Meats/Meat Alternates

Beef, Chicken, Fish, Legumes, Pork, Tofu, Turkey, Yogurt

## GARLIC

granulated/powder

Savory, Spicy



### Best Used In

Chili, Condiments, Curry, Marinades, Salad Dressing, Salsa, Sauces, Soups, Spice Blends

### Fruits and Vegetables

Bell Peppers, Black Beans, Broccoli, Cabbage, Carrot, Cauliflower, Chickpeas, Corn, Mushrooms, Peas, Potato, Tomato, White Beans

### Meats/Meat Alternates

Beef, Chicken, Legumes, Pork, Yogurt

## GINGER

Mild-Spice, Sweet, Warm



### Best Used In

Baked Goods, Condiments, Curry, Marinades, Spice Blends, Stir-fry

### Fruits and Vegetables

Carrot, Root Vegetables, Summer Squash, Sweet Potato, Winter Squash

### Meats/Meat Alternates

Beef, Chicken, Fish, Legumes, Pork, Tofu

## NUTMEG

Earthy, Nutty, Sweet



### Best Used In

Baked Goods, Sauces, Soups

### Fruits and Vegetables

Broccoli, Cabbage, Cauliflower, Root Vegetables, Sweet Potato

### Meats/Meat Alternates

Chicken, Egg, Fish, Yogurt

## ONION POWDER

Sweet, Savory



### Best Used In

Chili, Condiments, Curry, Marinades, Salad Dressing, Sauces, Soups, Spice Blends, Stews

### Fruits and Vegetables

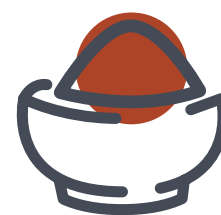
Bell Peppers, Black Beans, Broccoli, Cabbage, Carrot, Cauliflower, Chickpeas, Corn, Green Beans, Mushrooms, Peas, Potato, Root Vegetables, Summer Squash, Sweet Potato, Tomato, White Beans, Winter Squash

### Meats/Meat Alternates

Beef, Chicken, Egg, Fish, Legumes, Pork, Tofu, Turkey, Yogurt

## PAPRIKA

Mild-Sweetness



### Best Used In

Chili, Condiments, Curry, Marinades, Salad Dressing, Sauces, Soups, Spice Blends, Stews

### Fruits and Vegetables

Bell Peppers, Black Beans, Broccoli, Cabbage, Carrot, Cauliflower, Chickpeas, Corn, Cucumber, Green Beans, Mushrooms, Potato, Summer Squash, Tomato, White Beans

### Meats/Meat Alternates

Beef, Chicken, Egg, Fish, Legumes, Pork, Tofu, Turkey, Yogurt

## RED CHILI FLAKES

Spicy, Mild Sweetness



### Best Used In

Chili, Condiments, Curry, Marinades, Salad Dressing, Salsa, Sauces, Soups, Spice Blends, Stews, Stir-fry, Tomato Sauce

### Fruits and Vegetables

Bell Peppers, Black Beans, Broccoli, Cabbage, Carrot, Cauliflower, Chickpeas, Corn, Cucumber, Green Beans, Mushrooms, Potato, Root Vegetables, Summer Squash, Tomato, White Beans

### Meats/Meat Alternates

Beef, Chicken, Egg, Fish, Legumes, Pork, Tofu, Turkey, Yogurt

## TURMERIC

Mild-Aromatic, Bitter, Mild Citrus



### Best Used In

Condiments, Curry, Marinades, Sauces

### Fruits and Vegetables

Cabbage, Carrot, Cauliflower, Chickpeas, Potato, Sweet Potato, Winter Squash

### Meats/Meat Alternates

Chicken, Fish, Legumes, Tofu, Turkey, Yogurt

## PURCHASING TIP



Only buy in quantities that you can use within three months.

## PRO TIP



Creating your own spice blends allows you to customize flavors to meet your student's needs.

## STORAGE TIP



Keep in a dry cool place in a tightly sealed container. Moisture will quickly ruin your spices.