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  |

**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

*PRO TIP: Start with ½ teaspoon of spices or 1 tablespoon herbs per cup of fruit or vegetables!
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:
apted from: Adina Silberman. Spiced Carrots and Chickpeas with Herbs.  

For questions or comments, contact the Office of Work/Life at worklife@columbia.edu.