



Culinary Herbs

Parsley: In order to grow, parsley must be in a place that gets 6-8 hours of sunlight. It does best growing in well-drained, rich organic soil. Seeds can be planted inside first, as long as they have access to light, and then moved outside after the last frost. Germination is particularly slow with parsley seeds. To help speed up the process, soak the seeds in warm water for several hours before planting. Space the seeds 10-12 inches apart. Harvest by cutting of the stalks close to the ground. Parsley is most flavorful when used fresh, often as a topping or a garnish.

Cilantro: Cilantro is the leaf part of Coriander stalk. The seeds should be planted $\frac{1}{2}$ inch deep and 12 inches apart. In the southern region of the US, cilantro grows well during September through February, favoring cool weather and lots of sun. It thrives off rich, loose soil, and plenty of water. Cilantro is often used in Mexican cuisine and pairs well with beans, in salads and dips.

Basil: A part of the mint family, basil is frequently used fresh or dried. To grow, it is best to plant in the ground after the last frost and in a place that receives at least 6 hours of sunlight daily. The seeds should be planted $\frac{1}{4}$ inch deep and 6 to 12 inches apart. Basil requires plenty of water and should be watered deeply every 7 days. It is a good idea to prune the plant several times throughout its growing season to promote sufficient growth. Basil is most commonly found as an ingredient in Italian and Asian cuisines. Pesto is traditionally made from basil and parsley, although other combinations work well too. Basil pairs well with tomatoes and rich sauces.

Nutrition Information:

Culinary herbs tend to be high in anti-oxidants, which help prevent damage to the cells in our body. They also contain vitamins and minerals such as calcium, iron, magnesium, B vitamins, vitamins A, C, and E, and others. Adding culinary herbs to enhance the flavor of a food can be a great way to eliminate the use of salt thus promote a heart healthy diet.



Sage Creamed Onions

Yields: 5

Serving size: 1 cup

Ingredients

12 small onions

5 fresh mushrooms, sliced

2 Tbsp olive oil

1 Tbsp flour

1 cup skim milk

1 tsp dried sage

1 tsp lemon juice

2 Tbsp chopped fresh parsley

1 tsp paprika

Preparation

Preheat oven to 350° F.

Peel onions and boil gently for 30 minutes or until tender.

Sautee mushrooms with olive oil. Stir in flour, milk, sage and lemon juice. Stir over medium heat until sauce thickens.

Place cooked onions in a shallow baking dish and toss with mushroom sauce. Bake at 350° for 20 minutes.

Season with chopped fresh parsley and paprika. Serve while warm.

Herb	Flavor	Cooking
Basil	Peppery, Minty, Sweet	Italian and Asian dishes
Mint	Cool with peppery bite	Drinks, sauces, Middle Eastern
Marjoram	Grassy, lemony, sweet	Meats, poultries, stew, tomato sauce, white bean, vinaigrettes
Cilantro	Bright, citrusy, soapy	Indian, Mexican, Vietnamese
Oregano	Sweetness with spiciness	Greek, Mexican, pizza, chile
Rosemary	Pinelike fragrance and flavor	Breads, pork chops, poultry, fish, potatoes
Dill	Tangy, clean, earthy	Scandinavian, Greek, Indian, dips
Parsley	Peppery bite	French and Italian stocks and stews, pasta and egg recipes
Chives	Light oniony taste	Adds brightness
Thyme	Lemony and peppery	French, Middle Eastern
Sage	Mild peppery with touch of mint	Meats, creams, cheeses, savory breads

Nutrition Facts per Serving:

100 calories, 5 g fat, 9 g carbohydrates, 2 g fiber, 2 g protein