

Health Tip of the Month

Give your meal a make-over with fresh herbs

Looking for a way to add flavor to your meals? Experiment with fresh herbs! It only takes a minute to give any dish a healthy, flavorful makeover.

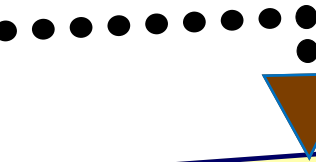
Try delicious combinations of **cilantro, basil, parsley and dill.**

- ◆ Give a cultural twist to potatoes, rice, pasta, and beans.
- ◆ Bring excitement to meats, sauces, salsas and dressings.
- ◆ Add “green” to take-out, sandwiches, and leftovers.



It's always the perfect time to buy fresh herbs from your neighborhood market or local grocery store.

**Clean, refrigerate, and use herbs fresh all week.
Freeze or dry extras to use at anytime.**



**Add fresh herbs.
Cut down on salt!**



Dress up salsa with cilantro.

Top soups with parsley.

Bake potatoes topped with fresh dill.

Place basil on sliced tomato with vinegar.

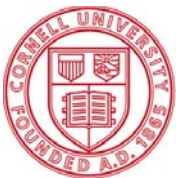
Mix cilantro into meatballs and meatloaf.

Add herbs fresh to your salads, or salad dressings.

Top pizza with basil and parsley.

Make fresh cilantro pesto with garlic and olive oil.

Whip up an omelet with your favorite herb flavor.



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Worksite Wellness Initiative: by Laura Sienkiewicz, Nutrition and Health Intern
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