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How To Cook With Fresh Herbs

	Parsley	Add fresh chopped parsley to just about anything to brighten the flavor--homemade or canned soups, frozen dinners, salads, and casseroles. Also add to salads and sauces for a fresh, grassy flavor.
	Basil	Think of basil as the tomato herb and the Italian herb. Add fresh chopped herbs to pasta dishes, salads with fresh tomatoes, and spaghetti sauces. A key ingredient in pesto.
	Cilantro	Great in any Mexican or Indian dish, and many Asian foods. Sprinkle over canned or homemade soups, frozen dinners, casseroles, and soups to liven them up.
	Dill	Great with cucumbers, green beans, and fresh in salads. Or use when grilling fish. Add to potato salad or cooked potatoes of any sort.
	Oregano	Good in nearly any Italian dish. Use as with basil, above. Or lay over chicken or fish when grilling or baking.
	Rosemary	Great in Italian food, but also great with chicken or fish of nearly any sort, especially grilled.
	Tarragon	Perfect with fish or chicken. Add to rice right before serving. Chop fresh into salads or add to salad dressings.
	Thyme	This is the “everything” herb. Use in nearly any savory dish! Its pleasant, savory flavor blends with most foods.
	Mint	Steep with sun tea to make it especially refreshing. Add to cut-up fruit or fruit salad. Add to Indian or Asian dishes.
	Sage	The ultimate chicken and turkey herb. Also use in rice dishes or with squash and pumpkin soups or dishes.
	Chives	A mild substitute onion. Great in anything with potatoes. Also excellent in green or tomato salads and to add to dishes such as tuna or chicken salad.