










# Herbs Flavor and Health Enhancers



	Health Benefits	Tips for Easy Use
 <i>Basil</i>	Helps fight against bad bacteria and inflammation; has same enzymes as aspirin and ibuprofen	Large, easy to use leaves; common in Mediterranean cooking; enhances tomato dishes; key ingredient in pesto and caprese salad (basil, mozzarella, and tomato)
 <i>Chives</i>	Anti-bacterial; helps vision; may help with cancer, improve digestion, reduce blood pressure, strengthen nails and teeth	Adds onion/garlic flavor; great with egg and cheese dishes such as omelets and quiches; good with chicken, fish, salads, steamed vegetables and soups
 <i>Cilantro</i>	Contains fiber, iron, and magnesium; has antioxidants that help foods stay fresh longer	Common in Mexican and Asian cooking in rice, salsa and tomato dishes; add at end of cooking; lively, parsley-like fragrance
 <i>Dill</i>	Freshens breath; fights against viruses and inflammation	Heat sensitive so use at end of cooking or in uncooked dishes; good with yeast bread, eggs, coleslaw, potato salad, fish, Brussels sprouts, cauliflower, cucumber, and summer squash
 <i>Mint</i>	Has vitamins and minerals; known to be calming and soothing; digestion aid	Provides a refreshing zip; strong flavor so use sparingly; pairs well with beverages, summer fruit such as watermelon, fish, lamb, desserts, sauces and soups
 <i>Oregano</i>	Inhibits bacterial growth; helps prevent inflammation	Common in Italian cuisine, especially tomato dishes; good with soups (bean, minestrone, tomato), game meats, veal, beef, clams, spaghetti, beans, and cheese dishes
 <i>Parsley</i>	Full of vitamins A, C, and K; excellent diuretic; aids in bone health	Gives a kick to most dishes; common garnish; sprinkle over foods before serving; add to salads, vegetables, pastas and soups
 <i>Rosemary</i>	Can help improve brain function and memory; inhibits inflammation	Remove leaves from stems- pull in opposite direction from which they are growing; good with fish, seafood, lamb, vegetables and soups
 <i>Thyme</i>	Reduces cell damage from free radicals to fight against cancer and aging; helps fight inflammation	Common in French cuisine; thin stems can be chopped and used with leaves; good with eggs, chowders, fish, meats, soups (onion, tomato, vegetable), stuffing and tomato dishes

Enjoy your herbs for the flavor and heart-promoting benefits they provide. You can think of herbs as “mini-salads” because they provide concentrated forms of powerful antioxidants to help our health.

**Tip:** Herbs that have a woody stem like thyme and rosemary tend to hold up well in the oven while tender ones like parsley are better used at the end of cooking.

**Tip:** 1 tablespoon fresh herbs = 1 teaspoon dried, crushed herbs

**Andrea M. Nikolai, Family and Consumer Science | andreanikolai@ufl.edu | 863.519.1072**