



Spice up your life

If you're cutting back on salt to control blood pressure, the Spice Islands Test Kitchen has developed 5 tips to boost flavor in food:

- **Increase the amount of herbs when reducing salt.** For a great flavor punch, increase your spice and herbs by 25% when reducing or eliminating salt in a recipe.
- **Crush herbs to release all flavor.** For leafy herbs such as rosemary and leaf oregano, lightly crush the herbs to bring out maximum flavor.
- **For soups and stews, reduce the salt and add spices last.** For long-cooking soups and stews, reduce the salt. Save about a fourth of the spices called for and add them at the end of cooking. This will give a more intense flavor to the dish.
- **Add herbs early in no-cook meals.** For salad dressings, fruit dishes, or other no-cook foods, add herbs and spices several hours before serving so flavors can develop and blend. For salad dressings, add seasonings to the vinegar and let stand before adding the oil.
- **Give dried spices a boost.** If a recipe calls for fresh herbs and you have dried on hand, simply use a third to a half as much dry for fresh.

