

Herbs and spices are a healthy way to add a lot of flavor to your food, without added extra salt, fat, or sugar. But there are so many different herbs and spices available, it can be hard to know what to use! Here's how to get started.



## Herbs: Fresh vs. Dry

Fresh herbs pack a lot of flavor, but can be very expensive to buy at the market. Some herbs are easy to grow indoors (see our “Grow Your Own” card for more info!). Dried herbs are less expensive and shelf stable, and can keep for months in your pantry. If substituting dry for fresh in a recipe, use 1/3 of the amount (for example, if it calls for 3 tsp of fresh oregano, you can use 1 tsp dry oregano instead).



## Spices: a little goes a long way

Spices are a great staple to keep in your pantry. If you're unsure of what spices you want to use, try a versatile spice mix: there are lots of pre-mixed seasonings available, such as lemon pepper or salt-free seasoning like “Mrs Dash” that can be used in a wide variety of dishes. Like herbs? Try “fines herbes” or poultry seasoning for a balanced, savory blend. Want a little heat? Try jerk spice, adobo, or a BBQ blend. Once you know what you like, you can make your own spice blends at home!



# Herbed Chickpeas & Vegetables



## INGREDIENTS

1 can (16oz) chickpeas, rinsed & drained  
4 medium carrots, cut into 1/4 inch pieces  
2 large parsnips, beets, or rutabaga, cut into 1/4 inch pieces  
1 medium head cauliflower or broccoli, cut into bite-size florets  
1 small winter squash (butternut, acorn, or delicata work great) - peeled, seeded and cut into 1-inch cubes  
1 pound Brussels sprouts or cabbage, cut to bite-size  
1/2 cup oil  
One large handful of fresh herbs OR 3 tbsp dry herbs (try a mix of rosemary, oregano, thyme, chives, or parsley) - if using fresh, finely chop  
salt and freshly ground pepper

## INSTRUCTIONS

- Preheat the oven to 425 degrees F.
- In a large bowl, toss the chickpeas and vegetables with the oil and herbs.
- Spread mixture onto 2 large rimmed baking sheets and sprinkle with salt and pepper to taste.
- Roast for about 45 minutes, tossing once halfway through, until the vegetables are tender and golden.
- Serve hot or at room temperature. Try leftovers for breakfast served with a fried egg!
- Leftovers can also be frozen in sealed containers for up to 3 months. Serves 6-8

