

SUPERCHARGED WITH THE SUPER 7



With each pinch, dash and spoonful, spices can help boost the antioxidant power of practically everything throughout the day, from snacks and entrees to soups and beverages. Here are a few tips to get you started.



QUICK TIP 1: Keep a shaker of **Ground Cinnamon** handy to sprinkle over everything from hot cocoa to oatmeal and fruit salad.



QUICK TIP 5: 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.



QUICK TIP 2: Add a hint of ginger to hot or iced tea. Sweeten 1 cup tea with 3/4 teaspoon sugar mixed with 1/4 teaspoon **Ground Ginger**.



QUICK TIP 6: Wake up taste buds with Herbed Scrambled Eggs. Beat 1/8 teaspoon **Thyme Leaves** into 2 eggs before scrambling.



QUICK TIP 3: For a twist on the typical grilled cheese, prepare sandwich with sliced mozzarella cheese, sliced tomato and 1/4 teaspoon **Oregano Leaves**.



QUICK TIP 7: Create a spiced Curried Pilaf by adding 1/2 teaspoon **Yellow Curry** to 2 cups hot cooked rice. Add flavor and texture with a handful of shredded carrots, peas, raisins or toasted sliced almonds.



QUICK TIP 4: Add a kick to store-bought or homemade hummus or guacamole by stirring in 1/4 teaspoon **Ground Red Pepper** or **Crushed Red Pepper**. Or, try sprinkling in a little **Paprika**.



Tomato Florentine Pasta Bake

Full of health-promoting antioxidants, this baked pasta dish delivers all the flavors of lasagna in less than half the preparation and baking time. Serve it with crusty sourdough rolls and a tossed green salad.

Prep Time: 15 minutes **Marinate:** 30 minutes

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

1. Preheat oven to 375°F. 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.
2. 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.
3. Bake 15 minutes or until heated through. Let stand 5 minutes before serving.

A Taste For Health Tip: Use 2 cans (8 ounces each) no salt added tomato sauce in place of the regular tomato sauce to save 307mg sodium per serving.

Makes 6 (1-cup) servings.

Nutrition Information Per One Serving: Calories 333, Fat 9g, Carbohydrates 38g, Cholesterol 64mg, Sodium 633mg, Fiber 4g, Protein 25g



Citrus Salmon with Orange Relish

Fresh oranges and ground ginger pair to make a bold and nutrient-packed accompaniment to rich salmon fillets. Serve the antioxidant-rich relish with any kind of fish, or with shrimp or scallops.

Prep Time: 20 minutes **Marinate:** 30 minutes **Cook Time:** 15 minutes

Citrus Salmon:

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

Orange Relish:

1/2 teaspoon grated orange peel	1 tablespoon honey
2 seedless oranges, peeled, sectioned and cut into 1/2-inch pieces	1 tablespoon chopped red onion
2 tablespoons chopped red bell pepper	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. Serve salmon with Orange Relish.

Makes 4 servings.

Nutrition Information Per One Serving: 283 Calories, Fat 11g, Protein 25g, Carbohydrates 21g, Cholesterol 62mg, Sodium 354mg, Fiber 3g

Baked Sweet Potato Fries with Honey-Spice Dip

Sweet potatoes are a great source of vitamin A and fiber. They make a flavorful option to ordinary fries and are perfect to serve as a healthful appetizer or as a side dish with roast pork or baked ham.



Prep Time: 15 minutes **Cook Time:** 35 minutes

1 tablespoon brown sugar	2 pounds sweet potatoes, peeled and cut into shoestrings
2 1/2 teaspoons Mccormick® Ground Cinnamon, divided	1 tablespoon canola oil
1/2 teaspoon Mccormick® Ground Ginger	1/2 cup reduced fat sour cream
1/2 teaspoon salt	1/2 cup plain lowfat yogurt
	1 tablespoon honey

1. Mix brown sugar, 2 teaspoons of the cinnamon, ginger and salt in small bowl. Toss sweet potatoes with oil in large bowl. Add spice mixture; toss to coat well. Spread sweet potatoes in single layer on shallow baking pan sprayed with no stick cooking spray.

2. Bake in preheated 400°F oven 30 to 35 minutes or until sweet potatoes are tender and lightly browned, turning halfway through baking time.

3. Meanwhile, mix sour cream, yogurt, honey and remaining 1/2 teaspoon cinnamon in small bowl. Serve sweet potatoes with dip.

Makes 6 servings.

Nutrition Information Per One Serving: 164 Calories, Fat 4g, Protein 4g, Carbohydrates 28g, Cholesterol 8mg, Sodium 259mg, Fiber 4g