

How To Use Specific Ingredients

Seasoning Vegetables With Herbs and Spices

Vegetables can be made more appealing with herbs, spices, and other seasonings. Herbs and spices also reduce the need for added salt and fat. Try the suggestions below to enhance the natural flavor of vegetables, and try reducing (or eliminating) salt and fat.

TO SEASON...	USE...
Beans, green or wax	Caraway, dill seed, onion powder, or sage
Beets	Caraway, cinnamon, or dill seed
Broccoli	Lemon juice or marjoram
Cabbage	Basil, caraway, celery seed, curry, dill seed, mustard seed, or onion powder
Carrots	Basil, celery seed, cinnamon, dill seed, marjoram, mint, or thyme
Cauliflower	Caraway, celery seed, dill seed, lemon juice, mace, marjoram, rosemary, or tarragon
Celery	Celery seed, curry, dill seed, nutmeg, red pepper, or thyme
Corn	Chili powder
Green leafy vegetables	Garlic powder, lemon juice, or vinegar

TO SEASON...	USE...
Lima beans	Curry
Onions	Cinnamon or sage
Peas, green	Basil, dill seed, marjoram, mint, or oregano
Sauerkraut	Celery seed or sugar
Spinach	Basil, marjoram, mint, nutmeg, rosemary, vinegar, or lemon juice
Sweet potatoes	Allspice, cardamom, or cinnamon
Tomatoes	Basil, celery seed, chili powder, cinnamon, garlic powder, oregano, parsley, sage, or sugar
Turnips	Rosemary
Winter squash	Allspice, cardamom, or nutmeg
Zucchini	Caraway, marjoram, or oregano

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Flavoring Substitutions

Here are ways to substitute one flavoring ingredient for another.

	in place of ...	use...
Chocolate, unsweetened	1 oz (1 square)	3 Tbsp cocoa + 1 Tbsp ($\frac{1}{2}$ oz) fat
Garlic, fresh	1 clove	<i>one of the following:</i> dry granules: $\frac{1}{4}$ tsp garlic powder: $\frac{1}{4}$ tsp garlic salt: $\frac{1}{2}$ tsp ($\frac{1}{4}$ tsp is salt)
Green peppers, fresh	8 oz edible portion	1 oz dry green pepper flakes
Herbs, fresh (all)	1 Tbsp	<i>one of the following:</i> dry flakes: $1 \frac{1}{2}$ tsp dry ground: $\frac{3}{4}$ tsp
Honey	1 cup	$1 \frac{1}{4}$ cups granulated sugar + $\frac{1}{4}$ cup liquid
Onion, fresh	$\frac{1}{2}$ cup	<i>one of the following:</i> onion flakes: 2 Tbsp onion powder: 2 Tbsp onion salt: 3 Tbsp (2 Tbsp is salt)
Vanilla, pure extract	1 tsp	imitation vanilla: 2 tsp

Garnishing Techniques

A garnish is a food item or part of a food item that enhances the food being served and catches the eye of children; for example, a dash of cinnamon over applesauce or shredded cheese sprinkled over Chili Con Carne.

Considerations in Garnishing

1. Garnishes should be handled carefully to prevent spoilage and foodborne illness. Always wash a vegetable or fruit before preparing it as a garnish.
2. Garnishes need not require a lot of time or money to prepare. The following foods may be sliced, diced, or used as is, as appropriate, for a quick garnish.

Apples, bread crumbs, celery, cheese, coconut, croutons, cucumber, grapes, lettuce, nuts, onion, paprika, parsley, parsley flakes, peaches, raisins, tomato.
3. Garnishes need not require special equipment. Only simple tools are needed; for example, a sharp pointed knife for paring, a serrated knife for bread and tomatoes, and a vegetable peeler for paring fruits and vegetables.



Choosing a Food Item for Garnish

These items should be appropriate for the menu being served. Use combinations of colors that blend well. Be sure the flavor of the item accents or is compatible with the flavor of the menu item being served. In addition, be sure the size is appropriate.

Some foods with their own vivid color and texture need no garnish, while other foods do need garnishing. For example, pizza with its bright variety of colors needs little or no extra garnish. Creative arrangement of foods can also appeal to children.

Garnishes

Apple rings,* apple slices,* banana chunks,* carrot coins, green pepper strips, onion rings, orange slices, lemon wedges, tomato slices, and tomato wedges can be used effectively as garnishes. Following are ideas and instructions for creating more unusual garnishes from fruits and vegetables.

*To delay the browning effect, place apples and bananas in citrus or pineapple juice, or in a lemon juice and water mixture. When ready to use, remove the fruit from the solution and drain.

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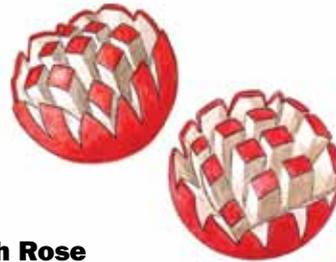
Carrot Ribbons or Curls

1. Slice carrot in half lengthwise.
2. With a peeler, peel a single strip from the cut surface.
3. Drop in ice water and the strip will curl by itself.
4. Remove from ice water and drain.



Celery Fans

1. Cut celery stalk into 2 or 3 equal lengths.
2. Make 1 $\frac{1}{4}$ " slashes into one end or both ends of stalk.
3. Fan one end or both ends of stalk.
4. Drop in ice water.
5. Remove from ice water and drain.



Radish Rose

1. Cut a thin slice off the bottom and top of the radish.
2. Make 4 cuts across the radish horizontally almost to the bottom and then make 4 cuts across the radish vertically.
3. Place in ice water until open (overnight if possible). Remove from ice water and drain.



Radish Tulip

1. Cut a thin slice off the bottom and top of the radish.
2. Make 3 cuts from the top of the radish almost to the base, making 6 equal segments.
3. Place in ice water until open (overnight if possible). Remove from water and drain.



Lemon or Orange Twists

1. Cut fruit into $\frac{1}{4}$ " horizontal slices.
2. Slit each slice and twist.



Tomato Rose

1. Use a sharp paring knife. With the stem end of the tomato down, begin peeling on the smooth end. Cut around the tomato in a spiral, making a continuous strip about $\frac{3}{4}$ " wide. Do not be concerned if the peel breaks.
2. To form the rose, roll one end of the peel tightly to make the center. Loosely roll the remaining peel around the center.
3. Use a pick to secure the rose base. Cut off excess pick. CAUTION: Be sure pick is firmly secured in the rose, so pick will not fall into the food during service.
NOTE: Do NOT store tomato garnishes.

For more information about marketing and garnishing fruits and vegetables, read *Fruits and Vegetables Galore: Helping Kids Eat More* from teamnutrition.usda.gov/Resources/fv_galore.html.