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SUPER SPICES ADD FLAVOR AND ANTIOXIDANT PUNCH TO SUMMERTIME FAVORITES

HUNT VALLEY, MD (June 2008) – As the temperature rises and the patio beckons, just about any mealtime seems reason enough to head outdoors and enjoy the flavors of the season. And, while the stockpot and the roasting pan may get a rest during these warm weather months, the spice rack should see more activity than ever.

More than just adding high-impact flavor to summertime meals, now research is showing that tasty spices and herbs can also add significant levels of health-promoting antioxidants to just about any dish on the table. “From appetizers to salads to desserts, creative uses of spices and herbs can introduce great new ways to enjoy the season’s best produce,” said nutrition expert Wendy Bazilian, DrPH, RD, author of the newest edition of *The SuperFoodsRx™* series, *The SuperFoodsRx Diet: Lose Weight with the Power of SuperNutrients*. “You’re already enjoying these wonderful summer foods – here’s a way to make them even healthier.”

A Flavorful Shake, Sprinkle or Spoonful of Antioxidants

When most people think of antioxidants, foods like nuts, berries and spinach come to mind. In fact, spices and herbs are also extremely rich in antioxidants – with levels comparable to many fruits and vegetables, including today’s popular “super foods.”¹ For example, just a half teaspoon of dried oregano packs as many antioxidants as a quarter cup of almonds or almost four cups of fresh spinach.

McCormick® has identified seven Super Spices that may hold the greatest potential to improve our health and are commonly found in the kitchen cabinet: Cinnamon, Ginger, Oregano, Red Peppers (including cayenne, crushed red pepper and paprika), Rosemary, Thyme and Yellow Curry.

“The Super Spices are an easy way to add lots of flavor to backyard cookouts, picnics and block parties without adding fat grams or unnecessary calories. Almost like ‘mini salads’ themselves, they’re a delicious way to boost the amount of beneficial phytonutrients on the menu,” said Dr. Bazilian.

Here are some easy ideas to add flavor – and antioxidant power – to this summer’s get-togethers:

- Simple Summer Salsas. Fresh fruit salsas are a quick, no-cook way to enjoy perfectly ripe melons, berries and stone fruit. **Peach and Watermelon Salsa** or **Cool Strawberry Salsa** are refreshing toppers for simply grilled fish or chicken. Or, they make a light summer appetizer when served with easy homemade **Cinnamon Tortilla Chips**.
- Best of the Bounty. The season’s plentiful zucchini, yellow squash and cherry tomatoes come together in a tasty **Summer Squash Sauté** that cooks up in under ten minutes. And, when farmer’s market stalls are overflowing with treasured summer sweet corn, **Mexican-Style Corn on the Cob** is a delicious antioxidant-rich twist that’s anything but basic.
- A New Spin on Salads. Ditch heavy mayonnaise-based dressings in favor of richly spiced vinaigrettes on cookout staples like pasta and potato salads. Super Spices take center stage in **Mediterranean Herb Potato Salad** or **Penne Pasta Salad with Spinach and Tomatoes**.
- Sweet Endings. Seasonal fruit desserts are a perfect way to cap off an al fresco meal. **Spiced Triple Berry Shortcakes** get a double hit of Super Spices, with cinnamon and ginger in both the spiced biscuits and the juicy berry filling.

SpicesforHealth.com

For healthy eating ideas to last all summer long – and learn more about the seven Super Spices – log on to **www.spicesforhealth.com**. The site features a collection of over 60 flavorful and health-promoting recipes, tips and tricks that deliver a big hit of antioxidant-rich spices to summertime cookouts. Dr. Bazilian also offers her advice for adding more healthful flavor to every day.

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About McCormick

With an extensive network of researchers, trend experts, chefs, home economists, food technologists, and sensory analysts, McCormick & Company, Inc. keeps its finger on the pulse of flavor. McCormick was founded in 1889 in Baltimore, MD. Today it is the largest spice company in the world. McCormick sources only the finest ingredients from around the globe to bring the highest quality flavors to consumers. For more information, visit McCormick online at www.mccormick.com, or call 1-800-MEAL-TIP (1-800-632-5847). McCormick does not endorse or provide any advice about prevention, diagnosis, treatment or curing of any health-related condition.

¹Oxygen Radical Absorbance Capacity (ORAC) of Selected Foods – 2007, Nutrient Data Laboratory USDA, November 2007, www.ars.usda.gov/nutrientdata/ORAC.