

BETTER LIVING FOR TEXANS

TEXAS A&M AGRILIFE EXTENSION SERVICE



May 2024

Secrets to Flavorful Cooking

With some helpful "secrets", we can create tasty, flavorful dishes by using herbs, spices, fruits, vegetables, and other ingredients. Salt is commonly used to enhance flavor in foods; however, it is beneficial to reduce sodium intake from salt to decrease the risk of chronic disease.

Salt-free seasoning blends

Many grocery stores sell salt-free seasoning blends that contain a mix of herbs and spices and come in a variety of flavors. This is a great option if you are looking for a convenient, hassle-free solution. There are seasonings made specifically for vegetables, chicken, steak, ground meats, fish, and much more. Some stores have a bulk seasoning section that are often cheaper than buying the prepackaged options. You can even read the ingredients of your favorite salt-free seasoning blends and make your own batch!



Cooking with herbs

Herbs are a great way to add flavor to food. Keep in mind that dried herbs have a much stronger flavor than fresh herbs, and you will generally need three times as much fresh herb to get the same flavor intensity of the dried herb. For example, if a recipe

calls for one teaspoon of dried basil, use three teaspoons (one tablespoon) of fresh basil to get the same taste. It works the other way as well - use a third the amount of dried herbs as you would fresh herbs.

Foods that add flavor

There are some foods that have such a strong taste that we commonly use them to flavor our food. Some examples include garlic, onion, peppers, ginger, lemon and lime juice, and vinegar. The peel of citrus fruits like lemons, limes, and oranges can also be used. Experiment with a variety of your favorite produce and discover new and exciting tastes. Fruits and vegetables in combination with herbs and spices can make your meals burst with flavor and will provide additional nutrients such as fiber, vitamins, and minerals. The secret is out – celebrating a world of flavor is right at your fingertips!

Written by: Macey Uzell, Student Technician – BLT Social Media
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May 2024

Recipe of the Month

Source: Lorena Iverson, Regional Project Specialist – BLT, West Region

Elote (Mexican Seasoned Corn)

Serves 4

Ingredients:

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|-----|---|-----|-----------------------------------|
| 1 | tablespoon vegetable oil (substitute: oil of choice) | 1/4 | teaspoon salt |
| 4 | cups fresh corn kernels (substitute: frozen or canned, no salt added) | 1/4 | teaspoon pepper |
| 1/2 | cup red onion, chopped (substitute: white onion) | 1/2 | cup nonfat Greek yogurt |
| 1/4 | teaspoon dried oregano | 1/3 | tablespoon extra-virgin olive oil |
| 1/2 | teaspoon smoked paprika | 1 | tablespoon lime juice |
| | | 1/2 | cup cilantro, chopped |

Directions:

1. Heat oil in a medium skillet over medium-high heat.
2. Add corn, onion, oregano, smoked paprika, salt, and pepper. Stir to coat evenly.
3. Cook uncovered until onion is tender and corn is heated through, about 5 to 10 minutes. Remove from heat and mix in Greek yogurt.
4. Garnish with Parmesan cheese, lime juice, and cilantro.



Nutrients Per Serving: 240 calories, 7 g total fat, 1.5 g saturated fat, 40 mg cholesterol, 310 mg sodium, 40 g carbohydrates, 3 g fiber, 12 g total sugar, 2 g added sugar, and 9 g protein

Estimated Total Cost for Recipe: \$4.75; Estimated Cost Per Serving: \$1.19



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