

Cook with Fresh Herbs

Summer brings a bounty of fresh fruits and vegetables. Lots of great flavors to enjoy!

Summer also brings fresh herbs which can add wonderful flavors to our meals.

Fresh herbs can make
a good meal taste 'great'!

Try fresh herbs
in some of your dishes:

Cilantro

Tomato salsas, soups and stews
Beans and rice
Tacos, burritos and quesadillas

Basil and Italian Parsley

Cold and hot pasta dishes
Pasta sauces, pizza
Salads, Pesto
Meatloaf, Meatballs

Mint

Cooked carrots and peas
Tea, smoothies, water

Start slow – add a small amount of herbs to dishes,
and increase the amount if desired.

How can I store fresh herbs?

An easy way is to keep herbs like flowers.
Cut off the ends of the stems.
Place the herbs in a tall glass with a couple inches
of water. Keep your herbs on the counter
or in the refrigerator.

Fresh herbs could also be stored in an open plastic bag
in your refrigerator for a few days.



Agua Fresca

a light fruit drink

4 cups diced watermelon or
cantaloupe, peel and seeds removed
2 cups water
1 tablespoon lime juice
1 teaspoon sugar

Blend the melon, water,
lime juice and sugar together.

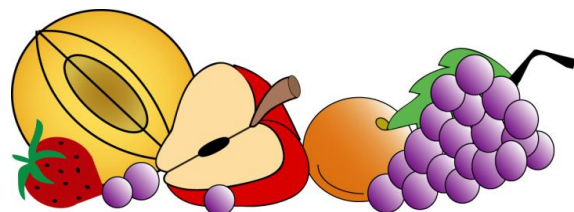
Pour into glasses filled with ice
and serve.

6 servings (1 cup serving) – 37 calories,
0 grams fat, 0% calories from fat
and .4 gram of fiber in a serving.

Try something different...

* Add chopped peaches, pears,
strawberries, pineapple or mango.

* Serve with fresh mint



Chicken Tortilla Soup

- 1 (14 ounce) can of chicken broth
- 1 (14.5 ounce) can of diced tomatoes with green pepper, celery and onion
- 1 carrot, peeled and sliced
- 1 cup cooked chicken, diced
- ¼ cup chopped fresh cilantro
- Shredded Monterey jack cheese
- Tortilla strips

- 1 Combine chicken broth, tomatoes and carrot slices in a large pot. Simmer for 7 minutes.
- 2 Add chicken and cilantro. Simmer for 3 more minutes.
- 3 Serve in bowls. Top with tortilla strips and cheese.

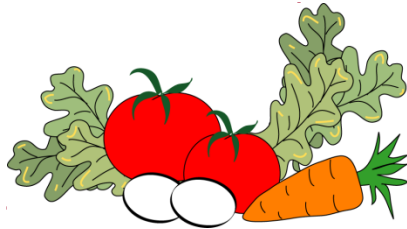
4 servings (1 cup serving) – 125 calories, 2.3 grams fat, 16% calories from fat and 1.4 grams of fiber in a serving.

Tortilla Strips

Cut 2 whole grain tortillas into strips.

Lightly toss with 1 tablespoon of vegetable oil and salt.

Bake on a large baking sheet in a 350° oven for 3 to 4 minutes or until crisp.



Tomato Basil Soup

- ¼ cup finely chopped onion
- 1 tablespoon vegetable oil
- 2 (14 ounce) cans chicken broth
- 2 (14.5 ounce) cans diced tomatoes
- 6 tablespoons chopped fresh basil

- 1 Heat oil in large pan. Add onion and cook for 5 to 7 minutes, until onions are soft.
- 2 Combine chicken broth, tomatoes and onions in a large pot. Simmer for 15 minutes.
- 3 Add basil and cook for 2 more minutes. Serve in bowls.

4 servings (1 cup serving) – 110 calories, 3 grams fat, 24% calories from fat and 1.8 grams of fiber in a serving.

Variations...

- 2 tablespoons of dry basil can be used instead of 4 tablespoons of fresh basil.
- Spice up your soup – add 1/8 teaspoon dry red pepper flakes.
- Serve grilled cheese sandwiches with tomato basil soup.
- Top your soup with homemade croutons – cut bread into small cubes, spray with vegetable oil spray, dash of salt and pepper, and bake in 400° oven until lightly brown.



What can you do?

- Cook with a fresh herb – basil, Italian parsley, cilantro or mint.
- Make soup with canned tomatoes.
- Flavor water with fresh fruit or fresh mint.
- Other: _____