








Healthy Living at Hannaford

Spice Up Your Life

Herbs and spices not only enhance food flavor but can help you reduce the use of salt, sugar, and fat. Some studies have suggested that certain herbs and spices point to significant health benefits. It's easy to incorporate McCormick® Super Spices into your meal. Here are some great tips to get you started:

Herbs come from the leafy and green part of the plant.

HERB	HEALTH BENEFITS	COOKING TIPS
 Basil	Rich in vitamin A and K, studies show wound-healing and antibacterial properties.	Great for flavoring tomatoes, salads, eggs, pesto or sauces.
 Peppermint	May help with irritable bowel syndrome (IBS); has antimicrobial, antiviral, and antioxidant activity and antitumor actions.	Adds flavor to lamb, fruit, ice cream and other desserts, teas, and punches.
 Oregano	Very high antioxidant activity; presents antimicrobial activity against certain pathogens.	Use in stuffing, salads, or as a rub on roasts or tomato dishes.
 Parsley	Used as a natural breath freshener.	Use as a flavor enhancer or a garnish. Can be sprinkled on egg dishes, salads, soups or potatoes or added to mayonnaise and other sauces.
 Thyme	Contains thymol, the oil used in many cough drops and mouthwashes for its potent antibacterial properties; also acts as an antifungal agent.	Great addition to Italian dishes but also works well with steaks, sauces, soups, marinades, stuffing, chicken, fish and vegetables.



Interested in learning more?

Our registered dietitians hold classes, have on-the-sales-floor nutrition demonstrations and do healthy store tours. They can give you the information you need to make the healthy life style changes you want.

You can also email a private message to our staff registered dietitian, for free nutrition advice at [hannaford.com/asknutritionist](mailto:asknutritionist@hannaford.com).



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Spices come from other parts of the plant, such as root, stem, seeds, bulb or bark.

SPICE

HEALTH BENEFITS

COOKING TIPS

Cinnamon



Studies suggest hypoglycemic properties; approved in Germany for loss of appetite, indigestion, bloating and gas.

Try in sweet dishes but also add to savory dishes like stews and curries.

Ginger



Can help reduce nausea; possible roles in cancer prevention and as pain aid.

Use in Asian dishes or even desserts and soft drinks.

Chili



Contains capsaicin (which puts the heat in chilies) which lowered blood pressure in lab animals in a recent study and is an active compound in pain ointments for neuropathy, arthritis, and muscle strain.

Flavor hot and spicy dishes.

Clove



Contains eugenol, an effective local anesthetic often used in topical treatments for dental pain.

Use to create savory meat rubs, sauces, curries, chutneys or even sweet fruit dishes.

Mustard Seed



Mustard oil may offer protection against heart disease and type 2 diabetes.

Use in pickles and pastes.



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Shake the salt habit!

The daily amount of sodium recommended by the American Heart Association for the general population is less than 1500 mg (about 2/3 of a teaspoon). Most Americans eat about twice that amount. And why is this so bad, you ask? When you eat salt, your blood pressure may go up (also known as hypertension). And high blood pressure dramatically increases your risk of heart disease and stroke. Recent studies definitively show the connection between salt consumption and the risk of stroke and heart disease: people who consume too much can significantly increase their risk for both. Fortunately, more foods that are lower in sodium are available, and with the right cooking techniques, low-sodium food can be absolutely delicious!

Eat less processed food

Today, almost all processed foods contain salt. And a lot of salt! It is no wonder that most Americans get double, or more, the sodium they need. Salt may add flavor to food, but getting too much of it can also take years off your life. So, instead of reaching for that bag of chips, try an apple or a banana. When in season, produce can be as much as 60 percent cheaper than a single-serving bag of chips - and with more vitamins, minerals, and fiber!

Cook your own meals

Fast foods are often extremely high in salt. Fresh foods can be low in sodium, delicious, and easy to make. Check out these ideas:

- Marinate your chicken breasts in lemon, orange juice, or red wine
- Use rubs and spices instead of salty marinades when grilling
- Use onion and garlic when cooking, which adds lots of salt-free flavor plus cancer-fighting properties!
- Simmer carrots or roast sweet potatoes or squash with McCormick® cinnamon and nutmeg for a delicious, salt-free side dish
- Toss your pasta with roasted or freshly chopped garlic
- Replace salted butter with unsalted butter (when using butter)
- Try using low-sodium sea salt
- Use McCormick® spices in place of salt for flavor like the Perfect Pinch, a combination of herbs and spices and have salt-free version

If you do eat out, stay away from these high-sodium menu items when ordering:

- Pickled
- Marinated
- Smoked
- Barbecued
- Smothered (in sauce, that is)
- Teriyaki
- Soy sauce
- Broth
- Miso
- Bacon



Even if you do nothing else aside from staying clear of these code words, you will greatly improve your chances of sticking to your low-sodium lifestyle.



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Create your own herb and spice blends - a burst of flavor but none of the salt!

Italian Seasoning:

Great for all pasta dishes, soups, or tossed salads!

- 3 Tbsp. McCormick® dried oregano
- 3 Tbsp. McCormick® dried basil leaves
- 2 Tbsp. McCormick® dried marjoram
- 1 tsp. McCormick® dried thyme
- 1 Tbsp. McCormick® garlic powder

Mix ingredients together and store in airtight container at room temperature until ready for use in Italian recipes. Season pasta dishes about 10 minutes before done, adding one teaspoon of Italian seasoning for every four servings of pasta.

Veggie or Rice Seasoning:

Try with your next side dish of vegetables, rice pilaf, or even stuffing.

- 1 Tbsp. McCormick® oregano
- 1 tsp. McCormick® ground sage
- 1 tsp. McCormick® dried rosemary
- 2 tsp. McCormick® onion powder
- 1 tsp. McCormick® garlic powder

Mix ingredients together and store in airtight container at room temperature until ready for use. Use about one teaspoon per four servings.

Adapted from Food and Health Communications

Stir-Fry Mix:

- 1 Tbsp. McCormick® ground ginger
- 2 Tbsp. McCormick® garlic powder
- 1 tsp. McCormick® red pepper flakes
- Generous pinch of McCormick® ground cloves

Mix ingredients together and store in airtight container at room temperature until ready for use.

Chili Mix:

Great sprinkled on baked potatoes or used in dips, chili, or red sauces.

- 1 Tbsp. McCormick® ground red chili powder
- 1 Tbsp. McCormick® garlic powder
- 1 Tbsp. McCormick® cumin
- 1 Tbsp. McCormick® dried oregano

Mix ingredients together and store in airtight container at room temperature. Use about one teaspoon per six servings.



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Chicken Olé

Preparation time: 5 minutes

Cooking time: 20 minutes

Servings: 8

Ingredients:

1 tablespoon vegetable oil

1 1/4 pounds boneless, skinless chicken breasts, cut into strips

1 can (15.25 ounces) whole-kernel corn, drained

1 jar Light Ragu® Tomato & Basil sauce

1 can (4 ounces) chopped green chilies, undrained

2 tablespoons McCormick® Chili Powder

1 teaspoon McCormick® Onion Powder

4 ounces tortilla chips

1 cup shredded Cabot® 50% Reduced Fat Cheddar Cheese

1/4 cup chopped green onions

Cabot® Light Sour Cream (optional)

Directions:

1. Heat oil in large skillet on medium-high heat. Add chicken; cook and stir 5 minutes or until lightly browned.
2. Stir in corn, Ragu sauce, chilies, chili powder and onion powder. Bring to boil. Reduce heat to medium-low; cook 10 minutes, stirring occasionally.
3. To serve, spoon chicken mixture over tortilla chips. Sprinkle with cheese and green onions. Serve with sour cream, if desired.

Adapted from mccormick.com/Recipes



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