

# Herbs & Spices CHEAT SHEET

<u>FOOD</u>	<u>SPICES/HERBS</u>
Eggs	Paprika, Chives, Dill, Parsley, Garlic Powder, Cayenne Pepper, Tarragon, Basil
Chicken	Paprika, Garlic Powder, Rosemary, Thyme, Oregano, Cumin, Curry Powder, Cayenne Pepper, Basil, Tarragon
Pork Chops	Garlic Powder, Paprika, Thyme, Rosemary, Sage, Cumin, Mustard Powder, Oregano, Fennel Seeds, Smoked Paprika
Shrimp	Paprika, Garlic Powder, Cayenne Pepper, Lemon Zest, Dill, Tarragon
Steaks	Garlic Powder, Onion Powder, Paprika, Thyme, Rosemary, Cumin, Coriander, Mustard Powder
Potatoes	Garlic Powder, Paprika, Rosemary, Thyme, Dill, Parsley, Chives, Cumin
Vegetables	Garlic Powder, Paprika, Thyme, Rosemary, Basil, Oregano, Cumin, Curry Powder, Dill, Tarragon
Rice	Cumin, Curry Powder, Garlic Powder, Paprika, Saffron, Cilantro, Turmeric
Beans	Cumin, Garlic Powder, Paprika, Thyme, Oregano, Bay Leaves, Chili Powder
Ground Beef	Garlic Powder, Onion Powder, Paprika, Cumin, Thyme, Oregano, Basil, Rosemary, Coriander, Chili Powder
Pasta	Garlic Powder, Basil, Oregano, Thyme, Rosemary, Sage, Red Pepper Flakes, Parsley, Fennel Seeds, Marjoram
Fish	Dill, Parsley, Tarragon, Lemon Zest, Paprika, Cumin, Coriander
Oatmeal	Cinnamon, Nutmeg, Ginger, Cardamom, Vanilla
Mixed Salads (egg salad, ham salad, tuna, chicken, etc)	Dill, Parsley, Chives, Basil, Tarragon, Cilantro, Curry Powder

