



# DID YOU KNOW?

Nutritional information from Second Harvest Food Bank of Northwest NC



## 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.


Please consult your physician or healthcare provider with any health-related concerns, including changing your diet or starting an exercise routine. This information should never replace your doctor's advice or care.





**SECOND HARVEST FOOD BANK OF NORTHWEST NC**  
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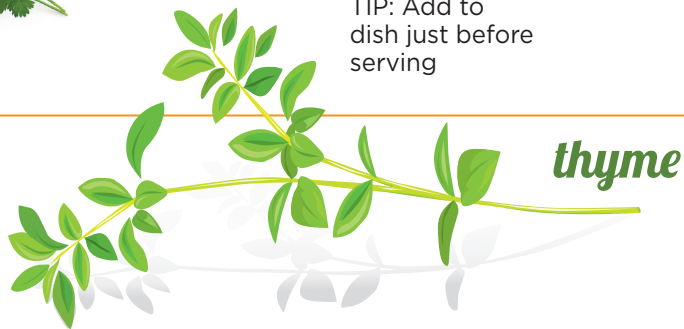
Herb	Flavor	How to use it:	Health Benefits
<b>Rosemary</b> 	Woodsy-like	Meat (grilled) Vegetables Homemade bread Pound cake	Reduces development of carcinogenic compounds in grilled meats
<b>Mint</b> 	Refreshing - can be savory or sweet	Beverages - tea Spring rolls Grilled corn salad Watermelon TIP: Keep mint fresh longer by cutting the ends and storing the bunch upright in a glass of water.	Promotes good digestion  Strong aroma can be a remedy for nausea and headaches
<b>Basil</b> 	Subtle peppery, slightly sweet	Tomatoes Pasta/pasta sauce With balsamic vinegar over strawberries TIP: Add basil at the last minute - over cooking can destroy flavor.	Anti-inflammatory and antibacterial properties


Herb	Flavor	How to use it:	Health Benefits
<b>Dill</b> 	Soft, sweet (fresh) Dill weed - mellower/fresher flavor	Pickles Fish - salmon Chicken Vegetables Potatoes Salads Pasta	Rich in antioxidants


<b>Oregano</b> 	Pungent odor and flavor	Grilled cheese sandwich Pasta Pizza Homemade bread Chili powder	Rich in antioxidants - a teaspoon of dried oregano has as many antioxidants as 3 cups of fresh spinach
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<b>Thyme</b> 	Subtle, dry aroma and slightly minty flavor	Soups and stews Braised meat Fish - salmon Vegetables Corn soup	Rich in antioxidants
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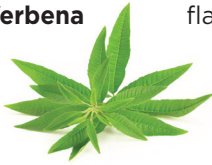
<b>Cilantro</b> 	Slightly pungent	Mexican salsa and guacamole Ethnic cuisines Fresh fruit salad - plum or cucumber salad TIP: Add to dish just before serving	Antioxidants, natural cleansing agent
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Herb	Flavor	How to use it:	Health Benefits
<b>Bee Balm</b> 	Tastes like oregano and mint	Salad Chop the leaves, add to pizza or meats and fish Herbal tea TIP: Can be substituted for oregano and/or mint in recipes	Antibacterial

<b>Chives</b> 	Oniony herb	Salads Lean meats Veggies Baked potato - red bliss (grilled) Biscuit, dough or batter	Antioxidant Promotes healthy immune system
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<b>Lavender</b> 	Floral flavor and mild sweetness	Salads Custards, sorbet, cobblers, smoothies, Flan Marinade for grilled meats (lamb, pork chops, chicken) TIP: Only use a small amount	Calms stomach, mind and skin Soothes nervous tension and pain, enhances circulation
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<b>Lemon Verbena</b> 	Lemony, citrusy flavor	Tea Delicate cookies Chicken dishes In place of lemon zest	Supports nervous system health Promotes digestive health
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