**Big Flavor. Big Benefits**

This guide will make it easier to eat the MyPlate way making the goal to eat more fruits, vegetables, whole grains and lean protein more delicious and attainable, while cutting back on extra salt, sugar and saturated fat.

**Create these versatile DIY SPICE BLENDS**

**OR use your favorite herbs, spices and blends you already have on hand to flavor your healthy plate**

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**Mediterranean – blend –**

USE ON PASTA, BAKED OR GRILLED CHICKEN, WHITE FISH, AND SAUTÉED VEGETABLES.

- ½ tsp black pepper
- 1 tsp thyme
- 1 tsp oregano

**Sweet Turmeric – blend –**

USE ON OATMEAL, FRUIT SMOOTHIES, AND ROASTED VEGETABLES LIKE SWEET POTATOES AND BUTTERNUT SQUASH.

- 1 tsp turmeric
- 1 tsp cinnamon
- 1 tsp cocoa

**Spicy Ginger – blend –**

MIX INTO WHOLE GRAINS SUCH AS QUINOA OR BROWN RICE, OR SPRINKLE ON GRILLED OR BAKED SALMON, STIR FRIES, AND SOUP.

- 2 tsp ground ginger
- ½ tsp crushed red pepper
- 1 tsp paprika

**Smoky Fiesta – blend –**

MIX INTO OMELETS OR BEAN DISHES SUCH AS CHILI, OATMEAL, OR BEAN MIXTURES LIKE POPCORN OR USE TO FLAVOR VINAIGRETTE.

- 1 tsp smoked paprika
- 1 tsp garlic powder
- 1 tsp cumin
- 2 tsp oregano

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For more tips & recipes visit McCormick.com

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MyPlate is a nutrition resource from the USDA based on the Dietary Guidelines for Americans to help consumers make better food choices.