

concentrated sources of
**natural
antioxidants**

7 Super Spice Recipes



Mango-Blueberry Cobbler



ANTIOXIDANT COMPARISON CHART

	SERVING SIZE	ORAC (μmol TE/serving)		SERVING SIZE	ORAC (μmol TE/serving)
CINNAMON, GROUND	1 tsp	6956	GREEN PEPPER	½ cup chopped	688
POMEGRANATE JUICE	8 oz	5853	BROCCOLI	½ cup chopped	620
BLUEBERRIES	½ cup	4848	GINGER, GROUND	1 tsp	519
OREGANO, DRIED	1 tsp	3602	CURRY POWDER	½ tsp	485
MILK CHOCOLATE*	1 bar	3595	SPINACH	1 cup	455
TURMERIC, GROUND	1 tsp	3504	THYME**	1 tsp	407
CINNAMON, GROUND	½ tsp	3478	CARROTS	1 medium	406
RASPBERRIES	½ cup	3002	PAPRIKA	1 tsp	376
STRAWBERRIES	½ cup chopped	2969	ROSEMARY**	1 tsp	364
SWEET CHERRIES	½ cup	2322	GINGER, GROUND	½ tsp	259
OREGANO, DRIED	½ tsp	1801	TOMATOES	½ cup chopped	330
TURMERIC, GROUND	½ tsp	1752	THYME**	½ tsp	204
ASPARAGUS	½ cup chopped	1441	PAPRIKA	½ tsp	188
ALMONDS	1 oz	1263	GARLIC POWDER	1 tsp	187
CURRY POWDER	1 tsp	970	ROSEMARY**	½ tsp	182
RED GRAPES	½ cup	951	GARLIC POWDER	½ tsp	93

SOURCE: Oxygen Radical Absorbance Capacity (ORAC) of Selected Foods—2007. Nutrient Data Laboratory USDA, November 2007 www.ars.usda.gov/nutrientdata/ORAC.

*Wu X, Beecher GR, Holden JM, Haytowitz DB, Gebhardt SE, Prior RL. Lipophilic and hydrophilic antioxidant capacities of common foods in the United States. *Journal of Agriculture and Food Chemistry*. 2004; 52:4026-403 **Centre for Phytochemistry and Pharmacology, Southern Cross University, Australia.

Mango-Blueberry Cobbler

Prep Time: 20 minutes | **Cook Time:** 40 minutes | **Makes 6 (3/4 cup) servings**

Mango-Blueberry Filling:

- ▶ 3 cups sliced peeled mangoes
- ▶ 2 cups blueberries
- ▶ 1 tablespoon lemon juice
- ▶ 1/3 cup sugar
- ▶ 2 teaspoons cornstarch
- ▶ 2 teaspoons **McCormick® Ground Cinnamon**
- ▶ 1/2 teaspoon **McCormick® Ground Ginger**

Biscuit Topping:

- ▶ 1/2 cup flour
- ▶ 4 tablespoons sugar, divided
- ▶ 1/2 teaspoon baking powder
- ▶ 1/2 teaspoon **McCormick® Ground Ginger**
- ▶ 1/2 teaspoon **McCormick® Ground Cinnamon**, divided
- ▶ 1/4 teaspoon baking soda
- ▶ Pinch of salt
- ▶ 1/3 cup buttermilk




FOR THE FILLING, mix mangoes, blueberries and lemon juice in large bowl.

Mix sugar, cornstarch, cinnamon and ginger in small bowl. Sprinkle over fruit; toss to coat well. Spoon into 11x7-inch baking dish sprayed with no-stick cooking spray.

FOR THE TOPPING, mix flour, 3 tablespoons of the sugar, baking powder, ginger, 1/4 teaspoon of the cinnamon, baking soda and salt in large bowl. Add buttermilk; mix well. Drop dough by rounded tablespoonfuls into 6 portions onto fruit mixture. Mix remaining 1 tablespoon sugar and 1/4 teaspoon cinnamon. Sprinkle over biscuits.

BAKE in preheated 350°F oven 35 to 40 minutes or until fruit is bubbly and topping is browned. Serve warm.

▶ **TEST KITCHEN TIP:** Use sliced peeled peaches in place of the mangoes.
Or, use frozen blueberries, unthawed, in place of the fresh blueberries. Prepare and bake as directed.



Crustless
Curried
Spinach
Tart



Prep Time: 10 minutes | **Cook Time:** 40 minutes | **Makes 6 servings**



- ▶ 1 tablespoon olive oil
- ▶ 1 cup chopped onion
- ▶ 3/4 cup milk
- ▶ 2 tablespoons flour
- ▶ 4 eggs
- ▶ 4 egg whites
- ▶ 1 tablespoon **McCormick® Curry Powder**
- ▶ 3/4 teaspoon Sea Salt using **McCormick® Sea Salt Grinder**
- ▶ 1/2 teaspoon **McCormick® Garlic Powder**
- ▶ 1/8 teaspoon **McCormick® Ground Red Pepper**
- ▶ 1 package (10 ounces) frozen chopped spinach, thawed, drained and squeezed dry
- ▶ 1 cup part-skim ricotta cheese
- ▶ 2 tablespoons grated Parmesan cheese

HEAT oil in large nonstick skillet on medium-high heat. Add onion; cook and stir 5 minutes or until tender. Remove from skillet. Cool slightly.

MIX milk and flour in large bowl with wire whisk until smooth. Add eggs, egg whites, curry powder, sea salt, garlic powder and ground red pepper; whisk until smooth. Add cooled onion, spinach and ricotta cheese; mix well. Pour into 9-inch deep dish pie plate sprayed with no stick cooking spray. Sprinkle with Parmesan cheese.

BAKE in preheated 350°F oven 30 to 35 minutes or until top is golden brown and center is set. Let stand 10 minutes before cutting into serving-size pieces.

▶ **Yellow Curry Tips:**

- Add flavor and color to steamed rice or couscous with a sprinkle of Curry Powder. For extra flavor and texture, try adding toasted sliced almonds, shredded carrots, peas and/or raisins.
- For a new twist to chicken salad, add a dash of Curry Powder along with nuts, fruit or chopped apples.

A close-up photograph of an orange ginger beef stir fry. The dish features sliced beef, broccoli florets, red bell peppers, and snow peas, all coated in a dark, glossy sauce and topped with sesame seeds. A green circular overlay in the upper left corner contains the text "Orange Ginger Beef Stir Fry". In the lower left corner, a small jar of McCormick Ground Ginger is visible.

Orange
Ginger
Beef Stir
Fry

Prep Time: 20 minutes | **Marinate :** 15 minutes | **Cook Time:** 10 minutes | **Makes 4 servings**

- ▶ 3/4 cup orange juice
- ▶ 3 tablespoons reduced sodium soy sauce
- ▶ 2 teaspoons **McCormick® Ground Ginger**
- ▶ 1 teaspoon **McCormick® Garlic Powder**
- ▶ 1/8 teaspoon **McCormick® Ground Red Pepper**
- ▶ 1 pound boneless beef sirloin steak, cut into thin strips
- ▶ 1 tablespoon sesame oil
- ▶ 5 cups cut-up vegetables, such as broccoli florets, sliced onion, sugar snap peas and red bell pepper strips
- ▶ 1 tablespoon honey
- ▶ 1 teaspoon cornstarch
- ▶ 1 teaspoon **McCormick® Sesame Seed**, toasted



MIX orange juice, soy sauce, ginger, garlic powder and ground red pepper in small bowl. Reserve 1/2 of the marinade. Place beef in large resealable plastic bag or glass dish. Add remaining marinade; turn to coat well. Refrigerate 15 minutes or longer for extra flavor.

HEAT oil in large skillet on high heat. Remove beef from marinade. Add beef to skillet; stir fry 3 minutes or until beef is no longer pink. Remove beef from skillet. Add vegetables; stir fry 3 to 5 minutes or until tender-crisp.

MIX reserved marinade with honey and cornstarch until smooth. Stir into skillet. Stirring constantly, bring to boil on medium heat and boil 1 minute. Return beef to skillet. Cook until heated through. Serve over hot cooked brown rice if desired. Sprinkle with sesame seed before serving.

▶ ***To Toast Sesame Seed:***

Heat small skillet on medium heat. Add Sesame Seed; cook and stir 2 minutes or until golden brown and fragrant. Immediately pour out of hot pan to avoid over-toasting.

Classic Chicken Paprika



Prep Time: 10 minutes | **Cook Time:** 20 minutes | **Makes 4 servings**



- ▶ 1 pound small boneless skinless chicken breast halves or boneless skinless chicken thighs
- ▶ 2 1/2 teaspoons **McCormick® Paprika**, divided
- ▶ 1/2 teaspoon Sea Salt using **McCormick® Sea Salt Grinder**
- ▶ 1/8 teaspoon **McCormick® Ground Black Pepper**
- ▶ 1 tablespoon olive oil
- ▶ 1 cup chopped onion
- ▶ 1 can (14 1/2 ounces) diced tomatoes, undrained
- ▶ 1/3 cup light cream
- ▶ Hot cooked noodles (optional)
- ▶ Chopped fresh parsley (optional)

SEASON chicken with 1/2 teaspoon of the paprika, sea salt and pepper.

HEAT oil in large nonstick skillet on medium-high heat. Add chicken; cook 3 minutes per side or until browned. Remove chicken from skillet. Set aside. Add onion to skillet; cook and stir 3 minutes.

STIR in tomatoes and remaining 2 teaspoons paprika. Bring to boil. Return chicken to skillet. Reduce heat to low; cover and simmer 8 to 10 minutes or until chicken is cooked through. Stir in cream until well blended.

SERVE over noodles and sprinkle with chopped parsley if desired.

▶ **Red Pepper Tips:**

- Sprinkle store-bought or homemade hummus or guacamole with Paprika. Or add a kick by stirring in 1/4 tsp Ground Red Pepper or Crushed Red Pepper.
- Mix up your own spiced salt by mixing 2 tbsp. Sea Salt, 2 tsp. Paprika, 1/2 tsp. Ground Cumin and a pinch of Ground Red Pepper. Sprinkle over grilled or roasted meat, fish and poultry.



Tomato
Florentine
Pasta
Bake



Prep Time: 15 minutes | **Cook Time:** 30 minutes | **Makes 6 (1 cup) servings**



- ▶ 1/2 pound ground turkey
- ▶ 1/2 cup finely chopped onion
- ▶ 1 can (15 ounces) tomato sauce
- ▶ 1 can (6 ounces) tomato paste
- ▶ 1/2 cup water
- ▶ 2 1/4 teaspoons **McCormick® Oregano Leaves**
- ▶ 1/2 teaspoon **McCormick® Ground Cinnamon**
- ▶ 2 teaspoons sugar
- ▶ 1/2 teaspoon **McCormick® Garlic Powder**
- ▶ 1/4 teaspoon **McCormick® Crushed Red Pepper**
- ▶ 2 cups (6 ounces) uncooked penne pasta
- ▶ 1 package (10 ounces) frozen chopped spinach, thawed, drained and squeezed dry
- ▶ 1 1/2 cups part-skim ricotta cheese
- ▶ 1/2 cup shredded part-skim mozzarella cheese

COOK turkey and onion in large nonstick skillet on medium heat until meat is no longer pink. Stir in tomato sauce, tomato paste, water, oregano, sugar, cinnamon, garlic powder and red pepper. Bring to boil. Reduce heat to low; simmer 10 minutes, stirring occasionally.

MEANWHILE, cook pasta as directed on package; drain well. Stir pasta and well-drained spinach into sauce until well mixed. Spread 1/2 of the pasta mixture in 11x7-inch baking dish. Spread ricotta cheese evenly over pasta. Top with remaining pasta mixture. Sprinkle evenly with mozzarella cheese.

BAKE in preheated 375°F oven 15 minutes or until heated through. Let stand 5 minutes before serving.

▶ **Health & Wellness Tip:**

Use 2 (8-ounce) cans of no salt added tomato sauce in place of the regular tomato sauce to save 307 mg of sodium per serving.

Herbed Green Beans



Prep Time: 10 minutes | **Cook Time:** 10 minutes | **Makes 4 servings**

- ▶ 1 pound green beans, trimmed
- ▶ 1 tablespoon balsamic vinegar
- ▶ 2 teaspoons olive oil
- ▶ 1/2 teaspoon **McCormick® Rosemary Leaves**, finely crushed
- ▶ 1/2 teaspoon **McCormick® Thyme Leaves**
- ▶ 1/4 teaspoon Sea Salt from **McCormick® Sea Salt Grinder**
- ▶ 1/8 teaspoon **McCormick® Ground Black Pepper**



COVER beans with water in a medium saucepan and bring to a boil. Reduce heat to low; simmer 4 to 6 minutes or until tender-crisp. Drain. Return beans to saucepan.

TOSS with vinegar, oil, rosemary, thyme, sea salt and pepper. Cook and stir over medium heat 1 to 2 minutes or until heated through.

▶ **Rosemary Tips:**

- Add 1/4 tsp. each crushed Rosemary Leaves and Garlic Salt to hot cooked peas or green beans.
- Stir 1/2 tsp. each crushed Rosemary Leaves and Garlic Powder and 1/4 tsp. Black Pepper into 4 cups hot cooked mashed potatoes.
- Dress up ready-to-bake rolls. Just before baking frozen dinner rolls or ready-to-bake rolls, brush tops with olive oil then sprinkle with crushed Rosemary Leaves and Sea Salt before baking.



Citrus
Salmon
with
Orange
Relish



Prep Time: 20 minutes | **Marinate :** 30 minutes | **Cook Time:** 16 minutes | **Makes 4 servings**

- ▶ 1/4 cup orange juice
- ▶ 2 tablespoons olive oil
- ▶ 1 1/2 teaspoons **McCormick® Thyme Leaves**, divided
- ▶ 4 salmon fillets (about 1 pound)
- ▶ 1 tablespoon brown sugar
- ▶ 1 teaspoon **McCormick® Paprika**
- ▶ 1/2 teaspoon salt

Orange Relish:

- ▶ 1/2 teaspoon grated orange peel
- ▶ 2 seedless oranges, peeled, sectioned and cut into 1/2-inch pieces
- ▶ 2 tablespoons chopped red bell pepper
- ▶ 1 tablespoon honey
- ▶ 1 tablespoon chopped red onion
- ▶ 1 tablespoon chopped fresh parsley
- ▶ 1/2 teaspoon **McCormick® Ground Ginger**



FOR THE SALMON, mix orange juice, oil and 1 teaspoon of the thyme in small bowl. Place salmon in large resealable plastic bag or glass dish. Add marinade; turn to coat well. Refrigerate 30 minutes or longer for extra flavor. For the relish, mix all ingredients in medium bowl. Cover. Refrigerate until ready to serve.

MIX brown sugar, paprika, remaining 1/2 teaspoon thyme and salt in small bowl. Remove salmon from marinade. Discard any remaining marinade. Rub salmon evenly with paprika mixture. Place salmon on foil-lined baking pan.

BAKE in preheated 400°F oven 10 to 15 minutes or until fish flakes easily with a fork. Or, grill salmon over medium-high heat 6 to 8 minutes per side or until fish flakes easily with a fork. Serve salmon with Orange Relish.

▶ **Thyme Tips:**

- Dress up seafood or tuna salad by adding Thyme Leaves. Serve as a sandwich filling or on a bed of greens.
- Wake up your taste buds with Herbed Scrambled Eggs. Beat 1/8 tsp Thyme Leaves into 2 eggs before scrambling.



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