EATING 101
RU DINING HEALTHY?
A WEEKLY NEWSLETTER BROUGHT TO YOU BY THE RU HEALTHY DINING TEAM
A Joint Program Between Rutgers Dining Services and The New Jersey Institute for Food, Nutrition, and Health

Spice Up Your Life

Around the world, spices have been used for centuries to add unique flavor profiles to cultural dishes and even for medicinal purposes. They continue to be an integral part of cooking to help enhance flavor by bringing inspiration from certain cultures. If you are feeling uninspired in the kitchen, spices can be used to change up your daily cooking by adding new dimensions to your staple dishes. Travel the world with us and explore some unique global spices to use in your next meal!

Add some flavor to your day!

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References:
- History of Spices Available at: www.mccormickscienceinstitute.com/resources/history-of-spices Accessed on: 2/4/21
- Ancho Chile Pepper Available at: https://www.tasteatlas.com/ancho-chile-pepper Accessed on: 2/4/21