



# SPICE EXPLORATION GUIDE

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**BUILD A NEW FRUIT OR VEGETABLE SIDE DISH FEATURING HERBS AND SPICES!  
FOLLOW THESE FOUR STEPS TO YOUR NEXT SIDE DISH:**

## STEP 1:

### Start with a Fruit or Vegetable:

Choose one or more as your side dish canvas

Butternut squash	Green beans
Zucchini	Cauliflower
Eggplant	Apples
Broccolini	Oranges
Pears	Pumpkin
Swiss chard	Fennel
Spaghetti squash	Spinach
Beets	Acorn squash
Kale	Parsnips

## STEP 2:

### Flavor with Herbs, Spices, and Alliums:

Add 1-2 to boost flavors and nutrients

Rosemary	Turmeric
Oregano	Saffron
Thyme	Cumin
Garlic	Coriander
Onion	Basil
Shallots	Chives
Ginger	Tarragon
Red pepper flakes	Mint
Peppercorns	Cinnamon
Chili powder	Nutmeg
Paprika	Cardamom

**\*PRO TIP: Start with  
½ teaspoon of spices  
or 1 tablespoon  
herbs per cup of  
fruit or vegetables!**

## STEP 3:

### Cook It Up:

Bring it all together with one of these healthy cooking methods or go raw

Steam  
Bake  
Roast  
Grill  
Sauté  
Raw (e.g.: sliced, shredded, or spiralized)

\*Cooking times will vary

## STEP 4:

### Top It Off:

Top off your side dish with 1-2 of these for extra flavor, color and texture

Pumpkin seeds  
Hemp seeds  
Walnuts  
Pomegranate seeds  
Pine nuts  
Dried cranberries  
Pistachios  
Chopped figs  
Pecans

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## HERB ROASTED ZUCCHINI

Prep time: 10 min | Cook time: 15-20 min | Serves: 4-6

### Ingredients:

- 4 zucchinis, cut into 1/2 inch rounds
- 1 1/2 tablespoons olive oil
- 1/2 teaspoon dried oregano
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried parsley
- 1/2 teaspoon garlic powder
- 1/4 teaspoon salt

### Directions:

1. Preheat oven to 450 degrees
2. In a large bowl, toss together all ingredients
3. Spread the zucchini on a large baking sheet
4. Bake for 15-20 minutes, until zucchini is golden brown

## SAUTEED CHARD WITH SHALLOTS

Prep time: 10 min | Cook time: 10-15 min | Serves: 4

### Ingredients:

- 2 bunches Swiss chard, stems and ribs removed, leaves thinly sliced
- 2 teaspoons olive oil
- 1 shallot, thinly sliced
- 2 cloves garlic, minced
- 1/4 teaspoon crushed red pepper flakes
- 1/8 teaspoon salt

### Directions:

1. Heat oil in a large skillet over medium high heat
2. Add shallots, red pepper flakes, and garlic, stirring often, until softened, about 2 minutes
3. Add chard and continue to cook while tossing, for about 8-10 minutes
4. Once chard is wilted, add salt and toss

## ROASTED TURMERIC CAULIFLOWER

Prep time: 10 min | Cook time: 40 min | Serves: 4

### Ingredients:

- 1 large cauliflower, with the separated into 1 inch florets and stalk cut into 1 inch pieces
- 2 tablespoons olive oil
- 2 cloves garlic, minced
- 1 teaspoon turmeric
- 1/2 teaspoon cumin
- 1 teaspoon paprika
- 1/4 teaspoon salt
- 1/2 cup golden raisins

### Directions:

1. Preheat oven to 450 degrees
2. In a large bowl, toss all ingredients except raisins
3. Spread cauliflower on to a large baking sheet
4. Bake for 35-40 minutes, until cauliflower is golden
5. Toss with golden raisins before serving

## SWEET AND SPICY BAKED APPLES

Prep time: 10 min | Cook time: 35 min | Serves: 4

### Ingredients:

- 4 apples, washed and cored
- 2 tablespoons maple syrup
- 1 teaspoon vanilla extract
- 1/4 teaspoon cinnamon
- 1/4 teaspoon cloves
- 1/4 teaspoon nutmeg
- 1/8 teaspoon salt

### Directions:

1. Preheat oven to 400 degrees
2. Arrange the apples in a baking dish and cover the bottom with 1/4 inch boiling water
3. In a small bowl, mix together the maple syrup, salt, spices, and vanilla; drizzle over the apples
4. Bake the apples for 30-40 minutes, until soft

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## ROASTED CHICKPEAS AND CARROTS WITH SUMAC

Prep time: 10 minutes

Total time: 40 minutes

Servings: 4

### Ingredients:

6-8 carrots, halved  
1 can chickpeas, drained and dried  
2 tablespoons olive oil  
¼ teaspoon salt  
½ teaspoon black pepper  
1 teaspoon sumac  
½ teaspoon garlic powder  
½ teaspoon paprika  
2 tablespoons cilantro, chopped (optional)  
2 tablespoons mint, chopped (optional)

### Directions:

- Preheat your oven to 400 degrees and line a medium baking sheet with aluminum foil
- In a medium mixing bowl, combine and mix the first eight ingredients
- Put the seasoned carrots and chickpeas onto the lined baking sheet and then place the baking sheet into oven for 30 minutes
- Remove the baking sheet from the oven
- Garnish the roasted vegetables with cilantro and mint. Enjoy!

### Notes:

adapted from: Adina Silberman. Spiced Carrots and Chickpeas with Herbs.

Retrieved from: <https://www.kosher.com/recipe/spiced-carrots-with-chickpeas-herbs-11322>

