

A Simple Guide For Cooking with Herbs

Now that the summer approaches, there is nothing like enjoying the fresh produce that comes with the season. And we cannot ignore herbs. Whether its parsley, oregano or mint, herbs can transform simple dishes into a unique combination of flavors. More importantly, herbs are naturally high in antioxidants, which protect us from heart disease, prevent cancer, and help us maintain healthy-looking skin and hair. With the many herbs available this time of year, it is the perfect time to experiment! But, where should you begin? Don't worry! Let us provide you with a simple guide to get you started:

Basil – Goes particularly well with tomatoes. Add it to pasta sauces, such as pesto, or to other vegetables like peas and zucchini.

Chives – Add it to dips, potatoes and tomatoes.

Cilantro – Anything Mexican, Asian or Caribbean: salsas, broths and soups.

Dill - Carrots, cottage cheese, fish, green beans, potatoes or tomatoes.

Mint - Fruit salads, tabouli, carrots, iced tea, or anything for a fresh, cool taste

Oregano - peppers, tomatoes, pizzas, and pasta sauces

Parsley - Choose the flat-leaf for a stronger flavor, or a curly leaf for a milder flavor. Cold salads such as tabouli or potato salad will be greatly complemented by this herb.

Rosemary - Hot dishes like chicken, fish, lamb, pork, roasted potatoes, stews and soups.

Sage - Great with stuffing

Tarragon - A natural with chicken, eggs or fish

Thyme - Goes well with eggs, lima beans, potatoes, poultry, summer squash, and tomatoes, just to name a few.

