

Herb:	Flavor:	Great with:	Notes:
Basil	Fragrant and spicy—almost peppery	Tomatoes, vegetables, poultry, grilled pizzas, salads	It's best used as whole or torn. Smaller leaves at top of bunch are the sweetest
Chives	Subtle onion with grass-like leaves	Egg dishes, soups, sauces, baked potatoes, fish	Snip with scissors for best results. Chive flowers make a pretty garnish.
Cilantro	A lively flavor, soapy, some say	Asian, Mexican and Indian dishes; mix in salsas and chutneys	Leaves become bitter after plant flowers. Dried seeds are coriander.
Dill	Fresh and grassy, feathery leaves used in pickle brine	Tuna salad, omelets, vegetables, seafood dishes, yogurt dressing for cucumbers	Use dill fresh or add to hot food just before serving.
Oregano	Earthy; balances acidic tomatoes	Lamb, beef, eggs, beans, eggplant	Closely related to marjoram but more pungent
Rosemary	Pungent aroma and pine flavor	Mediterranean dishes, lamb, poultry, fish, breads, long cooking stews	When grilling sturdier stems make good skewers; branches can be a basting brush.
Sage	Very aromatic and woody	Fresh sausage, holiday stuffing, poultry	Deep fried sage is a lovely garnish
Tarragon	Reminiscent of licorice	Poultry, fish, shellfish, vegetables, eggs	Two types; French is preferred over more bitter Russian
Thyme	Minty and citrusy	Mediterranean dishes, stews, eggs, seafood, poultry	Strip leaves from stems by pulling through fork tines

Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.

Seasonal Eating

UT Extension

Cooking Demonstration

New Ideas to Use Seasonal Fruits and Vegetables



March 2012 Herbs and Staples

<https://utextension.tennessee.edu/bedford/Pages/Seasonal-Eating.aspx>

Lemon Rosemary Chicken

- 1 1/2 pounds boneless, skinless chicken, cut into 1" chunks
(you can use breasts or thighs)
- Salt and pepper
- 2 tablespoons olive oil
- 1 medium red onion, cut in half and sliced from root to top
- 8 ounces mushrooms, sliced
- 1 1/2 tablespoons coarsely chopped fresh rosemary
- 1/2 cup chicken broth
- Lemon zest of 1 lemon
- 1/3 cup chopped pitted prunes
- 1/3 cup chopped pitted green olives
- 3 tablespoons fresh lemon juice

Season the chicken with the salt and pepper. Heat the olive oil in a large skillet over high heat. When the pan is very hot, add the chicken pieces, spreading them in a single layer. Cook them undisturbed until the bottoms of the chunks brown lightly, about 3 minutes. Scrape the chicken pieces loose with a spatula, stir them around, and cook them another 3 minutes, stirring several more times, to lightly brown the other sides. Slide the chicken out of the pan onto a warm platter. Adjust the heat to medium-low. Add the onion, mushrooms and rosemary to the skillet and cook until they become limp, about 3 minutes. Pour in the chicken broth and stir to dissolve the browned layer on the bottom of the pan. Stir in the lemon zest, prunes, olives, a few grinding of black pepper, a few pinches of kosher salt and the browned chicken. Cover tightly and cook over low heat for 15 minutes, or until the chicken is tender. Uncover the pan and increase the heat to high. Stir in the lemon juice, and cook until the sauce reduces and thickens enough to coat the meat with a glaze, 2-3 minutes. Serve while still hot.

Carrot Soufflé

- 7 cups chopped carrots (about 2 pounds)
- 2/3 cup sugar
- 1/4 cup sour cream (low-fat or regular)
- 3 tablespoons flour
- 2 tablespoons butter, melted
- 1 teaspoon baking powder
- 1 teaspoon vanilla extract
- 1/4 + 1/8 teaspoon salt
- 3 large eggs, lightly beaten
- Cooking spray
- 1 teaspoon powdered sugar (optional)

Cook carrots in boiling water 20 minutes or until very tender; drain. Place in a food processor and process until smooth. Add sugar, sour cream, flour, butter, baking powder, vanilla, salt and eggs. Pulse to combine. Pour mixture into a 2-quart baking dish coated with cooking spray. Bake at 350 degrees for 50 minutes or until puffed and set. Sprinkle with powdered sugar, if desired.

Greek Stuffed Celery

- 8 ounces cream cheese, softened
- 3 ounces feta cheese
- 1/4 teaspoon Greek seasoning (Cavenders)
- 1/4 teaspoon chopped fresh oregano
- 1/4 teaspoon chopped fresh thyme
- 1 teaspoon chopped fresh parsley
- 1 tablespoon finely chopped red bell peppers
- 2 tablespoons finely chopped green olives
- 2 tablespoons finely chopped Kalamata olives
- 6 stalks celery washed and cut in half

In a bowl, mix together the cheeses, Greek seasoning, oregano, thyme, parsley, bell pepper and olives. Cover and place in refrigerator for several hours to let flavors develop. Stuff into celery pieces.