

An NKHS How-To Guide

Six ways to use fresh herbs



- 1. Herb log:** Mix chopped fresh tarragon, dill, or other herbs with softened butter or margarine. Transfer to a sheet of waxed paper, form into a log, wrap well, and freeze. To use, cut ¼ in. Slices of the frozen log and toss with hot cooked vegetables.
- 2. Cool mint fruit salad:** In a large bowl, combine ¼ cup each of dry white wine, orange juice, and chopped fresh mint plus 1 tablespoon of honey. Halve, seed, and cube 2 fresh, ripe cantaloupes. Hull and quarter 2 cups of fresh strawberries. Add the fruit to the liquid and toss to ensure even coating. Refrigerate at least 4 hours (overnight is better) before serving.
- 3. Ice-age rosemary:** Chop fresh rosemary leaves and sprinkle over an ice-cube tray filled with broth. Freeze. Transfer the cubes to a freezer bag. Add 1 or 2 cubes to soups and stews during the last few minutes of cooking.
- 4. Bagel heaven:** Spoon fat-free plain yogurt into a sieve lined with a coffee filter. Set over a bowl and refrigerate overnight to drain. Stir in chopped fresh dill and chives. Spread on bagels.
- 5. Herbed marmalade glaze:** Combine chopped fresh rosemary leaves and marmalade in a microwave-safe bowl. Microwave on high power for 1 minute, then let stand for 15 minutes. Brush over grilled chicken or pork.
- 6. Better vinaigrette dressing:** Pour one bottle of low-fat vinaigrette dressing into a blender. Add fresh oregano or thyme leaves. Blend for no more than 20 seconds. Transfer back to the bottle and use as needed. It may be kept refrigerated for up to two weeks.

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Visit the Northern Kentucky Herb Society website at: www.nkyherb.com