

	<b>Appetizers</b>	<b>Soups</b>	<b>Eggs &amp; Cheese</b>	<b>Meats</b>	<b>Fish &amp; Seafood</b>	<b>Salads</b>	<b>Sauces &amp; Relishes</b>	<b>Vegetables</b>	<b>Breads &amp; Desserts</b>
<b>Allspice</b>	Meatballs	Split Pea Oyster Stew Bean		Ham Beef Stew Meat Loaf Jerk Chicken	Spiced Shrimp Poached Fish	Pickled Beets	Catsup Chili Sauce	Sweet Potatoes, Asparagus, Beets Broccoli, Cabbage, Peas, Carrots, Zucchini, Winter Squash	Cookies, Cakes, Pies Coffee Cakes, Pudding Baked Custard, Fruit Hot Spiced Beverages
<b>Basil</b>	Seafood Cocktail Tomato Juice Cheese Spreads	Minestrone Beef, Tomato Vegetable, Chicken	Cheese Souffle Scrambled Eggs Omelets, Quiche Deviled Eggs	Beef Stew Roast & Fried Chicken Italian Foods Hamburgers, Roasts	Baked & Poached Fish Tuna & Salmon Loaf	Chicken Tuna Seafood Vegetable	Spaghetti Cheese Sauce Barbeque Sauce Marinara Sauce	Asparagus, Beets, Broccoli, Carrots, Corn, Peas, Cabbage, Green Beans, Potatos, Tomatos, Winter Squash, Zucchini	Herb Bread Breadsticks Focaccia
<b>Bay</b>		Bean Vegetable Beef Chicken		Stews Corned Beef Pot Roast	Poached Fish Spiced Shrimp Shrimp Boil	Aspic	Tomato Sauce Spaghetti Sauce Barbeque Sauce	Potatoes	
<b>Caraway Seed</b>	Cheese Spread	Borscht Potato	Cottage Cheese	Saurbraten Stews		Coleslaw Pickled Beets		Cabbage, Carrots, Sauerkraut	Cookies Rye Bread
<b>Celery Seed</b>	Meatballs, Dips Cheese Spreads Seafood Cocktail Tomato Juice	Vegetable Tomato	Cottage Cheese Deviled Eggs	Stews, Pot Roasts Meatloaf	Baked Fish	Shrimp, Tuna Potato Salad Dressing Coleslaw	Barbeque Sauce Cocktail Sauce	Potatoes, Cauliflower, Green Beans, Peas, Tomatoes	Biscuits Muffins
<b>Chili Powder</b>	Cheese Spreads Shrimp Cocktail Nachos Salsa	Chili, Beef, Bean, Vegetable Gazpacho	Omelets Deviled Eggs	Fajitas Stews, Hamburgers Roast & Fried Chicken Tacos		Bean Taco	Taco Sauce Barbeque Sauce Tomato Sauce	Corn, Cauliflower, Green Beans, Peas, Tomatoes	

<b>Cinnamon</b>	Fruit Cocktail	Split Pea Fruit	Cottage Cheese Dessert Omelet	Stews Braised Meats Chicken Stuffing Ham		Fruit	Chutney, Catsup Mole Sauce Fruit Sauce, Relishes Chocolate Sauce	Beets, Carrots, Corn, Winter Squash, Sweet Potatoes	Coffee Cakes, Pies, Fruit, Muffins, Yeast Breads, Cakes, Cookies, Puddings, Hot Spiced Beverages
<b>Cloves</b>	Fruit Cocktail Cranberry Juice Apple Cider	Split Pea	Eggnog Fruit Omelete	Ham, Braised Meats Corned Beef Roast Chicken	Poached Fish Spiced Shrimp	Pickled Beets	Chutney Relishes	Beets, Carrots, Cabbage, Winter Squash, Sweet Potatoes	Coffee Cake, Cake Cookies, Pies Pudding, Fruit Hot Spiced Beverages
<b>Cumin</b>	Nachos Meatballs Guacamole	Chili Vegetable Beef Gazpacho	Scrambled Eggs Omeletes, Quiche	Roast Beef Pork Chicken Mexican Dishes	Fish Tacos	Avacado Marinated Vegetables Bean	Barbeque Sauce Mexican Sauce Vegetable Sauce	Tomatoes, Green Beans Corn Zucchini	
<b>Curry Powder</b>	Shrimp & Seafood Cocktails Dips Spreads	Chicken Beef Seafood	Deviled Eggs Scrambled Eggs Egg Salad	Curries Chicken, Beef, Veal, Lamb, Roasts Stews	Shrimp Creamed Tuna or Salmon	Marinated Vegetable Chicken Seafood	Cream Sauce Chutney	Broccoli, Cabbage, Carrots, Cauliflower, Corn, Green Beans, Peas, Potatoes, Zucchini	
<b>Dillweed</b>	Dips Spreads Fish & Seafood Cocktails	Chicken Split Pea Potato Chowders	Deviled, Scrambled & Creamed Eggs, Quiche, Souffles, Omelets, Cottage Cheese	Lamb, Veal & Pork Roasts Chicken Casseroles Hamburgers	Tuna or Salmon Loaf Seafood Casseroles Baked & Broiled Fish	Chicken, Shrimp, Vegetable Potato, Cucumber Coleslaw	Cheese Sauce Cream Sauce Relishes	Asparagus, Beets, Green Beans, Broccoli, Cabbage, Potatoes, Carrots, Cauliflower, Corn, Peas, Tomatoes, Zucchini	
<b>Garlic</b>	Dips Spreads	Chicken Vegetable	Omeletes	Roast Chicken Burgers Italian, Mexican or Asian Dishes	Baked Fish Shrimp Scampi	Vegetable Potato Salad Dressings	Italian-Style Sauces Barbeque Sauce	Mashed or Roasted Potatoes, Tomatoes, Zucchini	Breadsticks Focaccia French Bread

<b>Ginger</b>	Broiled Grapefruit	Split Pea Bean Fruit		Marinades Ham, Braised Meats Stir-Fry	Marinades	Fruit Chicken	Chutney Relishes Fruit	Asparagus, Beets, Carrots, Winter Squash, Sweet Potatoes, Stir-fried Vegetables	Coffee Cakes Gingerbread Cake, Fruit Cookies
<b>Marjoram</b>	Dips Spreads	Vegetable, Beef Chicken, Onion, Seafood, Fish Tomato	Scrambled Eggs Quiche, Souffle Omelet	Stews, Roast & Fried Chicken, Meat Loaf Meat Balls, Roasts	Baked & Broiled Fish	Marinated Vegetable Chicken	Italian Sauce Tomato Sauce Cream Sauce	Asparagus, Broccoli, Cabbage, Carrots, Cauliflower, Corn, Green Beans, Peas, Potatoes, Tomatoes, Squash	
<b>Mustard</b>	Dips Meat Spreads Meatballs Pretzels	Chili	Omelets Quiche Deviled Eggs Egg Salad	Sausage Pork Ham Chicken	Baked & Broiled Fish	Vegetable Potato Coleslaw Salad Dressings	Honey Mustard Barbeque Marinades	Baked Beans Marinated Vegetables Pickles	
<b>Nutmeg</b>	Fruit COcktail	Split Pea Chowders	Quiche Fruit Omelet Egnog	Veal, Ham Meat Loaf Sausage		Chicken Fruit	Cream Sauce Dessert Sauces Chocolate Sauce	Asparagus, Beets, Broccoli, Cabbage, Potatoes, Carrots, Cauliflower, Green Beans, Peas, Squash, Sweet Potatoes	Muffins, Custard, Coffee Cakes Cakes, Cookies Pudding, Friut, Pies
<b>Oregano</b>	Dips Spreads Meatballs Tomato Juice	Minestrone Tomato, Beef Vegetable, Bean	Souffles, Quiche Omeletes Scrambled & Deviled Eggs	Roast & Fried Chicken Meat Loaf Roasts, Stews Braised Meats	Baked & Broiled Fish Shrimp	Bean Vegetable Potato Salad Dressings	Italian-Style Sauce Spaghetti Sauce Tomato Sauce Barbeque Sauce	Asparagus, Broccoli, Corn, Green Beans, Peas, Roasted Potatoes, Tomatoes, Zucchini	Muffins Biscuits Herb Breads
<b>Rosemary</b>	Meatballs	Chicken Pea	Souffles Scrambled Eggs	Roast Lamb Veal Chicken Pork Roasts	Broiled & Poached Fish	Tomatoes Salad Dressings Cucumber	Gravy	Corn, Green Beans, Peas, Roasted Potatoes, Tomatoes, Zucchini	

<b>Sage</b>	Cheese Spreads Meatballs	Chicken Pea Tomato	Souffles Quiche, Omelettes Creamed & Scrambled Eggs	Chicken & Pork Dishes Stuffings Sausage	Stuffed Fish Baked Fish Broiled Fish	Salad Dressings	Poultry Gravy	Green Beans, Brussels Sprouts, Peas, Zucchini	Muffins Biscuits
<b>Tarragon</b>	Cheese Spreads Seafood COcktail Pate Tomato Jiuce	Chicken Vegetable Tomato	Omeletes, Souffles, Quiche Deviled & Creamed Eggs	Chicken & Pork Dishes Roast Pork, Veal, Lamb & Chicken	Broiled & Poached Fish Seafood	Tomatoes Cucumber Vegetable Salad Dressings	Hollandaise Poultry Gravy Bearnaise	Broccoli, Carrots, Cauliflower, Green Beans, Peas, Potatoes, Tomatoes, Zucchini	
<b>Thyme</b>	Cheese Spreads Dips Pate Seafood Cocktails	Vegetable, Pea Beef, Chicken Tomato, Bean Minestrone	Souffles, Omeletes Scrambled Eggs Cottage Cheese Quiche	Baked & Fried Chicken Braised Meats, Roasts, Pork Chops Stuffings	Baked & Broiled Fish Seafood	Salad Dressings Patato & Vegetable Salads, Tomatoes, Cucumbers	Hollandaise Gravy Tomato Sauce	Asparagus, Broccoli, Carrots, Cauliflower, Corn, Green Beans, Peas, Potatoes, Tomatoes, Zucchini, Brussels Sprouts, Onions	Herb Bread