

SEASON AND SPICE

- Add **garlic and Italian seasoning** to spinach, asparagus, or artichokes to have a taste of Italy.
- Mix **soy sauce, chilies, ginger, and Hoisin sauce** in vegetable stir-fries for that unique Chinese flavor.
- Flavor cauliflower, peas, potatoes, and lentils with Indian spices, such as **curry, cumin, and cayenne**.
- Season dishes with **cilantro, lime, and garlic** to create a fiesta of Latin American flavors.



TRY SOMETHING NEW

- Boil **edamame** and sprinkle with a pinch of salt as they do in Japan. Find it in the freezer section.
- Combine **jicama** with watermelon, lime juice, and fresh cilantro for a refreshing Mexican sweet treat. Look for it in the produce department.
- Use **tomatillos** in place of tomatoes for a Latin surprise. Find them in the produce aisle.



Explore the World with Fruits and Vegetables





Create a world of flavors in your kitchen

Americans enjoy food from all over the world. But you don't have to travel the globe or visit your local ethnic restaurant to experience food from other countries. You can easily bring the taste of a faraway place to your table.

COMBINE AND USE IN DIFFERENT WAYS

- **Puree fruits and vegetables** in a food processor to create dips, sauces, and dressings. Blend chick peas, garlic, olive oil, and yogurt to make a Middle-Eastern dip.
- **Combine different fruits and vegetables** to make salsas and chutneys. Use to flavor grilled chicken or fish. Mix papaya, onion, bell peppers, lime juice, and cilantro for a great Caribbean salsa.

- **Grill, sauté, roast, stir-fry, or slow cook** to bring out flavors. Roast eggplant, tomatoes, zucchini, pepper, and garlic to create a favorite French vegetable side.



The Global Kitchen

Adding a few new fruits and vegetables, spices, and herbs to your kitchen can help you create flavorful ethnic-inspired dishes at home. Most of these ingredients can be found in your local grocery store.

AVOCADOS

Used in many Mexican dishes, avocados are enjoyed in North and South America. Use in sandwiches and salads or mix with cilantro and tomatoes for easy guacamole.



When using dried herbs in place of fresh, decrease the amount by 1/3. Dried herbs are more intense in flavor.

BASIL

This versatile herb is used in a many cuisines, including Italian and Thai. Add fresh or dried basil to sauces, soups, and stir-fries.

CHICK PEAS (GARBANZO BEANS)

These legumes are a protein source in many vegetarian Middle Eastern and Indian dishes. Use in soups, salads, and bean dishes.



CHILI PEPPERS

Chili peppers are used in Mexican, Indian, Thai, Spanish and many other cuisines throughout the world. Spice up any meal with a pinch of chili peppers.

CILANTRO

Cilantro's fresh flavor complements hot foods. This makes it great in spicy Asian, Latin American, and Caribbean dishes. Toss with lime, onions, and tomatoes for a quick *pico de gallo*.



CURRY POWDER

Common in Indian dishes, curry powder is several spices combined—coriander, cumin, turmeric, fenugreek, ginger, garlic, nutmeg, red pepper. Different curries have special spice blends. Use to season many vegetables, including peas, squash, potatoes, broccoli, or spinach.

EGGPLANT

This hearty vegetable is enjoyed throughout Europe, the Middle East, Asia, and the United States. It can be stewed, roasted, mashed, or stuffed with meat or vegetables and baked. Try grilled eggplant in pasta dishes or in roasted vegetable sandwiches.

GARLIC

A staple in many cuisines, garlic's sharp flavor works in a variety of foods. Sauté with vegetables or add to sauces and soups. Cook for a milder flavor.



GINGER



Peppery and slightly sweet, ginger is used in many Asian and Indian dishes. Use fresh gingerroot in stir-fries, salad dressings, and steamed vegetables. Choose ginger powder for baked goods.

HOISIN SAUCE

Also known as Peking sauce, Hoisin sauce is used mainly in Chinese cooking. Add to vegetable stir-fries and rice dishes.

ITALIAN SEASONING

Italian seasoning is a mixture of many herbs, including basil, oregano, marjoram, thyme, rosemary, savory, and sage. Sprinkle on potatoes, in soups, and in sauces for an Italian taste.

LIMES

As versatile as lemons, limes are commonly used in the Caribbean and Latin America.



Use limes and lime juice in sauces, marinades, and salad dressings.

MANGOS

Mangos are popular in tropical areas of the Caribbean, South America, Africa, and South-east Asia. Enjoy alone or in salsas, smoothies, and tropical fruit salads.

