

SPICE UP YOUR PALATE AND PLATE WITH HERBS



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Ever get in a rut with the same old flavor at meal time? Does your dinner plate need some spark? Consider fresh herbs grown in your living space or on a window sill in your kitchen to provide you access to fresh flavor. If you've never considered growing herbs don't be intimidated – no need to be a master gardener or chef.



Growing an herb garden

- Start with an herb (and flavor) that you enjoy and have tasted before – don't grow it if you won't use it.
- Pot the herb plant in a large pot with potting mix to encourage growth. Herbs need soil that drains easily.
- Herbs need a sunny spot to grow and regular water, but don't overwater.
- Your local greenhouse or garden store can help you choose a starter plant(s) and give you suggestions, recommend a potting mix and give you tips to best care for your plant(s).

How to use herbs for the best flavor

When adding herbs to your entrée or recipe remember you need less to flavor if the herb is dried and more with fresh. A good rule of thumb:

- 1 Tbsp. fresh herb or...
- 1 tsp. crumbled and dried herb or...
- ¼ tsp. ground and dried herb.

Add fresh herbs at the end of cooking time to capture their flavor, but be careful not to overcook.

Try out these herb pairings to get started

1. Pair fresh basil leaves with slices of mozzarella and tomato then drizzle with olive oil.
2. Chop parsley and cilantro and mix with leafy greens for salad.
3. Add dill sprigs to baked salmon or wrap fresh salmon sprinkled with rosemary in foil and grill.
4. Sauté green beans with chive and olive oil.
5. Sprinkle thyme over cut up carrots, then drizzle with olive oil and roast in the oven
6. Infuse ice water with honeydew melon, strawberries and mint leaves.

