Forum:Hack Forums

Thread: What are good ways to cook healthy but with seasoning?

ronnie420 - *August 9, 2025, 9:35 pm*
I love spicy and salty food, but of course, a lot of those foods are unhealthy for me. Was looking for advice from expert cooks on what to use that is healthy but flavorful.

Omniscient - *August 11, 2025, 11:43 am*
Spices generally aren't unhealthy. Avoid multi-spice mixes because they might have ingredients that are chemicals like dextrose. You want pure spices.

I buy organic peppercorns and use a grinder. I salt and pepper everything. Salt is easy, no such thing as "organic" salt.

Be careful of any spice mixtures with "sugar" too. If you want that extra step, buy organic spices.

plops - *August 11, 2025, 4:36 pm*
Brine your meats. Get a good salt water mix, poke/thin/slap your meat a few times, drop it in the mix and let it sit in the fridge for a few hours. Pull it out, pat dry and cook with your preferred seasoning.

I'm an MSG fiend, so I always suggest that when trying to take flavors to a new level.

The Pact - *August 12, 2025, 4:36 am*
Tamari sauce is gluten free soy sauce so you can get organic tama

Traditional soy sauce is brewed from soybeans, wheat, and salt, then fermented and pressed to extract its liquid. Tamari, in contrast, is the forms during the production of miso paste. Unlike soy sauce, tamari typically contains little to no wheat.