












# Flavor Your Meals

“Great taste and improving health are two great reasons to use herbs.” –Toby Smithson, RD, CDE

Herbs boost flavor without adding sodium and many herbs contain disease-fighting antioxidants.

	<b>Herb</b>	<b>Flavor</b>	<b>How to use it:</b>	<b>Health Benefits</b>
	Rosemary	Woodsy-like herb	Meat (grilled) Vegetables In bread Pound Cake	Reduce development of carcinogenic compounds in grilled meats.
	Mint	Refreshing – can be savory or sweet	Tea – beverages Spring Rolls Grilled corn salad Watermelon Keep mint fresh longer by cutting the ends and store the bunch upright in a glass of water	Promotes good digestion Strong aroma can be a remedy for nausea and headaches
	Basil	Subtle peppery, slightly sweet	Tomato and basil salad With pasta – pasta sauce Basil and balsamic vinegar over strawberries Add at the last minute – cooking can destroy flavor	Anti-inflammatory and antibacterial properties
	Dill	Soft, sweet (fresh) Dill weed – mellow/fresher flavor	Pickles Fish – salmon Chicken Vegetables Potatoes Salads Pasta	Rich in antioxidants
	Oregano	Pungent odor and flavor	Grilled cheese sandwich Pasta Pizza , In bread Chili powder	Rich in antioxidants – ½ teaspoon of dried oregano has as many antioxidants as 3 cups of fresh spinach

Herb	Flavor	How to use it:	Health Benefits
	Subtle, dry aroma and slightly minty flavor	Soups, Stews Braised meat Fish – salmon Vegetables Corn Soup	Rich in antioxidants
	Slightly pungent	Mexican Salsa, Guacamole Ethnic cuisines Fresh fruit salad – plum or cucumber salad Add to dish just before serving	Antioxidants, natural cleansing agent
	Tastes like oregano and mint	Can be substituted for oregano and/or mint in recipes Salad Chip the leaves – add to pizza or meats and fish Herbal tea	Antibacterial
	Oniony herb	Salads Lean meats Veggies Baked potato – red bliss (grilled) Biscuit, dough, or batter	Antioxidant Promotes healthy immune system
	Floral flavor and mild sweetness	Salads Custards, sorbet, cobblers, smoothies, Flan Marinade for grilled meats (lamb, pork chops, chicken) Only use a small amount	Calm your stomach, mind and skin Remove nervous tension, pain, and enhance circulation
	Lemony, citrusy flavor	Tea Delicate cookies Chicken dishes In place of lemon zest	Nervous system health Promotes digestive health