**Health Plus** Guide to Fresh Herbs

*Make Thyme for Fresh Herbs!*

Herbs give a burst of flavor to food without adding any unhealthy fat or sodium. When cooking with fresh herbs, remember:
- always wash them beforehand
- cut them finely to release their flavor
- add them gradually
- never mix two very strong herbs
- 1 tbsp. fresh herbs = 1 tsp. dried

### #1 Cilantro
**Taste:** Bright and citrusy  
**Uses:** Mexican, Indian, or Vietnamese foods

### #2 Mint
**Taste:** cool with a peppery bite  
**Uses:** sweet treats, salads, sauces, jellies, cocktails, teas, Thai and Middle Eastern food

### #3 Parsley
**Taste:** light, clean, and peppery  
**Uses:** sauces, salads, pasta, eggs, garnishing, French and Italian food

### #4 Dill
**Taste:** tangy, clean, and earthy  
**Uses:** fish, creamy dips, tzatziki sauce, pickling, European and Middle Eastern food

### #5 Basil
**Taste:** peppery, minty, and slightly sweet  
**Uses:** tomato dishes, pesto, meat or seafood, soups, stir fries, curries, Mediterranean food

### #6 Oregano
**Taste:** a mix of sweet and spicy  
**Uses:** Mediterranean (often Italian) and Mexican foods

### #7 Rosemary
**Taste:** strong, pungent, and pine-like  
**Uses:** soups, sauces, roasts, potatoes, pork, poultry, infused oils

### #8 Chives
**Taste:** similar to onions but with less “bite”  
**Uses:** salads, sauces, garnishing

### #9 Sage
**Taste:** mild to slightly peppery  
**Uses:** pork, beans, potatoes, cheese and cream

### #10 Savory
**Taste:** peppery  
**Uses:** European dishes containing meat or poultry and/or beans, soups or stews

### #11 Thyme
**Taste:** lemony and peppery  
**Uses:** nearly any meat, poultry, fish, or veggie; paired with basil, sage, oregano or marjoram

### #12 Tarragon
**Taste:** an anise flavor similar to licorice  
**Uses:** foods that easily absorb other flavors (chicken, scallops, eggs)

### #13 Marjoram
**Taste:** grassy and lemony  
**Uses:** meat, poultry, fish, tomato sauces, white bean salads, vinaigrettes

Sources:  
http://www.epicurious.com/articlesguides/seasonalcooking/farmtotable/visualguidefreshherbs  

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