




## Tips to Roast Vegetables

- 
- 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

<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



### 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



# 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