

TSEBO

Spice it up!



Nutrition Nudge

Yours in nutrition, Annelize Zeelie



Spice it up!

No meal or snack should be bland. Herbs and spices can make food tastier while boosting your health. A variety of herbs and spices should be used in cooking regularly.

Herbs, like basil, are the leaves of a plant, while spices, like cinnamon, are usually made from the seeds, berries, bark, or roots of a plant. Both are used to flavour food, but research shows they are full of healthy compounds and may have health benefits. Herbs and spices fight inflammation and reduce damage to your body's cells. That is because each one is rich in phytochemicals, which are healthful plant chemicals.

Adding herbs and spices to your diet has another benefit: Because they are so flavourful, they make it easier to cut back on less healthy ingredients like salt, sugar, and added fat.

Choose the Real Thing

You may have noticed that some herbs and spices are sold as supplements (oregano oil or capsules of cinnamon extract, for example). Unless your doctor recommends otherwise, it is best to eat the herb or spice instead of taking it in pill form.

Supplements are not regulated and there's little government oversight. So, a capsule may not have the amount of something that it claims to, or it may have unhealthy additives.



Best herbs for your health

If you're new to cooking with herbs and spices, try a pinch at a time to figure out which ingredients and flavour combinations you like.

Here are some standouts to think about adding to your next meal:

Cardamom

This sweet, pungent spice is in many pumpkin spice mixes. It is known to soothe an upset stomach, and lab studies show it may also help fight inflammation. Of all spices, cardamom is especially high in minerals like magnesium and zinc.

Chili peppers

Fresh, dried, or powdered, chilies will give your food a kick. They also may boost your metabolism and help keep blood vessels healthy. One possible reason is capsaicin, the compound that makes them spicy.

Cinnamon

Cinnamon is great because it is sweet but very low in calories and sugar-free. It is easy to find and not expensive, and you can add it to almost anything, including coffee and tea. Lab studies show that cinnamon also may help with inflammation, fend off free radicals that can damage your cells, and fight bacteria. Some research suggests it may lower blood sugar in people who have diabetes, but do not mistake it for a diabetes cure.

Cocoa

You may think of cocoa as the key ingredient in chocolate, but it is a spice with many health perks. The cocoa bean is full of flavonoids, which are antioxidants that have been shown to boost heart health. Flavonoids seem to play a role in lowering cholesterol and blood pressure and helping keep your coronary (heart) arteries healthy, among other things.



Best herbs for your health

Cumin

Used worldwide and known as a key ingredient in many Indian dishes, cumin is naturally rich in iron. It may play a role in weight loss, too. One study of 88 overweight women found that those who ate a little less than a teaspoon of cumin a day while on a low-calorie diet lost more body fat and weight as those on the same diet who did not add cumin.

Garlic

This plant has a powerful compound called allicin. Lab studies have shown that it may lower your chances of getting heart disease. Other research shows that eating garlic regularly may help with high cholesterol and high blood pressure. But to get the benefits, you must chop or crush the clove: Allicin is formed only after the cells in the garlic have been cut or crushed.

Ginger

Yes, ginger really can help with an upset stomach. It has a calming effect on the lining of your digestive system and can ease nausea. Lab studies also show that ginger has anti-inflammatory and antioxidant properties and may play a role in preventing diseases like cancer.

Rosemary

An ultra-fragrant herb, rosemary is rich in antioxidants that prevent cell damage. Even sniffing it may be good for you. One study found that people who got a whiff of rosemary performed better on memory tests and other mental tasks, compared with those who did not. Researchers think one of its compounds, called 1,8-cineole, may boost brain activity.

Turmeric

This yellow spice gets a lot of hype, and for good reason. It is a good source of curcumin, an antioxidant that eases inflammation. Research suggests that curcumin may help ease pain. And other research shows that eating even small amounts of turmeric regularly may help prevent or slow down Alzheimer's disease, possibly by helping prevent the brain plaques that lead to dementia.



Spiced Grilled Chicken with Cilantro Butter

Ingredients:

1 Tbsp	Chili powder
2 tsp	Brown sugar
2 tsp	Cinnamon
½ tsp	Salt
⅛ tsp	Pepper
3 Tbsp	Olive oil
1 Tbsp	Balsamic vinegar
6	Bone-in chicken breast halves

Cilantro lime butter:

⅓ cup	Butter, melted
¼ cup	Minced fresh cilantro
2 Tbsp	Finely chopped red onion
1 Tbsp	Lime juice
1	Green chilli, finely chopped
⅛ tsp	Pepper

Directions:

1. In a small bowl, combine the first seven ingredients. Brush over chicken.
2. Place chicken skin side down on grill rack. Grill, covered, over indirect medium heat for 15 minutes. Turn; grill 20-25 minutes longer or until a meat thermometer reads 75°C.
3. Meanwhile, in a small bowl, combine the butter ingredients. Drizzle over chicken before serving.

TOTAL TIME

Prep: 20 min
Grill: 30 min

YIELD

6 servings



Cauliflower Dill Kugel

Ingredients:

5 Tbsp	Butter, divided
1½ cups	Thinly sliced shallots
4	Large eggs
2 cups	Ricotta cheese
1 cup	Minced fresh parsley, divided
½ cup	Shredded cheese
¼ cup	Dill, divided
3 tsp	Grated lemon zest, divided
¼ tsp	Salt, divided
1 pack	Cauliflower, thawed and patted dry
½ tsp	garlic powder

Directions:

1. Preheat oven to 190°C. In a large skillet, heat 3 tablespoons butter over medium-high heat. Add shallots; cook and stir until golden brown, 3-5 minutes. Remove and set aside.
2. In a large bowl, mix eggs, ricotta cheese, ¾ cup parsley, shredded cheese, 3 tablespoons dill, 2 teaspoons lemon zest, 1/8 teaspoon salt and pepper. Stir in cauliflower and shallots. Transfer to a greased square baking dish.
3. In the same skillet, heat remaining butter. Add bread crumbs; cook and stir until lightly browned, 2-3 minutes. Stir in garlic powder and the remaining parsley, dill, lemon zest and salt. Sprinkle over cauliflower mixture.
4. Bake, uncovered, until set, 35-45 minutes. Let stand 10 minutes before cutting. Refrigerate leftovers.

TOTAL TIME

Prep: 30 min
Bake: 35 min

YIELD

8 servings



Rosemary Beef Roast over Cheesy Polenta

Ingredients:

- ¼ cup** Minced fresh rosemary
 - 3** Garlic cloves, minced
 - 3 tsp** Salt, divided
 - 1 tsp** Pepper
 - 1** Boneless beef chuck roast (1.5 kg)
 - 1 Tbsp** Canola oil
 - 1 cup** Beef broth
 - 2 cups** Water
 - 2 cups** Milk
 - 1 cup** Polenta
 - ½ cup** Shredded Parmesan cheese
 - 3 Tbsp** Butter, cubed
- Optional:** Additional rosemary and Parmesan cheese

TOTAL TIME

Prep: 20 min
Cook: 7 hours

YIELD

8 servings

Directions:

1. Mix rosemary, garlic, 2 teaspoons salt and pepper; rub over meat. In a large skillet, heat oil over medium-high heat; brown meat. Transfer meat to a slow cooker. Add broth to skillet; cook 1 minute, stirring to loosen browned bits from pan. Pour over meat. Cook, covered, on low 7-9 hours or until meat is tender.
2. For polenta, in a large heavy saucepan, bring water, milk and remaining 1 teaspoon salt to a boil. Reduce heat to a gentle boil; slowly whisk in polenta. Cook and stir with a wooden spoon until polenta thickens and pulls away cleanly from side of pan, 15-20 minutes. (Mixture will be very thick.) Remove from heat; stir in Parmesan cheese and butter. Serve with roast. If desired, serve with additional rosemary and Parmesan cheese.



Syrian Green Beans with Fresh Herbs

Ingredients:

- 2 Tbsp** Olive oil
- 2** Garlic cloves, minced
- 500 g** Fresh green beans, cut into 3 cm pieces
- ½ tsp** Salt
- ¼ tsp** Pepper
- 2 Tbsp** Minced fresh cilantro, parsley and mint (each)

Directions:

In a large skillet, heat oil over medium heat. Add garlic; cook for 1 minute. Add green beans, salt and pepper. Cook, covered, until crisp-tender, 8-10 minutes, stirring occasionally. Add herbs; cook and stir just until beans are tender, 1-2 minutes.

Tips:

- Make a double batch, as the beans make an excellent healthy snack straight from the fridge.
- Add a thinly sliced onion and red bell pepper if you like.
- Another idea is to make them ahead to add to a salad

TOTAL TIME

25 min

YIELD

6 servings



Rosemary and Ginger Infused Water

Aromatic and slightly spicy, this infused water is great for holidays and celebrations.

Ingredients:

1 liter Water
3 Fresh rosemary sprigs
1 Tbsp Minced fresh gingerroot

Directions:

Combine all ingredients in a large glass carafe or pitcher. Cover and refrigerate 12-24 hours. Strain before serving.

TOTAL TIME

Prep: 5 min
Cook: 7 hours

YIELD

8 cups



Basil Chicken Sandwiches

Ingredients:

½ tsp	Pepper
¼ tsp	Salt
Dash	Paprika
500 g	Boneless skinless chicken breasts, cut into 1 cm slices
6 Tbsp	Prepared olive oil vinaigrette salad dressing, divided
6	Ciabatta rolls, split
18	Basil leaves
1 jar	Roasted sweet red peppers, drained
¼ cup	Shredded cheese

Directions:

1. In a bowl, combine the pepper, salt and paprika; sprinkle over chicken slices. In a nonstick skillet over medium-high heat, cook chicken in 2 tablespoons salad dressing for 4-5 minutes on each side or until chicken is no longer pink.
2. Brush remaining salad dressing on rolls. Place basil leaves on rolls; top with chicken and red peppers. Sprinkle with cheese.

TOTAL TIME

15 min

YIELD

6 servings



Cherry Tomato Salad

Ingredients:

500 g	Cherry tomatoes, halved
¼ cup	Canola oil
3 Tbsp	White vinegar
½ tsp	Salt
½ tsp	Sugar
¼ cup	Minced fresh parsley
2 tsp	Minced fresh basil
2 tsp	Minced fresh oregano

Directions:

Place tomatoes in a shallow bowl. In a small bowl, whisk oil, vinegar, salt and sugar until blended; stir in herbs. Pour over tomatoes; gently toss to coat. Refrigerate, covered, overnight.

TOTAL TIME

15 min

YIELD

6 servings



Turmeric Rice

Ingredients:

1 Tbsp	Butter
1 Tbsp	Olive oil
¼ cup	Onion, finely diced
4 cloves	Garlic, minced
1 cup	Rice, rinsed
1½ cups	Chicken broth low sodium
1	Bay leaf
TT	Salt and pepper
1½ tsp	Turmeric

Directions:

1. Rinse rice until water runs clear, drain.
2. In a medium saucepan over medium heat, add olive oil and butter.
3. When butter is melted, add onion and garlic, saute until softened.
4. Add rice and turmeric. Stir until combined. Add chicken broth and bay leaf, cover pan. Increase heat and bring to a boil.
5. Reduce heat, allow to simmer 15-20 minutes, or until liquid is absorbed. Remove from heat and allow to sit for 5 minutes. Remove bay leaf, fluff with a fork and serve.

TOTAL TIME

Prep: 5 min
Cook: 20 min

YIELD

4 servings





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