

Spice chart

Spices can add new life to your favorite dishes and bring out the flavor of food. Use the following chart to determine which spices will complement the foods you prepare. Use spices sparingly when trying them for the first time.

Spice	Meat	Poultry	Fish	Soup	Vegetables	Salad
Basil	•	•	•	•	•	•
Bay Leaf	•	•	•	•	•	
Cayenne	•	•	•	•	•	•
Celery Seed			•		•	•
Chili Powder	•	•	•	•	•	•
Chives		•		•	•	•
Cumin	•	•				
Curry	•	•	•			
Dill			•	•	•	•
Garlic Powder	•	•	•	•	•	•
Ginger	•			•	•	
Mustard	•	•	•	•		•
Nutmeg	•				•	
Onion Powder	•	•	•	•	•	•
Oregano	•	•	•	•	•	•
Paprika		•	•	•		•
Rosemary	•	•	•		•	
Sage		•		•		
Thyme	•	•		•	•	•