



Canadian
Cancer
Society

HERBS

with food pairings



Basil

Fish, chicken, tomatoes, eggplant, potatoes, zucchini, stew, dressing, sauces, soups, salads



Rosemary

Fish, chicken, carrots, squash, whole grains, soups, salads



Dill

Fish, carrots, cucumbers, tomatoes, potatoes, whole grains, dressings, sauces



Sage

Turkey, carrots, potatoes, squash, whole grains, soups, salads, dressings, sauces



Oregano

Chicken, fish, artichokes, tomatoes, bell peppers, zucchini, mushrooms, potatoes, dressings, sauces, stews



Tarragon

Chicken, fish, green beans, whole grains, soups, salads, dressings, sauces



Parsley

Chicken, fish, corn, potatoes, tomatoes, peas, rice, dressings, sauces, stews



Thyme

Turkey, lentils, carrots, tomatoes, zucchini, cauliflower, green beans, peas, sauces, broths, dressings

SPICES

with food pairings



Allspice

Squash, beets, cabbage, carrots, sweet potatoes, turnip, apples, whole grains, sweet sauces, soups, bread, desserts



Cumin

Chicken, fish, lentils, tofu, eggplant, tomatoes, zucchini, carrots, corn, green beans



Chili Powder

Fish, chicken, tomatoes, corn, green beans, squash, cauliflower, stews, soups, salad dressings



Ginger

Fish, turkey, carrots, squash, citrus, beets, sweet potatoes, soups, stir-fries, tea, baked goods, cooked fruits



Cinnamon

Chicken, squash, carrots, sweet potatoes, apples, pears, whole grains, sweet sauces, coffee, baked goods



Turmeric

Chicken, fish, tofu, cauliflower, cabbage, potatoes, lentils, whole grains, stews, curries



Cloves

Carrots, squash, beets, sweet potatoes, apples, whole grains, sweet sauces, tea, curries, baked goods



Garlic

Chicken, fish, tofu, beans, potatoes, cucumbers, cabbage, tomatoes, zucchini, mushrooms, carrots, stews, dressings, sauces