

A top-down view of a terracotta bowl filled with bright yellow curry powder. A wooden spoon is partially submerged in the powder. The bowl sits on a piece of burlap fabric. In the background, there are some green leaves and a red chili pepper.

Tip of the Day

Warm Things Up with Curry Powder

Curry powder is not just one spice; it's a combination of many spices. It tastes both sweet and savory. Depending on what region of the world you are in "curry powder" contains different spices.

Try adding curry powder to soups, stews, sauces, marinades, meat and veggies.

Tip of the Day

Cook with Fresh Herbs

Fresh herbs add flavor to dishes without adding sodium (salt). Try cooking with an herb you haven't used before.

Tasty pairings include:

- Parsley and chives with eggs
- Thyme leaves on broiled fish
- Cilantro on curries or soups
- Basil in fresh salads



Tip of the Day

Try Chili Garlic Sauce

Chili garlic sauce is a condiment that makes foods hot and spicy. It's made with ground chili peppers, garlic and vinegar. You can find chili garlic sauce in the Asian condiment section of the grocery store. Sriracha is a type of chili garlic sauce.

Try it on scrambled eggs, sandwiches, noodles, burgers or soups.



Tip of the Day

Taste Some Tahini

Heart-healthy tahini is made from ground sesame seeds. Tahini tastes nutty and delicious. It is a common ingredient in hummus. You can find tahini in the International section of most large grocery stores.

Try tahini on toast with apple slices, instead of mayo in potato salad, drizzled over roasted veggies, or as a base for a Middle Eastern-inspired salad dressing.



Tip of the Day

Spread Roasted Garlic on Bread

Garlic is used all over the world. If you've never roasted garlic before you are missing out! Roasted garlic spreads like butter (without the saturated fat) and has a mellow sweet flavor.

Try this recipe for [Roasted Garlic](#) from the Bronson nutrition team.



Tip of the Day

Try Sumac

Sumac is a spice with a tangy taste and a hint of citrus. It's an essential ingredient in Middle Eastern cuisine.

Sprinkle a little Sumac on...

- Hummus
- Salads
- Lentil dishes
- Roasted veggies
- Fish





Tip of the Day

Try Turmeric and Ginger

This awesome pair of anti-inflammatories make the most delicious Golden Milk.

In a small pot combine milk of choice (8 oz.), 1 tablespoon grated fresh ginger or ginger paste, 1/2-1 teaspoon turmeric and 1-2 teaspoons honey. Heat (stirring) until hot, then enjoy.

Tip of the Day

Coconut Milk

Many cultures that do not consume dairy use coconut milk for drinking and cooking.

The coconut milk in coffee shops is not the same thing as coconut milk in cans.

Most recipes call for canned coconut milk. To limit sat fat, choose low-fat or lite canned coconut milk.



Tip of the Day

Try Jackfruit

Did you know...

Jackfruit, when cooked mimics the texture of meat. This makes jackfruit an excellent, heart-healthy substitute for meat in chili, tacos, or casseroles. You can find jackfruit canned, or fresh (usually cut into sections) in the produce section of the grocery store.

Try this recipe for [BBQ Jackfruit](#) from the Bronson nutrition team.

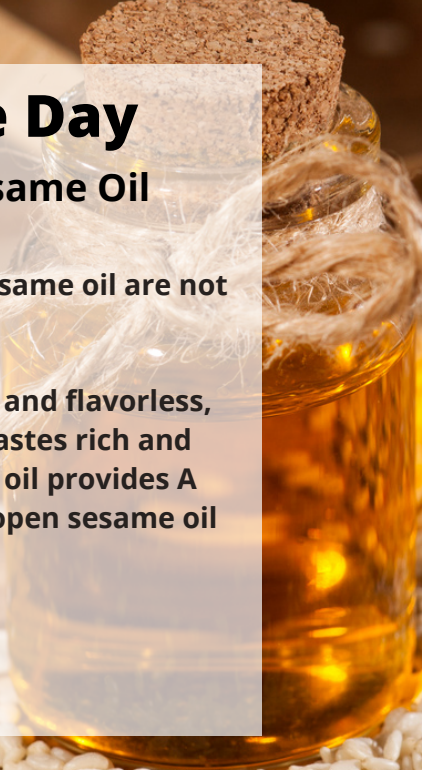


Tip of the Day

Try Toasted Sesame Oil

Sesame oil, and toasted sesame oil are not the same thing.

Refined sesame oil is clear and flavorless, while toasted sesame oil tastes rich and nutty. A tiny bit of sesame oil provides A LOT of flavor. Refrigerate open sesame oil to extend its shelf life.



Tip of the Day

Explore Edamame

Edamame are immature soy beans. And, when shelled they look like peas, edamame contain lots more protein and healthy fats.

Buy edamame fresh or frozen, shelled or in the pods.

Use edamame in dishes where you would use peas. **NOTE:** Follow directions for cooking edamame; you should not eat edamame raw or undercooked like you can frozen peas.



Tip of the Day

Like Spicy? Meet Harissa Powder

Harissa powder is a ground spice blend made from spicy, earthy North African harissa paste with a base of smoked chili peppers.

Use harissa powder as a spicy dry rub on meats or in place of any other spice blend in your favorite recipes, such as tacos, tagines, braised meats, curries, or even tofu.



Tip of the Day

Ice Cream: Try A New Flavor

There is nothing wrong with eating ice cream once in a while. All foods fit in a healthy diet in moderation.

For best health manage your portion size and top with healthy toppings like fruit or nuts.

Tip of the Day

"Eggsperiment" with Eggs

Eggs are a good low-cost source of protein. There are so many tasty egg dishes to try!

"Google" recipes for:

- Eggs Shakshuka
- Avocado Eggs
- Or, try these Sheet Pan Eggs from Bronson's Nutrition Team



Tip of the Day

Meet Greek Yogurt

If you love sour cream meet your new bestie:
Plain Greek Yogurt.

Greek yogurt is thick, creamy and tastes like sour cream, without far less sat fat and lots more calcium and vitamin D.

Choose 0% or low-fat and use it wherever you would use sour cream; on tacos, baked potatoes, and more.



Tip of the Day

Try Nori

Nori is edible seaweed that has been salted and dried. It is often used to wrap sushi.

You can find nori at most grocery stores in the international aisles.

Choose toasted nori with the least sodium (salt) and eat it as a snack, or use it to top rice and veggie bowls, Asian noodle dishes, salads, and simple miso soups.





Tip of the Day

Grits or Polenta?

Grits and polenta (ground cornmeal) are basically the same thing, but what they are called differs depending on where you are and what culture is most prevalent.

In the American south it's "grits," usually white and made from hominy corn, while in Italy it's "polenta", made from yellow corn.

Try grits or polenta as a sub for rice or potatoes or as a base for a meatless meal.

Tip of the Day

Chipotle Peppers in Adobo Sauce

These flavor powerhouses are jalapeño chiles that have been dried, smoked and then packed in a flavorful sauce made of tangy tomatoes and spices.

Buy a can to add smoky flavor and heat to everything from seafood to soups, sauces, marinades, burgers and barbecue. Don't forget to use the sauce!



Tip of the Day

Wake Things Up with Citrus

Lemons and limes wake up any dish without adding fat or salt.

Squeeze fresh lemon or lime juice on any dish to brighten and enhance flavors.



Tip of the Day

Go Meatless with Tofu

Tofu is a plant-based source of protein made from soy beans. Tofu is high in protein and low in saturated fat.

Expand your cooking repertoire and try a plant-based tofu dish, instead of a meat-based dish for dinner this week.



Tip of the Day

Stir in Some Pesto

Pesto is an Italian sauce/condiment made with basil, garlic, olive oil, cheese and traditionally, pine nuts. If you like basil you'll love pesto!

Pick up of a jar of pesto at the grocery store and stir it into pasta dishes or spread onto hot crusty bread. Read the Nutrition Facts label and choose pesto with the least sodium (salt).



Tip of the Day

Swap Coffee for Matcha

Matcha's origin is in China and Japan.

Matcha is ground tea leaves that can be made into a drink, or added to baked goods, ice cream, and more.

Matcha has a mild grassy flavor and tastes delicious made into a latte with plant-based milk. Mix up your coffee order this week and try a matcha latte.



Tip of the Day

Add Some Nuts

Nuts are eaten all over the world and are loaded with protein and heart-healthy unsaturated fats.

Try this recipe for Energy Bites made with nut butter and pumpkin seeds from the Bronson RDs and Nutritionists.





Tip of the Day

Try this Spicy Side: Kimchi

Kimchi is a traditional Korean side dish of salted, fermented veggies including cabbage, radishes, ginger and garlic.

Kimchi can be purchased at most Korean and Asian markets and in many large grocery stores.

Try kimchi as a condiment or side with eggs and rice, or as a spicy topping for noodle dishes.

Tip of the Day

Change Up Your Cheese

Try ...

- Smoked Gouda (Netherlands)
- Feta (Greek)
- Cotija (Mexican)
- Romana (Italian)
- Paneer (Indian)

Keep portion-size small as cheese is high in saturated fat and sodium (salt)





Tip of the Day

Olives for a Flavor Punch

Olives contain filling, heart-healthy mono-unsaturated fats. Have you ever eaten Greek Kalamata olives?

Add olives (sparingly due to high sodium content) to...

- A veggie tray
- salads
- pasta dishes



Tip of the Day

Give New Grains a Try

Different types of whole grains are eaten all around the world. There is more to whole grains than whole wheat bread.

Try a new whole grain based recipe from the Bronson Nutrition team.

[Tex Mex Quinoa Salad](#)

[Roasted Veggies and Farro Salad](#)

Tip of the Day

Eat More Fish

The Dietary Guidelines recommend we eat fish a few times every week. Fish is loaded with protein and heart-healthy omega-3-fats.

Try a new fish recipe such as this [Easy Salmon Caesar Salad](#) from the Bronson Nutrition team.





Tip of the Day

Eat More Salsa

Salsa can be enjoyed many ways; and it's usually packed with heart-healthy fruits and veggies.

Try salsa...

- with whole grain crackers and veggies or crackers
- as a topping for fish
- on scrambled eggs
- Recipes: [Peach Salsa](#) and [Baked Pita Chips](#)

A white ceramic cup filled with a vibrant green smoothie, topped with a thin layer of white foam. The cup is set on a matching white saucer. The background is a soft, out-of-focus grey. On the left side of the image, there is a vertical strip with a close-up, high-contrast pattern of green and white, resembling the veins of a leaf or a textured surface. The text is centered over the smoothie.

Check Out Nutrition Month Tips of the Day!

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