

Herbs

From the earliest times, herbs have had many purposes. They have been used in cooking, as medicines and teas, and for their wide-ranging scents. In the past, almost all gardens had a corner for herbs due to the important role they played in people's lives. Native Americans had a long tradition of using herbs, so early colo-

nists often consulted with their Native American neighbors to find out which plants were poisonous.

Cooking with herbs and spices adds flavor to food, making it easier to cut back on the use of salt. For some people, eating less salt can keep blood pressure down. High salt intake is also related to the loss of calcium,



which may increase the risk of osteoporosis.

The cost of herbs and spices keeps some people from purchasing them. To keep the cost down, try shopping at a food co-op or natural foods store where you can buy a small amount in bulk for under \$1.

Herb Dip

Makes 4 servings

Ingredients:

- 1/2 cup skim milk
- 1 cup nonfat cottage cheese
- 2 Tablespoons parsley, chopped
- 2 Tablespoons chives, chopped
- 1 1/2 teaspoons fresh basil, chopped
(or 1/2 teaspoon dried basil)
- 1/8 teaspoon curry powder
- 1/8 teaspoon paprika



Directions:

1. Mix ingredients until smooth.
2. Serve over cooked vegetables or as a dip.

Source: Adapted from "Caterpillar Scramble and Cantaloupe Boats," Noreen Thomas, 1996, CQ Products, ISBN: 1563830663

Nutrition Facts

Serving Size 1 Serving (91g)
Servings Per Container 4

Amount Per Serving

Calories 45 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 230mg 10%

Total Carbohydrate 4g 1%

Dietary Fiber 0g 0%

Sugars 1g

Protein 8g

Vitamin A 4% • Vitamin C 6%

Calcium 6% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet.

Tips

- Dried herbs are stronger than fresh, and powdered herbs are stronger than crumbled. 1/4 teaspoon powdered herbs = 3/4 to 1 teaspoon crumbled = 2 teaspoons fresh.
- Fresh herbs should be stored in the refrigerator in a perforated plastic bag. When you are ready to use them, wash the herbs gently under cold water and pat dry between paper towels. It is best to use fresh herbs within a day, since the flavor and aroma deteriorates quickly.
- Store dried herbs and spices in airtight containers out of the direct sun. Many herbs and spices keep for 2 years.

White Flaky Fish

Makes 4 servings *Evelyne Pepin
of Ladybug Herbs, Wolcott*

Ingredients:

- 1 pound white flaky fish (haddock, flounder, pollack, blue fish, or cod)
- 2 Tablespoons butter (or lemon basil butter)
- 1 onion, chopped
- 1 Tablespoon dry parsley (or 1/4 cup fresh parsley, chopped)
- 1 Tablespoon dry basil (or 1/4 cup lemon basil, chopped)
- 1/2 teaspoon dry thyme (or 1 Tablespoon lemon thyme)
- 1/2 teaspoon dry sage (or 1 Tablespoon fresh sage, chopped)
- 3/4 cup bread crumbs
- 1/4 cup walnuts, chopped

Directions:

1. Preheat oven to 350 degrees F.
2. Sauté onion slowly in butter over low heat until the onion is clear.
3. Add herbs and cook until wilted.
4. Add bread crumbs and walnuts.
5. Cook for 2 more minutes.
6. Top fish with stuffing, patting it down.
7. Bake for 25 minutes or until done.

Nutrition Facts

Serving Size 1 Serving (180g)
Servings Per Container 4

Amount Per Serving

Calories 300 **Calories from Fat** 110

% Daily Value*

Total Fat 13g **20 %**

Saturated Fat 4.5g **23 %**

Cholesterol 80mg **27 %**

Sodium 320mg **13 %**

Total Carbohydrate 19g **6 %**

Dietary Fiber 2g **8 %**

Sugars 1g

Protein 26g

Vitamin A 10% • Vitamin C 4%

Calcium 10% • Iron 20%

* Percent Daily Values are based on a 2,000 calorie diet.

Comments: *This has a gourmet taste and is so simple to make.*