



Control Diabetes for Life
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Spice It Up with Herbs

Chicken

Mix rosemary and Italian seasoning with olive oil and brush onto chicken breasts to coat. Grill or sauté.

Other herbs and spices to try with chicken include oregano, tarragon, sage, ginger, marjoram and allspice.

Fish

Stir-fry your choice of vegetables with garlic in oil. Add cubed white fish (such as flounder, halibut, cod, haddock or trout) and stir-fry 3-4 more minutes; fish will be opaque when fully cooked. Add finely chopped or squeezable lemongrass and cilantro and toss to combine. Serve on top of noodles (regular or low-carb) or rice.

Other herbs and spices to try with fish and seafood include chili pepper, basil, oregano, dill, paprika, ginger, parsley, marjoram, rosemary, anise and saffron. Lemongrass is particularly good with shrimp.

Meat

Perk up grilled or sautéed red meat by coating it with pressed fresh (or squeezable) garlic and/or dusting it with chili powder near the end of cooking.

Some other options for meat dishes include oregano (great in hamburgers), pepper, thyme, marjoram, ginger, parsley, rosemary, bay leaf, clove and allspice.

Pork

For Thai-style pork kebobs, cut pork steaks into cubes and thread pieces onto skewers alternately with plum wedges; set aside. Stir together ginger, lime juice, Asian fish sauce and sweet chili sauce to taste. Heat grill and brush each kebob with sauce; grill 3-4 minutes on each side. Serve over rice.

Also try garlic, onion, sage and coriander to flavor pork.

Stir-fries

Add garlic or chive to any stir-fry dish for added flavor.

Eggs

Make a vegetable omelet and add squeezable or fresh minced dill, garlic and/or basil.

Fruit

Slice an apple, place the slices in a ceramic bowl, and sprinkle with cinnamon. Microwave for 2 minutes for a sweet, fiber-rich treat.

Try adding ground allspice or ground ginger for variety.

Sprinkle a little chopped, squeezable or ground ginger on pineapple, sliced apples and other fruits for a boost of flavor. If you use ground ginger, microwave the fruit for 30 seconds to help the flavors blend.

Carrots

Liven up steamed carrots with a sprinkle of cinnamon, clove, nutmeg or ginger. For a more savory taste, sprinkle with marjoram or sage.

Cauliflower

Steam cauliflower and sprinkle with dried or fresh minced dill.

Potatoes

Add fresh cilantro or chili pepper to mashed potatoes. Serve baked potatoes with a dollop of fat-free sour cream and a sprinkle of chopped chive.

Other herbs and spices to try with potatoes include garlic, paprika, parsley (great in potato salad) sage, and dill (also good in potato salad)

- Hint – if you want to "stretch" the carbs in potatoes, use half potatoes and half cauliflower – tastes great, a whole cup only costs 15 grams of carbohydrate.

Sweet Potatoes

Sprinkle a little cinnamon, nutmeg, clove or ginger on mashed sweet potatoes. They'll taste like a sweet treat.

Tomato Sauce

When making your own or using a store-brought jar of pasta sauce (pick the one lowest in sodium), spice it up by adding some garlic, Italian seasoning or a pinch of basil, oregano, thyme or rosemary.

Salsa

Fresh salsa is relatively easy to make: Dice 4 ripe tomatoes and drain the juice. In a bowl, combine tomatoes with 2 diced avocados and half a diced red onion. In a separate bowl, whisk together 2 tablespoons extra virgin olive oil, 1 tablespoon red wine vinegar and 1 tablespoon each of basil and chili pepper. Pour the liquid mixture over the tomato mixture and combine

