



# EATING 101 RU DINING HEALTHY?

A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM  
A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

## Spice Up Your Life

Around the world, spices have been used for centuries to add unique flavor profiles to cultural dishes and even for medicinal purposes. They continue to be an integral part of cooking to help enhance flavor by bringing inspiration from certain cultures. If you are feeling uninspired in the kitchen, spices can be used to change up your daily cooking by adding new dimensions to your staple dishes. Travel the world with us and explore some unique global spices to use in your next meal!

**Jamaica – Jerk Seasoning**

This seasoning blend can be rubbed on any piece of meat, fish, or tofu to give it a kick of heat and flavor. It typically includes allspice, pimento peppers, Scotch bonnet peppers, brown sugar, cloves, salt, thyme, and garlic.

**Armenia – Za’atar**

Za’atar is a spice blend from the Middle East with bitter and citrus notes which makes it a perfect addition to meat, rice, soup, or bread recipes.

**China – Ginger**

In 5th century AD, fresh ginger was used to prevent scurvy on long sea voyages. Now ginger is featured in spice blends all over the world and can be used in curries, dressings, beverages, and baked goods.

**India – Turmeric**

Commonly used to color foods with its rich yellow hue, it can also add earthy flavors to smoothies, soups, and rice.

**Mexico – Ancho Chili Powder**

Made from dried Poblano chiles, this spice has a sweet, smoky flavor that can be used to make any dish spicy!

**Ethiopia – Berbere**

A flavorful blend of spices which includes chili, ginger, coriander, cinnamon, and fenugreek makes this spice the perfect addition to proteins and stews.

*Add some flavor to your day!*

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