











# Cooking with Herbs

## for Healthier Meals

Herbs are an easy way to add flavor to everyday meals. Whether you grow your own or pick up a few bunches at the grocery store, keeping herbs on hand makes it simple to experiment in the kitchen. Use this guide for inspiration, then mix, match, and discover your favorite combinations.



Herbs	Pairs Well With...
<b>Basil</b> 	Tomatoes, mozzarella, pasta, eggplant, zucchini
<b>Cilantro</b> 	Rice, salsa, cabbage, tacos, citrus, corn
<b>Chives</b> 	Eggs, potatoes, goat cheese, salads, roasted carrots
<b>Dill</b> 	Potatoes, cucumbers, salmon, asparagus, yogurt
<b>Parsley</b> 	Grain bowls, quinoa salad, mushrooms, soups
<b>Rosemary</b> 	Roasted root veggies, popcorn, white bean soup
<b>Thyme</b> 	Zucchini, salad dressing, potatoes, white fish
<b>Mint</b> 	Tea, beets, watermelon, peas, yogurt sauce
<b>Oregano</b> 	Pasta, pizza, risotto, roasted vegetables
<b>Sage</b> 	Squash, potatoes, sweet potatoes, white beans

**TIP:** Fresh herbs are usually added near the end of cooking, while dried herbs are often added earlier so their flavors have time to develop.