

# Using Herbs & Spices in Your Recipes

Herbs and spices can come from the same plant; the herbs are the green leafy parts while the spices are from the seeds, bark, flowers, and roots.



## Why is it good to have herbs & spices added to our recipes?

- They contain high levels of antioxidants and many other nutrients
- They add wonderful flavour to our foods
- Because of the essential oils and phyto-sterols they have many medicinal properties
- They contain many anti-microbial substances that keep our food protected and preserved
- They help to boost our immune system and help our body's fight against germs and toxins

When buying the dried version of herbs buy small amounts to make sure you are using fresh ingredients (only keep for 4-6 months). I always buy organic dried herbs so that they will be free of any pesticides or other harmful things.

## Eggplant Stew

**Ingredients:** serves 3-4

- 1 eggplant
- ¼ cup of each: red pepper, celery & Spanish onion (diced)
- 1-2 cloves garlic (finely chopped)
- ½ cup chick peas
- 2 tbsp sunflower seeds
- sea salt & cayenne pepper to taste
- 1-2 bay leaves
- 2-3 ripe tomatoes (or 1 small can diced tomatoes)
- 1 cup whole grain couscous (or quinoa)
- 2 tbsp organic palm or coconut oil

## Method:

1. Eggplant: peel then slice into 1" thick pieces. salt then grill for 10-15 minutes until brown
2. Meanwhile sauté the following in a pan with oil:
  - onion / celery / garlic & red pepper (keep 2 tbsp of peppers & onion for the couscous)
3. Add the seasoning and bay leaves and simmer until tender
4. Put the browned eggplant into a casserole and cover with the tomato sauce
5. Add the chick peas & sunflower seeds and stir
6. Bake for 30 minutes in a 375F oven
7. While this is cooking make up the couscous according to directions on the package
8. Once the couscous is ready fold in the extra onion and peppers and serve with the stew as shown in the picture above.



**Bay Leaves** are used in many soups, stews and sauces. The spice is very good source of many vitamins such as niacin, pyridoxine, pantothenic acid and riboflavin and is a good source of minerals like copper, potassium, calcium, manganese, iron, selenium, zinc and magnesium.

## Winter Slaw with Pomegranates

**Ingredients:** serves 4-6

- 10-12 Brussels sprouts shredded
- 2 carrots shredded
- 1 cup cabbage shredded
- ¼ cup onion finely chopped
- 1 zucchini thinly sliced
- ½ cup organic frozen corn (thawed)
- 1 pomegranates (removed from skin)

You can shred everything by hand or do as I do and use your Food Processor

1. Shred the veggies and put in a large bowl: Brussels sprouts / Carrots / Cabbage
2. Then add the rest: Zucchini / Corn / Pomegranates
3. Toss with the following dressing and serve.

**Sweet Cranberry Dressing:** makes 2 cups

Put the following in a small blender and blend until creamy:

- ½ cup apple cider vinegar
- 2 tbsp olive oil
- 3 tbsp sunflower seeds
- 3 tbsp cranberries (I use the frozen ones or you can substitute raspberries)
- 2 tsp maple syrup (or honey can be used)
- 1 tsp of each: cloves, nutmeg and cinnamon



**Nutmeg:** This spice is a good source of minerals like copper, potassium, calcium, manganese, iron, zinc and magnesium. It is also rich in many vital B-complex vitamins, including vitamin C, folic acid, riboflavin, niacin, vitamin A and many flavonoid **anti-oxidants** like beta-carotene and cryptoxanthin

## Banana Bread with a Nut-Butter Icing

Preheat oven to 350F

Grease a 9" square pan or pie plate

### Step 1: Dry Ingredients

Put the following into a large mixing bowl:

- ½ cup whole wheat flour
- ¾ cups oatmeal
- 1 ½ tsp baking powder
- 2 tbsp coconut sugar

**Step 2:** Process the following in your food processor to make a meal like crumble:

- ½ cup walnuts
- ½ cup dates

Add this crumble to your mixing bowl and stir





### Step 3: Cook quinoa

In a small saucepan cook the quinoa in water for 15 minutes then drain

- ½ cup cooked quinoa
- 1 cup water

Drain, rinse then drain again then add to your mixing bowl

### Step 4: Wet Ingredients

Put in your blender and blend until creamed

- 2 ripe bananas
- ½ cup coconut milk
- ¼ cup water
- ¼ cup coconut oil

Add this to your mixing bowl and mix just until all is wet

Spoon into the pan or pie plate and spread evenly

### Step 5: Bake at 350F for 20-25 minutes

**Nut-Butter Icing:** makes 1 cup

First soak the dates for 30 minutes until soft then drain – keep date water

Put the following ingredients into a food processor and blend until creamy:

- ¼ cup dates
- ½ cup nut butter (organic almond butter)
- ½ tsp ground anise seeds
- 1 tbsp date juice (optional if it does not spread well)

Spread this creamy mixture over the banana bread then garnish with whole walnuts and serve in wedges or squares.



**Anise:** The seeds are an excellent source of many essential B-complex vitamins such as pyridoxine, niacin, riboflavin, and thiamin. They are a good source of minerals like calcium, iron, copper, potassium, manganese, zinc and magnesium.



## Using Herbs & Spices in Your Recipes

*By Judy Fleming*

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**You can now get this wonderful book that talks about many of the herbs and spices we can use in our recipes to add flavour as well as good nutrition.**

There are 21 herbs and spices talked about in detail and used in over 24 of Judy's vegan recipes.

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