

SPLICING UP YOUR FOOD

For the Coos County Food & Nutrition Group By Brittany Whiteman, MPH, Dietetic Intern, Oakwood University

CLOVES

Benefits:

- Promotes brain function and building strong bones.
- May support liver health and helping stabilize blood sugar levels
- The antioxidants reduce your risk of developing heart disease, diabetes, and certain cancers
- Cloves can help stop the growth of microorganisms like bacteria

One tsp of ground cloves contains:

Calories: 6
Fiber: 1 gram
Manganese: 55% DV
Vitamin K: 2% DV
Source of calcium, magnesium, potassium, and beta carotene.



Photo: India Mart

Uses: Add to hot beverages, cookies, muffins, cakes, gingerbread baked goods, and pumpkin pie. Make clove tea by simmering whole cloves in boiling water for 5-10 minutes. Add to sauces, rice dishes, and soups.

CINNAMON

Benefits

- May improve cholesterol, triglycerides and blood pressure.
- The antioxidants help lower your risk of diseases like heart disease, diabetes, and cancer.
- Can increase sensitivity to the hormone insulin.
- Helps your body fight infections and repair tissue damage
- May Have Beneficial Effects on Neurodegenerative Diseases like Alzheimer's and Parkinson's disease.
- May help prevent tooth decay and reduce bad breath

One tsp of ground cinnamon contains:

Calories: 6
Fiber: 1.4 g (5% DV)
Calcium: 2% DV
Iron: 1% DV
Source of potassium, phosphorus, magnesium



Photo: Rationpani

Uses: Sprinkled on oatmeal or toast with nut butter, yogurt, or mixed in a glass of milk, added to cereal, added to baked apples or pears, soups, add in tea, bread or buns, cookies, ice cream, pumpkin or sweet potato pie, and used in various drinks.

ONION

Benefits:

- May reduce the risk of cancer, lower blood sugar levels, and improve bone health.
- May help reduce high blood pressure, protect against blood clots, decrease triglycerides and reduce cholesterol levels.

One tsp of onion powder provides:

Calories: 8
Fiber: 0.4 g (1% DV)
Vitamin C: 1% DV
Source of potassium Folate (B9), vitamin B6, and potassium.



Photo: The Heart Nut

Uses: Added to sauces, soups, stews, pea or bean dishes, dips, vegetables, fruits, potato dishes, pasta dishes, casseroles, rice dishes, and salads.

NUTMEG

Benefits:

- May help reduce inflammation in your body and benefit those with inflammatory conditions.
- Can help boost mood, enhance blood sugar control, and reduce risk factors for heart disease.

One tsp of ground nutmeg provides:

Calories: 11
Fiber: 0.5 g (2% DV)
Magnesium: 1% DV
Source of phosphorus, folate and potassium, vitamin A and C.



Photo: Encyclopedia Britannica

Uses: Added to desserts, including pies, cakes, cookies, breads, fruit salads, custards, oatmeal, yogurt, sprinkled onto starchy vegetables like sweet potatoes, butternut squash, and pumpkin, added to warm or cold beverages, including hot chocolate, chai tea, turmeric lattes, and smoothies.

CAYENNE

Benefits:

- Studies have linked regular hot pepper consumption to a lower risk of all-cause and heart-disease-related mortality.
- Can improve digestion, clear congestion, and offer pain relief.

One tsp of cayenne provides:

Calories: 6
Fiber: 0.5g (2% DV)
Vitamin C: 2% DV
Source of vitamin A, C, B6 and K, and potassium.



Photo: Ohio State University

Uses: Added to sauces, soups, stews, pea or bean dishes, dips, vegetables, potato dishes, pasta dishes, casseroles, rice dishes, and salads.

GARLIC

Benefits:

- May protect against the common cold, help lower blood pressure and cholesterol levels.
- Can lower total and LDL (bad) cholesterol.
- May reduce risk of Alzheimer's disease and dementia.



One tsp of garlic powder provides:

Calories: 10
Fiber: 0.3 g (1% DV)
Vitamin B6: 5% DV
Iron: 1% DV
Source of manganese, vitamin B6, vitamin C and selenium.



Photo: Tastinn Table

Uses: Added to sauces, soups, stews, pea or bean dishes, dips, vegetables, fruits, potato, rice & pasta dishes, casseroles, and salads.

GINGER	PAPRIKA
<p>Benefits:</p> <ul style="list-style-type: none"> ○ May help relieve nausea and vomiting. ○ Can be effective at reducing symptoms of osteoarthritis, and lowering blood sugar and cholesterol levels. ○ Supports the brain, and can also reduce menstrual pain. <p>One tsp of ground ginger provides: Calories: 6 Fiber: 0.3g (1% DV) Iron 2% DV Source of vitamin C and B6, magnesium and potassium.</p>  <p><small>Photo: Ceylon Mart</small></p> <p>Uses: Added to a cup of boiling water for tea, cookies, baked goods, fruit smoothies, cereals, or yogurt and sprinkle it on toast for easy gingerbread toast, added to sautéed vegetables, salad dressings, marinades, sweet potatoes and other potato dishes, and soups.</p>	<p>Benefits:</p> <ul style="list-style-type: none"> ○ Supports eye health, may reduce risk of cataracts and age-related macular degeneration. ○ May protect against arthritis, nerve damage, and digestive issues. ○ Can improve cholesterol levels, and blood sugar control. ○ High in iron and vitamin E, which both help create healthy red blood cells and may prevent anemia. <p>One tsp of paprika provides: Calories: 6 Fiber: 0.8g (3% DV) Potassium: 1% DV Iron: 2% DV Source of Vitamin A, E, and B6, and magnesium.</p>  <p><small>Photo: Quora</small></p> <p>Uses: Added to sauces, soups, stews, pea or bean dishes, dips, vegetables, potato dishes, pasta dishes, casseroles, rice dishes, salads, and salad dressings.</p>

*DV: Daily Value, based on recommendations for a person consuming 2,000 calories per day.

RECIPES USING SPICES

VEGAN BANANA BREAD

Yield: 10 servings (1 slice per serving)

Time: 1 hour

For the wet ingredients:

- 3-4 extra ripe bananas, mashed (about 1 ⅓ cup mashed banana)
- ⅓ cup melted and cooled vegetable oil
- ½ cup packed brown sugar
- ½ Tbsp vanilla extract

Optional: splash of dairy free milk

For the dry ingredients:

- 1 ¾ cup all-purpose flour
- 1 tsp baking soda
- 1 tsp ground cinnamon
- ½ tsp ground nutmeg
- ¼ tsp ground cloves
- ½ tsp salt

Optional: ½ cup chopped walnuts (or pecans)

Directions:

1. Preheat your oven to 350 degrees F. Line an 8 1/2 x 4 1/2" pan with parchment paper and grease the inside of the pan to prevent sticking.
2. In a large bowl mix together the mashed banana, brown sugar, coconut oil, vanilla extract and milk to a bowl until well combined.
3. In a large bowl, whisk together the dry ingredients: flour, baking soda, cinnamon and salt. Add dry ingredients to wet ingredients and mix until just combined. Fold in ½ cup chopped walnuts now.
4. Add banana bread batter into the prepared pan. Bake for 40-50 minutes or until a tester inserted into the middle comes out clean or with just a few crumbs attached.
5. Allow bread to cool in the pan for 5-10 minutes, then remove and transfer to a wire rack to finish cooling.

Recipe source: <https://www.ambitiouskitchen.com/vegan-banana-bread/>

VEGAN TRINIDADIAN PELAU

Yield: Serves 2

Time: 45 minutes

Ingredients:

- 1 can pigeon peas, or any canned beans, drained
- 1 cup brown rice (uncooked)
- 2 Tbsp brown sugar
- 1 tsp black pepper
- 1 tsp ginger powder
- 1 tsp paprika
- 2 cloves garlic, finely chopped
- 1 medium-sized onion, finely chopped
- 3 Tbsp finely chopped celery
- 1 Tbsp finely chopped thyme (fresh)
- 1 sprig finely chopped rosemary (1 teaspoon chopped)
- 4 cups water
- 1/2 cup coconut milk
- 1 Tbsp vegetable oil
- 1 cup cubed carrots
- Salt to taste

Optional: 2 tsp chopped chives for garnish

Directions:

1. Over medium heat, sprinkle brown sugar into the pot and allow it to melt until it begins to bubble and froth.
2. As soon as the sugar begins to darken, immediately add the pigeon peas or beans to the pot and stir to coat.
3. Add chopped garlic cloves, onion, celery, carrots, rosemary, thyme, vegetable oil, paprika, black pepper, and ginger.
4. Allow to cook and color for 2 minutes
5. Add coconut milk, water, rice and salt to taste.
6. When liquids starts to boil, place heat on low, cover with lid and allow to simmer for approximately 15-20 minutes.
7. Check if liquid has absorbed. When liquid has absorbed and rice is cooked; plate, add garnish and enjoy.