

Souper Season of Comfort, Winter 2001

Power Pantry

[Printable PDF version](#)

Power Pantry: Spices

Hello. Here's some fruit and vegetable news that you can really enjoy. Let's take another look at the basics for building your own Power Pantry. That's your collection of canned and dried products that come to the rescue when you need inspiration in the kitchen. I highly recommend stocking up your pantry with spices. Vegetables like spinach, canned beans, and winter squash taste fine with a little salt, but add some SPICE and they can really shine! Here are my top 3 spices for vegetables: Cumin is wonderful with beans and Mexican dishes. Nutmeg goes well with many kinds of greens and squash. Cayenne has that hot "kick" that beautifully compliments otherwise bland flavors. Add Cayenne to ½ cup tomato sauce and you have one "spicy" serving. So, go on, do yourself a flavor. Enjoy your 5 or more servings of fruits and vegetables every day.

Spice Tips:

1. Sprinkle cumin onto beans while cooking, or mix into Mexican rice dishes
2. Add ground nutmeg to spinach or winter squash while cooking.
3. Add a pinch of cayenne pepper to spaghetti sauce for added kick.