

Apricot Basil Seed Yogurt Dip with Turmeric & Ginger

Bring this apricot basil seed yogurt dip to the party - and basically win at life. Basil seeds (found at your local natural foods store or online) plump up in yogurt to create a thick, creamy texture ... perfect for dippers like fruit and fresh or roasted veggies.

Prep Time: 5 minutes

1 cup plain nonfat Greek yogurt

2 tablespoons apricot preserves or apricot jam

1 tablespoon basil seeds

1/4 teaspoon sea salt from **McCormick® Sea Salt Grinder**

1/4 teaspoon **McCormick® Ground Turmeric**

1/8 teaspoon **McCormick® Ground Ginger**

1. Stir all ingredients in a medium bowl with wire whisk until well blended.
2. Refrigerate at least 1 hour to allow basil seeds to hydrate and flavors to blend before serving.

Makes 1 1/4 cups or 10 (2-tablespoon) servings.

Test Kitchen Tip: Basil seeds are black, tear-shaped seeds that, like chia seeds, have a gelatinous outer layer when wet. Also called Sabja seeds, they are the seed of the sweet basil plant native to India. Basil seeds absorb and take on accompanying flavors and provide texture and body without adding oils or fats, making them a great addition to smoothies, sauces, and dips. They can be purchased from specialty and natural food stores as well from many online retailers.

Nutrition Information Per Serving: 24 Calories, Total Fat 0g, Saturated Fat 0g, Cholesterol 1mg, Sodium 49mg, Carbohydrates 4g, Fiber 1g, Protein 2g

Cajun Puffed Lotus Seed Snack Mix

No question. These crunchy, floral popcorn-like bites can and will shake up your snack routine. Coated with chili powder, cumin paprika and combined with nuts, pretzels and coconut chips, they make an addicting snack mix for curing cravings at home or on the go. See Test Kitchen Tip below to learn more.

Prep Time: 5 minutes

Cook Time: 15 minutes

1/4 teaspoon salt

1/2 teaspoon **McCormick® Chili Powder**

1/4 teaspoon **McCormick® Garlic Powder**

1/4 teaspoon **McCormick® Ground Cumin**

1/4 teaspoon **McCormick® Smoked Paprika**

1/8 teaspoon **McCormick® Ground Red Pepper**

1 cup unsalted puffed lotus seeds

1/2 cup pretzel sticks

1/2 cup toasted coconut chips

1/2 cup unsalted raw almonds

1/2 cup unsalted raw pistachios

2 tablespoons canola oil

1. Preheat oven to 325°F. Mix salt and spices in small bowl; set aside. Mix lotus seeds, pretzel sticks, coconut chips, almonds and pistachios in large bowl. Drizzle with oil and toss to coat. Add spice mixture; toss to coat well.
2. Spread mixture evenly on large shallow foil-lined baking sheet.
3. Bake 15 minutes or until fragrant, stirring every 5 minutes. Cool completely on wire rack. Store in airtight container up to 1 week.

Makes about 6 (1/2-cup) servings.

Test Kitchen Tip: The lotus seed, also called makhana in India, is a staple in Asian cuisine. Since the harvesting season of the lotus flower is short, the lotus seed is most commonly found dried or puffed. The

bitter germ is typically removed from the center of the seed before drying. Both dried and puffed lotus seeds provide an earthy, slightly floral flavor and have a firm, hearty bite when cooked. Lotus seeds are sold in Asian markets, specialty grocers and at many online retailers. Puffed lotus seeds are also sold as flavored snacks.

Nutrition Information Per Serving: 265 Calories, Total Fat 21g, Saturated Fat 4g, Cholesterol 0mg, Sodium 163mg, Carbohydrates 13g, Fiber 4g, Protein 6g

Chocolate Dipped Sesame Cookies

Double up on the sesame seeds in this picture-perfect cookie recipe. Both toasted sesame seeds and black sesame seeds create texture, color and a warm, nutty taste. Dip cookies in chocolate and sprinkle with extra sesames for a finishing touch.

Prep Time: 15 minutes

Cook Time: 8 minutes

3 cups flour

3/4 teaspoon baking powder

1/4 teaspoon salt

1 cup (2 sticks) unsalted butter, softened

1 cup sugar

1 egg, beaten

1 tablespoon whole milk

1/2 teaspoon sesame oil

3/4 cup **McCormick Gourmet™ Organic Toasted Sesame Seed**, divided

1/2 cup **McCormick Gourmet™ Organic Black Sesame Seeds**

6 ounces dark chocolate, melted

1. Sift flour, baking powder and salt into a large bowl; set aside. Beat butter and sugar in large bowl with electric mixer on high speed until light and fluffy. Add egg, milk and sesame oil; mix well. Gradually beat in flour mixture on low speed until dough begins to pull away from sides of bowl. Stir in 1/2 cup of the toasted sesame seeds and black sesame seeds. Divide dough in half. Form each half into a log, about 2 inches in diameter. Wrap in plastic wrap. Refrigerate 2 hours.
2. Preheat oven to 375°F. Remove dough from refrigerator and cut into 1/4-inch thick slices. Place on parchment-lined baking sheet.
3. Bake 7 to 8 minutes or until edges are lightly browned. Cool on baking sheets 1 minute. Remove to wire racks; cool completely.
4. Dip each cookie in melted chocolate, coating about 1/3 of each cookie. Sprinkle cookies with remaining toasted sesame seeds. Let stand at room temperature on wax paper-lined tray 15 minutes or until chocolate is set.

Make 45 (1 cookie) servings.

Nutrition Information Per Serving: 132 Calories, Total Fat 8g, Saturated Fat 4g, Cholesterol 15mg, Sodium 25mg, Carbohydrates 13g, Fiber 1g, Protein 2g

Citrus Herb & Basil Seed Yogurt Dip

Love chia seeds? Turn it up a notch with basil seeds. They bring a similar texture and pop to every savory bite of this yogurt tzatziki dip. Serve it up with fresh or roasted veggie dippers.

Prep Time: 5 minutes

- 1 cup plain nonfat Greek yogurt
- 1 tablespoon basil seeds
- 1/2 teaspoon fresh lemon zest
- 1/4 teaspoon **McCormick® Garlic Powder**
- 1/4 teaspoon **McCormick® Oregano Leaves**
- 1/4 teaspoon sea salt from **McCormick® Sea Salt Grinder**
- 1/8 teaspoon **McCormick® Coarse Ground Black Pepper**

1. Mix all ingredients in medium bowl with wire whisk until well blended.
2. Refrigerate at least 1 hour to allow basil seeds to hydrate and flavors to blend before serving.

Makes about 1 cup or 8 (2-tablespoon) servings.

Test Kitchen Tip: Basil seeds are black, tear-shaped seeds that, like chia seeds, have a gelatinous outer layer when wet. Also called Sabja seeds, they are the seed of the sweet basil plant native to India. Basil seeds absorb and take on accompanying flavors and provide texture and body without adding oils or fats, making them a great addition to smoothies, sauces, and dips. They can be purchased from specialty and natural food stores as well from many online retailers.

Nutrition Information Per Serving: 20 Calories, Total Fat 0g, Saturated Fat 0g, Cholesterol 1mg, Sodium 61mg, Carbohydrates 2g, Fiber 1g, Protein 3g

Overnight Coconut Guava Basil Seed Pudding

Feed that obsession for everything “overnight” (oats, anyone?) with this dairy-free breakfast pudding. In this delish version, basil seeds plump up in coconut milk creating a thick, custard-like treat. Top with a guava-honey drizzle and fruit, nuts or granola.

Prep Time: 10 minutes

2 cups **Thai Kitchen® Coconut Milk**

1/4 cup basil seeds

3 tablespoons guava nectar

1 tablespoon honey

1. Mix coconut milk and basil seeds in medium bowl. Cover. Refrigerate overnight.
2. Stir guava nectar and honey in small bowl with a wire whisk until well mixed and honey is completely dissolved.
3. Divide coconut basil seed pudding mixture evenly among 5 serving bowls. Drizzle each portion with guava mixture and add desired toppings, such as fresh or dried fruit, nuts or granola.

Makes 5 (1/2-cup) servings.

Test Kitchen Tips:

- Basil seeds are black, tear-shaped seeds that, like chia seeds, have a gelatinous outer layer when wet. Also called Sabja seeds, they are the seed of the sweet basil plant native to India. Basil seeds absorb and take on accompanying flavors and provide texture and body without adding oils or fats, making them a great addition to smoothies, sauces, and dips. They can be purchased from specialty and natural food stores as well from many online retailers
- Basil seeds will re-hydrate in as little as 20 minutes. To enjoy the same day instead of prepping for an overnight dish, allow seeds to soak in coconut milk at least 20 minutes in the refrigerator before serving.

Nutrition Information Per Serving: 209 Calories, Total Fat 17g, Saturated Fat 13g, Cholesterol 0mg, Sodium 34mg, Carbohydrates 12g, Fiber 6g, Protein 2g

Green Chile Pozole with Lotus Seeds

Soup loves seeds too! Especially the lotus seed – a staple in Asian cuisine, mostly sold in its dry, shelled form. Swap traditional Mexican hominy with lotus seeds in this recipe– they'll soften up while cooking, similar to a bean. Baby bok choy and shiitake mushrooms add to the Eastern vibe.

Prep Time: 20 minutes

Cook Time: 1 hour 20 minutes

- 1 tablespoon **McCormick® Chili Powder**
- 1 teaspoon **McCormick® Ground Cumin**
- 1 teaspoon **McCormick® Oregano Leaves**
- 1/2 teaspoon sea salt from **McCormick® Sea Salt Grinder**
- 1 pound boneless pork ribs or pork butt roast, cut into 1/2-inch cubes
- 4 tablespoons vegetable oil, divided
- 3 stalks celery, cut into 1-inch pieces (about 1 cup)
- 1 medium onion, cut into 1-inch pieces (about 2 cups)
- 2 small poblano chiles, seeded and cut into 1-inch pieces (about 1 cup)
- 4 ounces sliced shiitake mushrooms
- 3 tablespoons **Gourmet Garden® Chunky Garlic Paste**, divided
- 2 tablespoon **Gourmet Garden® Ginger Paste**, divided
- 10 cups **Kitchen Basics® Original Chicken Stock**
- 1 1/2 cups dried lotus seeds
- 3 cups shredded baby bok choy
- 1/4 cup chopped fresh cilantro
- 1 lime, cut into wedges

1. Mix chili powder, cumin, oregano and sea salt in large bowl. Add pork; toss to coat evenly with spice mixture.
2. Heat 2 tablespoons of the oil in large heavy bottom saucepan (6- to 8-quart size) on medium heat. Add celery, onion and poblanos. Cook 4 to 5 minutes or until vegetables begin to soften. Add shiitake mushrooms, 2 tablespoons of the garlic and 1 tablespoon of the ginger; cook 3 to 4 minutes or until mushrooms are softened. Remove vegetables from saucepan.
3. Heat 1 tablespoon of the remaining oil in the same saucepan on medium-high heat. Add pork and cook until lightly browned on all sides. Return vegetables to saucepan. Stir in chicken stock and lotus seeds.
4. Bring to a boil. Reduce heat and simmer 45 minutes to 1 hour or until pork and lotus seeds are tender.

5. Heat remaining 1 tablespoon oil in large skillet. Add bok choy and remaining 1 tablespoon each of the garlic and ginger. Stir-fry until tender-crisp. Divide bok choy evenly among serving bowls. Ladle Pozole into bowls and garnish with fresh cilantro and lime wedges to serve.

Makes 6 Servings.

Test Kitchen Tip: The lotus seed, also called makhana in India, is a staple in Asian cuisine. Since the harvesting season of the lotus flower is short, the lotus seed is most commonly found dried or puffed. The bitter germ is typically removed from the center of the seed before drying. Both dried and puffed lotus seeds provide an earthy, slightly floral flavor and have a firm, hearty bite when cooked. Lotus seeds are sold in Asian markets, specialty grocers and at many online retailers. Puffed lotus seeds are also sold as flavored snacks.

Nutrition Information Per Serving: 401 Calories, Total Fat 21g, Saturated Fat 6g, Cholesterol 53mg, Sodium 1142mg, Carbohydrates 27g, Fiber 4g, Protein 26g

Mango Basil Seed Oil-Free Dressing

Basil seeds are where it's at. New to their awesomeness? They plump up just like chia seeds in water! Whisk with ingredients like mango nectar, ginger and turmeric to create a sweet, oil-free dressing. Pro tip: Find 'em in specialty or natural food stores and online.

Prep Time: 5 minutes

1/2 cup mango nectar

1/2 cup water

3 tablespoons white balsamic vinegar

1/2 teaspoon **McCormick® Ground Ginger**

1/2 teaspoon **McCormick® Ground Turmeric**

1/8 teaspoon **McCormick® Pure Ground Black Pepper**

4 teaspoons basil seeds

1. Mix mango nectar, water, vinegar and spices in a large bowl with wire whisk until well blended. Add basil seeds; mix well.
2. Refrigerate at least 1 hour before serving to allow basil seeds to hydrate and flavors to blend. Whisk dressing before serving.

Makes about 1 ¼ cups or 10 (2-tablespoon) servings.

Test Kitchen Tip: Basil seeds are black, tear-shaped seeds that, like chia seeds, have a gelatinous outer layer when wet. Also called Sabja seeds, they are the seed of the sweet basil plant native to India. Basil seeds absorb and take on accompanying flavors and provide texture and body without adding oils or fats, making them a great addition to smoothies, sauces, and dips. They can be purchased from specialty and natural food stores as well from many online retailers.

Nutrition Information Per Serving: 16 Calories, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 1mg, Carbohydrates 4g, Fiber 1g, Protein 0g

Savory Garlic Gomasio (Gomashio)

Gomasio is the Japanese seasoning for evvvverything. From pasta to roasted veggies, this garlic and sesame seed blend is quick to prep and even easier to enjoy. Store it in an air-tight container to have at the ready!

Prep Time: 5 minutes

Cook Time: 5 minutes

1/8 teaspoon vegetable oil

3 tablespoons **McCormick® Sesame Seed**

2 tablespoons **McCormick Gourmet™ Organic Black Sesame Seed**

1/4 teaspoon **McCormick Gourmet™ Sicilian Sea Salt**

1/4 teaspoon **McCormick® Coarse Ground Black Pepper**

1/8 teaspoon **McCormick® Garlic Powder**

1. Heat small skillet on medium heat 1 minute. Add oil, sesame seeds and sea salt to pan; stirring until spices are lightly coated with oil.
2. Cook until sesame seeds are toasted and fragrant, about 3 to 4 minutes, stirring frequently. Remove pan from heat. Add black pepper and garlic; stir constantly for 10 seconds. Immediately pour out of hot pan. Cool completely and store in an air tight container in cool dry place up to 2 weeks.

Makes 12 $\frac{3}{4}$ teaspoons or 51 (1/4-teaspoon) servings.

Nutrition Information Per Serving: 0 Calories, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 10mg, Carbohydrates 0g, Fiber 0g, Protein 0g

Spicy Gomasio (Gomashio)

Is there anything Gomasio seasoning can't do? A sprinkle of this sesame seed and spice blend brings a spicy, nutty flavor boost to popcorn, soups and more. Store it in an air-tight container to have at the ready!

Prep Time: 5 minutes

Cook Time: 5 minutes

1/8 teaspoon vegetable oil

3 tablespoons **McCormick® Sesame Seed**

2 tablespoons **McCormick Gourmet™ Organic Black Sesame Seed**

1/4 teaspoon **McCormick Gourmet™ Sicilian Sea Salt**

1/8 teaspoon **McCormick® Coarse Ground Black Pepper**

1/8 teaspoon **McCormick® Crushed Red Pepper**

1. Heat small skillet on medium heat 1 minute. Add all ingredients to pan; stirring until spices are lightly coated with oil.
2. Cook until sesame seeds are toasted and fragrant, about 3 to 4 minutes, stirring frequently. Immediately pour out of hot pan. Cool completely and store in an air tight container in cool dry place up to 2 weeks.

Makes 13 teaspoons or 52 (1/4-teaspoon) servings.

Nutrition Information Per Serving: 0 Calories, Total Fat 0g, Saturated Fat 0g, Cholesterol 0mg, Sodium 10mg, Carbohydrates 0g, Fiber 0g, Protein 0g