



WEB CONTENT

VEGETABLES: Big on Flavor, not Salt

There are many ways to enjoy a variety of vegetables – fresh cut, steamed, sautéed or grilled – and many more ways to add flavor. Herbs and spices can make veggies taste great while reducing the need for added salt.

Make filling your plate with vegetables more delicious than ever with these ideas:



Vegetable	Try Adding				Also Works With		
 Green Beans	+	 Lemon Juice	+	 Rosemary Leaves	+	 Black Pepper	Asparagus Brussels Sprouts Sugar Snap Peas
 Broccoli	+	 Olive Oil	+	 Basil	+	 Oregano	Cauliflower Zucchini
 Carrots	+	 Honey	+	 Cinnamon	+	 Ground Ginger	Sweet Potatoes Butternut Squash
 Tomatoes	+	 Balsamic Vinegar	+	 Garlic Powder	+	 Oregano	Spinach Eggplant



Garlic is the new salt!
Grab garlic powder instead of the salt shaker when seasoning produce.

Shake on a salt-free seasoning blend for big flavor and convenience.

Add a splash of lemon juice or flavored vinegar.

Make your own vinaigrette to control salt levels and customize flavor.



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Flavorful Summer Sides

Shaved Vegetable Salad with Italian Herb Vinaigrette

INGREDIENTS

Yield: Serves 6

Italian Herb Vinaigrette:

- ¼ cup white wine vinegar
- 2 tablespoons olive oil
- 1 tablespoon lemon juice
- ½ teaspoon basil leaves
- ½ teaspoon garlic powder
- ¼ teaspoon black pepper, coarse ground
- ¼ teaspoon oregano leaves

Salad:

- 1 medium yellow squash
- 1 medium zucchini
- 2 medium carrots
- ½ cup thinly sliced radishes
- ½ cup thinly slices red onion



DIRECTIONS

1. For the Vinaigrette, mix all ingredients in small bowl with wire whisk until well blended. Set aside.
2. Trim squash ends. Slice yellow squash lengthwise into ribbons with a vegetable peeler or mandoline, discarding outside ribbons and core. Slice zucchini crosswise into thin round slices with a knife, vegetable peeler or mandoline. Slice carrots lengthwise into ribbons with a vegetable peeler or mandoline.
3. To serve, divide squash and carrots among each salad plate. Top with radishes and onion. Serve with vinaigrette on the side.

Nutritional Information: 73 calories; 5g fat; 22mg sodium; 6g carbohydrates; 2g fiber; 1g protein

Squash & Tomato Sauté

INGREDIENTS

Yield: Serves 4

- 1 tablespoon olive oil
- 1 medium yellow squash, cut into ¼-inch thick slices
- 1 medium zucchini, cut into ¼-inch thick slices
- 2 teaspoon salt free garlic & herb seasoning
- 1 cup grape tomatoes or halved cherry tomatoes

DIRECTIONS

1. Heat oil in large nonstick skillet on medium-high heat. Add squash and zucchini; cook and stir 3 minutes.
2. Sprinkle with seasoning. Add tomatoes; cook and stir 2 to 3 minutes or until vegetables are tender-crisp.

Nutritional Information: 68 calories; 4g fat; 8mg sodium; 6g carbohydrates; 2g fiber; 2g protein



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