

# Delightful Food Ideas

## Antioxidant-Rich Super Spices Offer New Reasons To Season

(NAPSA)—Spices may be more than just a way to please your palate. They could also enhance your health. That's because many spices are a concentrated source of natural antioxidants. Just one teaspoon of cinnamon, for example, has as many antioxidants as a half cup of blueberries or a cup of pomegranate juice, according to USDA data.

"It's the ultimate in good nutrition news when adding a favorite ingredient increases the health benefits of the foods we're already enjoying," said Wendy Bazilian, DrPH, RD, author of the newest edition of *The SuperFoodsRx* series, "The SuperFoodsRx Diet: Lose Weight with the Power of SuperNutrients." "Using more spices and herbs is an easy, simple step that everyone can take to help improve the overall quality of their diet."

Seven "Super Spices" may hold the greatest potential to improve health, say the experts at McCormick. They are cinnamon, ginger, oregano, red peppers, rosemary, thyme and yellow curry.

Adding more spices to your diet is easy to do—just a shake, sprinkle or spoonful at a time. At breakfast you can sprinkle some cinnamon on oatmeal, yogurt, French toast or muffin batter. A dash of dried thyme is great in scrambled eggs. At lunch, stir dried oregano or red peppers into soups or chicken and tuna salads. At dinner, wake up flavors of side dishes with crushed rosemary leaves or curry powder.

To enjoy the potential benefits of spices and herbs, visit [www.spicesforhealth.com](http://www.spicesforhealth.com) for a unique collection of new recipes, specially designed to deliver up to half a teaspoon of antioxidant-rich spices per serving. From easy



appetizers and simple sides to main dish masterpieces, it's a cinch to add more spice to your life. Get started by trying **Citrus Salmon with Orange Relish**, where fresh oranges and ground ginger pair to make a bold and nutrient-packed accompaniment to rich salmon fillets.

### Citrus Salmon with Orange Relish

*Prep Time: 20 minutes*

*Marinate: 30 minutes*

*Cook Time: 10-15 minutes*

- ¼ cup orange juice
- 2 tablespoons olive oil
- 1½ teaspoons McCormick® Thyme Leaves, divided
- 4 salmon fillets (about 1 pound)
- 1 tablespoon brown sugar
- 1 teaspoon McCormick® Paprika
- ½ teaspoon salt

### Orange Relish:

- ½ teaspoon grated orange peel

- 2 seedless oranges, peeled, sectioned and cut into ½-inch pieces
- 2 tablespoons chopped red bell pepper
- 1 tablespoon honey
- 1 tablespoon chopped red onion
- 1 tablespoon chopped fresh parsley
- ½ teaspoon McCormick® Ground Ginger

Mix orange juice, oil and 1 teaspoon of the thyme in small bowl. Place salmon in large resealable plastic bag or glass dish. Add marinade; turn to coat well. Refrigerate 30 minutes or longer for extra flavor.

For the relish, mix all ingredients in medium bowl. Cover. Refrigerate until ready to serve.

Mix brown sugar, paprika, remaining ½ teaspoon thyme and salt in small bowl. Remove salmon from marinade. Discard any remaining marinade. Rub salmon evenly with paprika mixture.

Grill over medium-high heat 6 to 8 minutes per side or until fish flakes easily with a fork. Or, place salmon on foil-lined baking pan. Bake in preheated 400° F oven 10 to 15 minutes or until fish flakes easily with a fork. Serve salmon with Orange Relish.

*Makes 4 servings.*

*Nutrition Information Per One Serving:* 283 Calories, Fat 11g, Protein 25g, Carbohydrates 21g, Cholesterol 62mg, Sodium 354mg, Fiber 3g