

Herbs and spices enrich recipes



Homemade taco seasoning only takes a few ingredients.

It doesn't take much to add spice to many regular dinner recipes

When you're cooking, do you have certain spices that you always like to use? I really enjoy thyme in my soups and cumin and garlic in my guacamole. There are so many herbs and spices and they all add so much flavor to a dish.



Mandy Hatfield
Extension Spotlight

with plastic. Fresh herbs can also be preserved for later use by drying them or freezing, for use in cooked dishes.

They are also good to flavor water. I have discovered I enjoy grapefruit and rosemary together in flavored water or watermelon and basil in the summer.

Is there an herb or spice you have always wondered about using? I have just recently started adding cinnamon and cayenne to my roasted sweet potatoes with a little brown sugar and oil. I can't get enough of them. It is amazing how the cinnamon and cayenne pair



Burrito soup is a nutritious alternative to taco Tuesday.

so well together.

The combinations on spices are so endless. Adding curry to your chicken salad tastes great and pairs well with a

recipe that includes fruit.

If you're wanting to try out a new spice look for it in the bulk section at the grocery store. That way you can purchase only

what you need and usually doesn't cost as much. You can also try making your own spice blends.

When you make your own blends you control

the amount of salt. Herbs and spices have no salt, but they add a ton of flavor which is ideal for low

HATFIELD, B8

Bacon and eggs that practically cook themselves

GENEVIEVE KO
The New York Times

There's a way to plates of crispy bacon and sunny-side-up eggs that doesn't demand you stand over a hot skillet and get greasy. "Frying" bacon in a hot oven, then cooking eggs on the same sheet pan, turns out a meal for four in 15 minutes and requires almost no attention.

Yes, the method is convenient, especially on a holiday morning when there are gifts to open, but its real appeal is how the evenly browned bacon and perfectly set eggs are done all at once.

Because bacon strips run long, a big batch of them cooks more uniformly on a sheet tray than in a sloping skillet, all crowded and tangled as if playing Twister. Surrounded by hot air in the oven, the fat in the bacon melts steadily and runs under and around all the slices, sizzling them from pink to brick red. As they cook, they curl enough to allow space to add eggs to the pan.

Eggs aren't often cooked in the oven, probably because getting them right can be tricky. If eggs are baked at all, they're often plopped into ramekins, along with cream, for some version of shirred eggs. They can be delicious, but they can risk tasting rubbery as they may toughen in dry, moderate heat.

With this sheet-pan technique, the



Crispy oven bacon and eggs in Los Angeles on Dec. 13. A big holiday breakfast is great — unless you're the one stuck making it. This sheet-pan recipe is the solution.

BREAKFAST, B8