







METABOLIC NUTRITION PROGRAM

How to Spice it Up

	ROSEMARY	SAGE	SAVORY	SWEET MARJORAM	TARRAGON	THYME
PICTURE						
FLAVOR	Pungent, resinous	Aromatically bitter, strong, musky	Peppery, spicy, pungent	Fragrant, sweet, slightly resinous	Anise like	Strong, pungent
PART USED	Fresh or dried leaves	Fresh or dried leaves	Fresh or dried leaves	Fresh or dried leaves	Fresh, dried, or frozen leaves	Fresh or dried leaves
SOUPS AND STEWS	spinach soups	Chowders, bland cream soups, consommé	Potato soup; consommés, vegetable juice, chowders	tomato, onion, and potato soups	tomato soup, chowders, consommés, vegetable juice	Onion, tomato, vegetable soups; chowders, herb bouquet
EGGS AND CHEESE SUBSTITUTE	scrambled eggs, omelets	Cream cheese, cheese omelets and spreads	Scrambled eggs, cream cheese	Omelets, scrambled eggs	scrambles eggs, omelets	Cream cheese, omelets
VEGETABLES AND SALADS	mushrooms, peas, potatoes, spinach, squash, fruit salad	Stewed tomatoes, string beans, eggplant, onions, Brussels sprouts, carrots,	cabbage, Brussels sprouts, turnips, beets, rice, string beans, salads, cooking water for asparagus and artichokes	Avocados, corn, mushrooms, eggplant, carrots, spinach, green beans, green salad	Broccoli, cauliflower, cabbage, tomatoes, spinach, asparagus, beets; mixed, green, and jellied salads	Asparagus, carrots, onions, potatoes, rice, tomatoes, aspics
BREADS AND DESSERTS	Herb bread and cookies	chopped in porridge	herb bread, stewed pears and quinces	stuffing, biscuits, bread	Herb breads, wafers	vegetable stuffing, biscuits, breads, waffles; lemon thyme in jellies
SAUCES AND DRESSINGS	cream sauces	gravies, brown sauce, French dressing	Most gravies, sauces	spaghetti sauces, gravies	tartar sauces	
OTHER USES	Tea	Tea	Vinegar		Vinegar	Tea