**5 Tips for Boosting Flavor**

**-Utilizing Sour to Its Full Potential**

**-Unleashing the Maillard Reaction**

**A form of non-enzymatic browning that occurs in foods when proteins and/or amino acids chemically react with carbohydrates of reducing sugars. Heat accelerates this process which elevates taste, aroma and appearance.**

**-No, We Really Do Like Bitter**

**(Artichoke, Arugula, Coffee, Brussels Sprouts, Citrus Fruits, Cranberry, Cocoa, Broccoli, Endive, Green Tea, Radicchio, Red Wine, Broccoli Rabe, Eggplant, Ginger, Cabbage, Dill, Saffron, Kale)**

**-Always Add a “Sweet” Vegetable**

**(Corn, Onions, Peas, Beets, Carrots, Winter Squash like Butternut, Sweet Potatoes, Rutabagas, Tomato, Red Bell Peppers, Turnips, Summer Squash)**

**-Herbs, Herbs, Herbs Yeah!**