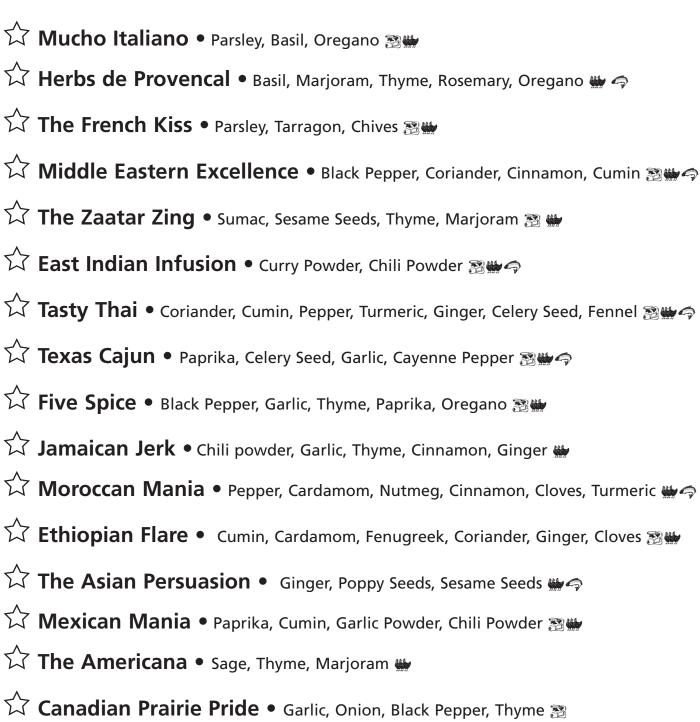
### AROUND-THE-GLOBE SPICE CIRCUIT



Add flavor to your meals with these recipes from around the world:



The British Columbia Classic • Paprika, Cumin, Garlic, Celery Seed, Oregano

# AROUND-THE-GLOBE SPICE CIRCUIT





### \(\frac{1}{\pi}\) Instructions:

Spices are a healthy way to add variety to the monotony of your nutrition program. In any order, you must prepare beef, chicken, or fish from the entire circuit of spice recipes. Each recipe has an animal picture(s) based on the recommended meat source(s) to use.

### **☆ Preparation Options:**

- 1. Mix the various spice combinations and store in an airtight container.
- 2. Mix the spices with some oil, then baste your meat
- 3. Pat your meat with some oil then sprinkle the spices on top.
- 4. Add salt to your combination, and use as a dry rub to create a flavorful crust. \*Some spices are stronger than others, vary the quantities to match your preferences.

### Be A Food Critic:

After sampling each spice combination, give it a score from 1 to 5 in the star graphic. This will allow you to determine which combinations you like best, so that you can enjoy your nutritional programs to the fullest in the future!

# Spice Inventory Checklist:

Use the checklist to make sure you have the necessary spices in stock to complete the circuit. Bagging your own spices in a bulk food section is typically the freshest, and cheapest solution. However, you may prefer the convenience of the powdered, pre-packaged varieties.

☐ Basil	☐ Marjoram
☐ Black Pepper	□ Nutmeg
☐ Cardamom	□ Oregano
☐ Cayenne Pepper	□ Paprika
☐ Celery Seed	□ Parsley
☐ Chili Powder	☐ Poppy Seeds
☐ Cinnamon	□ Rosemary
□ Cloves	□ Sage
☐ Coriander	☐ Sesame Seeds
□ Cumin	☐ Sumac
☐ Fennel	□ Tarragon
☐ Garlic	☐ Thyme
☐ Ginger	☐ Turmeric