When trying to cut back on fat, sugar, or sodium, it is important to know how to keep good flavor in your meals. One way to do this is with herbs and spices.

How much do I use?

- For most herbs, 3 tsp. fresh = 1 tsp. dry
  - 1 fresh garlic clove = 1/4 tsp. garlic powder

How do I store them?

- For dried herbs and spices, store them in a cool, dark location away from direct sunlight. Keep containers closed.
- For fresh herbs, store them upright in a little bit of water in the refrigerator. Wash fresh herbs just before using.

How to use them?

- Taste and season throughout the cooking process. It’s better to under-season and add more spices as you go.

Visit [snaped.fns.usda.gov/seasonal-produce-guide/herbs](http://snaped.fns.usda.gov/seasonal-produce-guide/herbs) to learn more!
**Ingredients**

- 1 spaghetti squash (about 1 1/2 pounds)
- 1 tablespoon olive oil
- 3 tablespoon Parmesan cheese
- 1/4 teaspoon dried oregano
- 2 teaspoon dried basil (or 1/2 cup fresh basil, chopped)
- 1 cup cherry tomatoes (thinly sliced)
- salt and pepper (to taste, optional)

**Directions**

1. Place the 2 squash halves, cut side down, in glass baking dish. Add about 1/4 cup water and cover with plastic wrap. Microwave on high 12 minutes or until soft when pressed. Let stand covered for 3 minutes.

2. In a large bowl, whisk oil, basil, oregano and 2 Tablespoons Parmesan. Stir in tomatoes and season lightly with salt and pepper to taste.

3. Scrape squash out with a fork, add strands to tomato mixture and toss until combined. Sprinkle with remaining 1 Tablespoon Parmesan cheese.

**Move in May and Celebrate National Physical Fitness & Sports Month**

Youth sports can be a big commitment — but they don’t have to be.

- Look for free or low-cost leagues and classes
- Choose local teams that don’t travel for games
- Play sports with your kids and get active together

For more information:
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