



## **Check these easy ways to flavor up your favorites**

When it comes to choosing certain foods over others, consumer research tells us that taste typically trumps nutrition. We know that nutrition is important and should be a leading factor in our food decisions. But the palate's desires usually win out.

Is it possible to satisfy taste buds and good nutrition at the same time? Yes! The Academy of Nutrition and Dietetics says that the key is to find easy, inexpensive ways to boost flavor profiles without adding extra calories, fat, salt and cholesterol. Here are some tasty ideas:

- Boost the flavors of meats, poultry and fish with high-heat cooking techniques such as broiling, grilling or pan searing.
- Choose peppers (sweet, hot or dried) or bottled hot pepper sauce to add extra zing to foods.
- Grill or oven-roast fresh vegetables to give them a sweet and smoky flavor. Be sure to drizzle them lightly with oil to keep them from drying out. Add a sprinkle of dried or chopped fresh herbs for even more flavor.
- Choose hardy grains (can you say barley?) to add extra nutty flavor, texture and loads of nutrition to your meals. (To learn more about the nutrition benefits of barley plus delicious recipe ideas, visit [www.barleyfoods.org](http://www.barleyfoods.org).)
- Look for ingredients with bold flavors (think cilantro and chipotle pepper) to perk up dishes. Go easy and remember that in some cases, a little can go a long way in the flavor department.
- Give dishes a tangy lift with citrus juice or grated citrus peel. Nothing brightens ho-hum flavors like fresh orange, lemon or lime.

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- Zip up sauces, salads and soups with a splash of balsamic or rice wine vinegar.
- Don't forget to take advantage of condiments. Horseradish, flavored mustards, chutney, wasabi, tapenade and salsas are all great choices for boosting flavors.

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