

10 Garden Greats: Herbs You Can Grow Yourself

Nothing enhances healthy foods and drinks quite like über-fresh, aromatic herbs. Whether providing a delicious accent or delivering the central flavor for a dish, fresh herbs add both color and nutrients to all they flavor. Moreover, fresh herbs can elevate simple recipes to a whole new level (see our Grilled Cheese with a Zip below for a simple, mouth-watering twist on an old favorite).

If you are considering planting herbs indoors, on your patio or in your garden, try these top ten herbs that can be used daily in the simplest to the most complex recipes:



Mint

Best used in fruit salads, ice cream, sherbet, iced or hot tea

Mint-Infused Water: Simply add fresh mint to iced water for a crisp, refreshing drink after cutting the grass, a taking morning walk, or enjoying relaxing hammock time on the patio.

Basil

Best used in salad dressings, scrambled eggs, marinades, sauces, or soups

Basil Avocado Spread: 1 avocado, 1/2 cup fresh chopped basil, 1 clove garlic, juice of half lemon or lime. Combine all ingredients together (in food processor or mash with a fork) and serve immediately. Delicious as pretzel dip or as condiment on sandwiches!

Thyme

Best used in meats, soups, stews, or beverages

SummerThyme Fresh Peach Cooler: 5 peaches, 5 sprigs fresh Thyme, 2 lemons, 2 limes, 2 Tbsp maple syrup. Place in saucepan on medium heat the peaches and fresh Thyme. Cook 7 minutes. Add 1/2 cup of water and cool for 10 minutes. Puree mixture in food processor or blender along with remaining ingredients. Blend to combine. Prepare with ice-filled glasses for a cool beverage!

Rosemary

Best used in grilled or baked meats, beverages, pizza, or grilled vegetables

Grilled Asparagus with Rosemary: 3 pounds fresh asparagus (snap off ends), 1 lemon halved, 4 cloves garlic, 1 1/2 teaspoons fresh chopped rosemary, 2 Tbsp olive oil. Add all ingredients to a one-gallon Ziploc bag, shake to mix. After 2 hours, remove asparagus from bag and grill for 10 minutes until brown. Serve immediately - delicious!

Oregano

Best used in sauces, tomato-based dishes, eggs, or meats

Grilled Cheese with a Zip: 4 slices whole wheat bread, 2 slices Mozzarella cheese, 2 slices fresh tomato, 2 tsp. fresh oregano leaves. A new twist on the good ole' grilled cheese with sliced tomato and fresh oregano. Yum!

Cilantro

Best used in salmon, chicken, turkey, sauces, or salads

Cowboy Caviar: Rinse one 15 ounce can black beans, one 15 ounce can of garbanzo beans and one 15 ounce can of corn. Gently blend together with 1/2 cup fresh cilantro, 1/2 cup diced red onion and one cubed avocado. Serve as a side dish or as a dip with baked chips.





Chives

Best used in salmon, chicken, turkey, sauces, or salads

Savory Chive Dip: 2 ounce any cheese variety, 1/4 cup fresh chopped chives, 32 ounces plain Greek yogurt. Mix all ingredients together and serve with fresh vegetables.

Sage

Best used in eggs, chicken, turkey, desserts, or beverages

Fresh Sage smoothie: Add 1 cup almond milk, 1 banana, 2 leaves fresh sage, 1/4 cinnamon or allspice, and 1 Tbsp honey or maple syrup- blend all ingredients with one cup ice and enjoy!

Dill

Best used in eggs, cheeses, vegetables, or fish

Baked Dill Salmon: Sprinkle raw salmon with fresh dill and olive oil (equal amounts of both). Bake at 375 degrees for 30 minutes. Remove from pan and enjoy!

Parsley

Best used in stocks, soups, stews, dips, or marinades

Grilled Carrot Dogs: 1 pound peeled carrots, 1 Tbsp olive oil, 1 Tbsp garlic, 1/2 cup fresh parsley. Add all ingredients together into a gallon Ziploc bag and marinate 2-4 hours. Remove and grill for 5-6 minutes each side or when fork-poked soft. Serve in hot dog buns with preferred condiments - a whole new twist on hot dogs!



The Right Choice For A Healthier You™

(<https://www.therightchoiceforahealthieryou.com/>) website offers recipes and videos highlighting special ingredients year round, like the recipes above - Take a look!