



SPICE UP YOUR MEALS!

Benefits of Spice

Multiple research studies have shown that spices can contribute to better health. The list of benefits is extensive but many studies correlate lower risk of heart disease, cancer, better blood glucose (sugar) control, and inflammatory conditions. Polyphenols, a compound found in plants, is one of the main ingredients associated with these benefits.

Tips to Cooking

When cooking with spices, it is important to use the right type of spice as well as right amount. Using a large amount of spice could negatively alter the food overpowering the palate and masking the other ingredients of the dish. The cooking method also can make a difference in how aromatic the flavor of the spice translates.

As best as possible, try to marinate your food prior to cooking to help infuse flavors. For tofu and fish, 2-4 hours is sufficient. For poultry and beef, 24 hours will infuse flavor.

When cooking, the spice should be cooked for 3-5 minutes to release the aromatic properties. With most dishes, you start with a small amount of oil (canola or extra virgin olive oil recommended) on medium high heat. Add garlic to the oil and cook for 2-3 minutes to infuse the oil. Then add onions and cook until translucent to add additional flavor. Then add the spices and cook for 3-5 minutes without burning. Then continue by adding the marinated protein and the rest of the ingredients for the dish as instructed.

For spice blend recipes, visit:

<http://allrecipes.com/recipes/16328/ingredients/herbs-and-spices/homemade-spice-blends/>