

Cooking and Seasoning with Herbs

SHAWANO/MENOMINEE COUNTY FOODWISE

Herbs can be the leaves, flowers, berries, roots or stems of the plant. Herbs are a great way to reduce the salt content in cooking. They can also enhance your health by containing anti-oxidant properties.

REDUCING THE SALT

Reducing salt intake can help reduce blood pressure. Older adults are recommended to eat 2300 mg of salt a day. People with hypertension (high blood pressure) should only consume 1500 mg of salt a day. Using herbs is a great way to still flavor your dishes but reduce salt intake.



TIPS ON USING HERBS

Here are a few ways to use different herbs.

Basil- Can be used in foods such as pasta, rice, pesto, and salads.

Cilantro-Can be used in foods such as guacamole, salsa, and dips

Garlic- can be used in beans, bread, and pasta and can help lower cholesterol.



WHERE CAN I FIND HERBS?

Fresh herbs can be home grown or can be bought at a local farmers market. Another option is buying dry herbs. Dry herbs have a shelf life of 2 years. As a rule of thumb, use three times as much dry herb as you would use if using fresh herb. .

COOKING WITH HERBS

When cooking with herbs in cold foods, add herbs in a few hours before cooking so the flavors can blend.

When cooking herbs with hot foods, add herbs in a few minutes before serving the dish to preserve freshness.



Extension
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