

10 HERBS TO AMP UP YOUR COOKING

Increase the flavor and nutritional value of your cooking by using fresh or dried herbs.



Herbs are culinary powerhouses that can easily transform a dish from ordinary to vibrant and delightful in no time flat. In addition, herbs have nutritional value that has been recognized in natural medicine for ages. Many provide essential vitamins, minerals, antioxidant and anti-inflammatory properties that support better brain health, and help lessen the chance of many serious diseases.

Try incorporating any of all of these 10 herbs into your cooking for increased flavor and nutritional value!

HARD HERBS

- Add these fresh or dried herbs **early in the cooking process** to infuse their aroma into the dish.

HERB	FLAVOR	NUTRITION	USES
OREGANO	Quintessential Italian flavor - bold, sweet, slightly spicy, pungent, and earthy	<ul style="list-style-type: none"> ✓ Source of beta-carotene, calcium, folate, lutein, magnesium, phosphorus, potassium, iron, vitamin K ✓ Has antioxidant and anti-inflammatory properties 	<p>Pairs well with anise seed, basil, cardamom, cilantro, coriander, cumin, garlic, lemongrass, mint, nutmeg, rosemary, sage, and thyme.</p> <p>Use in or with:</p> <ul style="list-style-type: none"> • meat, fish and seafood • citrus fruits • pasta, stuffed peppers, and pizza • tomatoes and tomato sauces • creamy sauces • vegetables • mustard • lemony marinade or vinaigrettes
ROSEMARY	Bold, earthy with a hint of pine and lemon	<ul style="list-style-type: none"> ✓ Source of calcium, iron, vitamin B6 ✓ Supports blood vessel health 	<p>Pairs well with basil, cumin, garlic, mint, nutmeg, oregano, parsley, sage, star anise, and thyme.</p> <p>Use in or with:</p> <ul style="list-style-type: none"> • poultry, other meats, fish and seafood • bread or whole grain stuffing • soups and stews • sauces and gravies • rubs and marinades • dressings and vinaigrettes • potatoes and other root vegetables • green vegetables • beans and other legumes • breads and other baked goods • tomatoes and tomato sauces • roasted nuts • beverages
SAGE	Mild sweet and floral flavors, slightly bitter, hint of pine and mint	<ul style="list-style-type: none"> ✓ High in vitamin K ✓ Contains magnesium, zinc, and copper ✓ Contains small amounts of antioxidants (vitamins A, C, and E) 	<p>Pairs well with basil, mint, oregano, parsley, rosemary, and thyme.</p> <p>Use in or with:</p> <ul style="list-style-type: none"> • poultry and pork • whole grains • soups and stews • squash, pumpkin, onions • roasted or toasted nuts • creamy sauces • dressings and vinaigrettes • marinades and rubs • pasta • apples • cheese • desserts

THYME	Earthy, slightly lemony and minty, hint of pine	<ul style="list-style-type: none"> ✓ Good source of vitamin C ✓ Oil from thyme may provide antimicrobial properties 	<p>Pairs well with rosemary, basil, oregano, parsley, garlic, ginger, cardamom, coriander, and cumin.</p> <p>Use in or with:</p> <ul style="list-style-type: none"> • poultry and pork • fish and seafood • beans and other legumes • roasted and grilled vegetables • onions, shallots, and mushrooms • tomatoes and tomato sauces • soups and stews • stocks and broths • sauces • marinades and rubs • dressings and vinaigrettes • cheese • eggs
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SOFT HERBS

- Add fresh soft herbs **near the end of cooking** so they maintain more of their color and flavor, or as garnish.
- **Dried soft herbs** should be **added earlier in the cooking process** so they reconstitute and infuse flavor into the dish.

HERB	FLAVOR	NUTRITION	USES
BASIL	Aromatic, sweet, slightly peppery	<ul style="list-style-type: none"> ✓ Good source of magnesium ✓ Contains polyphenols ✓ Has anti-inflammatory and antibacterial properties 	<p>Pairs well with anise seed, cardamom, cinnamon, coriander, ginger, nutmeg, oregano, parsley, rosemary, sage, and tarragon.</p> <p>Use in or with:</p> <ul style="list-style-type: none"> • meat • fish and seafood • citrus fruit, berries and other fresh fruit • tomato • vegetables • cheese • pasta and pizza • condiments • beans and legumes • sauces • salads • dressings and vinaigrettes • marinades • jams and jellies • baked goods • eggs • beverages
CILANTRO	A bit pungent, green and citrusy	<ul style="list-style-type: none"> ✓ Contains iron, phytonutrients, and fiber 	<p>Pairs well with basil, cardamom, dill, ginger, lemon, mint, and oregano.</p> <p>Use in or with:</p> <ul style="list-style-type: none"> • fish and seafood • vegetables • beans and lentils • citrus fruits, cranberry, and tropical fruit • cheese • baked goods • sauces • salsas and other condiments • salads • dressings and vinaigrettes • marinades • poultry • cheese • eggs



DILL	Boldly, yet pleasingly sour, with citrus tones and a touch of sweetness	<ul style="list-style-type: none"> ✓ Source of calcium and iron 	<p>Pairs well with basil, cardamom, cilantro, coriander, mint, nutmeg, parsley, rosemary, tarragon, and thyme.</p> <p>Use in or with:</p> <ul style="list-style-type: none"> • vegetables • poultry • fish and seafood • citrus, peaches, and tropical fruits • yogurt and cream sauces • condiments • salads • dressings and vinaigrettes • marinades • cheese • eggs • baked goods
MINT	Fresh, bright, cool, sweet, slightly earthy (depending on the type)	<ul style="list-style-type: none"> ✓ Good source of fiber, vitamin A, iron, manganese, folate ✓ Contains antioxidants 	<p>Pairs well with basil, cilantro, cinnamon, rosemary, sage, and thyme.</p> <p>Use with:</p> <ul style="list-style-type: none"> • citrus, berries, and tropical fruits • vegetables • yogurt sauces • mustard and other condiments • whole grain dishes • smoothies • chilled soups • salads • beverages
PARSLEY	Fresh, slightly sweet, earthy	<ul style="list-style-type: none"> ✓ Good source of vitamin K ✓ Also contains vitamins A and C, and folate 	<p>Pairs well with basil, cardamom, coriander, cumin, dill, nutmeg, oregano, rosemary, sage, tarragon, and thyme.</p> <p>Use in or with:</p> <ul style="list-style-type: none"> • meat • fish and seafood • vegetables • citrus fruits • Eggs • soups and stews • stocks and broths • sauces • marinades and rubs • dressings and vinaigrettes • salads • whole grain dishes • pesto, gremolata, and other condiments

TARRAGON	Bright, sweet like anise or licorice flavor, slightly peppery	<ul style="list-style-type: none"> ✓ Source of iron, magnesium, manganese, potassium, and zinc ✓ Contains carotenoids ✓ Has anti-inflammatory properties 	<p>Pairs well with chervil, chives, garlic, mint, and parsley.</p> <p>Use with:</p> <ul style="list-style-type: none"> • poultry and pork • fish and seafood • eggs • cheese • citrus • nuts • vegetables • beans and legumes • condiments • potato or chicken salad, and other salads • dressings and vinaigrettes • marinades • yogurt and cream sauces
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