



HEALTH BENEFITS of COOKING WITH HERBS

Fresh herbs have been used in cooking for centuries to add flavor and support wellness. They can transform everyday meals into nutrient-rich dishes that are both healthier and more flavorful.



WHY COOK WITH HERBS?

- Herbs contain plant compounds, antioxidants, vitamins, and minerals.
- They can help reduce the need for excess salt, sugar, and unhealthy fats while keeping meals flavorful.
- Fresh and dried herbs both add nutritional value and natural flavor.

EASY WAYS TO ADD HERBS TO MEALS

- Add basil to sandwiches and pasta
- Mix parsley into potatoes or rice
- Sprinkle dill into salads
- Add rosemary to roasted vegetables
- Stir mint into lemonade or tea



FRESH VS. DRIED

- Fresh herbs offer vibrant flavor and aroma.
- Dried herbs are convenient and concentrated.
- Use 1 tablespoon fresh herbs for every 1 teaspoon dried herbs.
- Fresh herbs are usually added near the end of cooking; dried herbs can be added earlier.

POPULAR CULINARY HERBS



BASIL

Bright, sweet flavor; great in pasta, salads, and sauces.

Popular uses: Caprese salads • Tomato sauces • Herbal butter • Fresh summer drinks



MINT

Cool, refreshing flavor; great in teas, fruit salads, yogurt sauces, and drinks.

Popular uses: Herbal teas • Fruit salads • Yogurt sauces • Refreshing drinks



ROSEMARY

Bold, earthy flavor; ideal for roasted potatoes, chicken, pork, and infused oils.

Popular uses: Roasted potatoes • Chicken and pork dishes • Homemade bread • Infused olive oils



THYME

Warm and slightly floral flavor; great for meats, soups, roasted vegetables, and marinades.

Popular uses: Slow-cooked meats • Vegetable soups • Roasted vegetables • Herbal marinades



PARSLEY

Freshens dishes and adds vitamins A, C, and K.

Popular uses: Soups and stews • Garlic butter blends • Rice dishes • Fresh salads



DILL

Light, tangy flavor; good with vegetables, seafood, potato salads, and creamy dishes.

Popular uses: Potato salads • Fish recipes • Cream sauces • Pickled vegetables

FINAL THOUGHTS

Cooking with herbs is one of the simplest ways to make meals healthier, fresher, and more flavorful. Beyond their wonderful taste and aroma, herbs can add nutrients, natural antioxidants, and variety to everyday cooking.

Start with a few favorite herbs, experiment with combinations, and enjoy discovering how these natural ingredients can elevate your cooking.

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