## CULINARY INSTITUTE OF CHILD NUTRITION FRESH HERBS

**BASIL** Sweet, Peppery, Light Licorice Flavor



Best Used In Condiments, Curry, Fresh Fruit, Fruit Salads, Marinades, Salad Dressing, Salads, Sauces, Soups, Stir-fry, Tomato Sauce

Produce Bell Peppers, Broccoli, Chickpeas, Cucumber, Green Beans, Lettuce, Melon, Peas, Pineapple, Summer Squash, Tomato

Meat/Meat Alternates Chicken, Egg, Fish, Legumes, Tofu, Turkey, Yogurt

**OREGANO** Pungent, Peppery, Earthy, Bitter



Best Used In Chili, Marinades, Salad Dressing, Sauces, Soups, Tomato Sauce

Produce Bell Peppers, Black Beans, Cauliflower, Chickpeas, Mushrooms, Potato, Root Vegetables, Summer Squash, Tomato, White Beans, Winter Squash **CILANTRO** Bright, Citrusy



Best Used In Chili, Condiments, Curry, Fruit Salads, Marinades, Salad Dressing, Salads, Salsa, Sauces, Soups, Stir-fry

**Produce** Bell Peppers, Black Beans, Cabbage, Carrot, Cauliflower, Chickpeas, Corn, Lettuce, Melon, Pineapple, Summer Squash, Sweet Potato, Tomato

Meat/Meat Alternates Beef, Chicken, Egg , Fish, Legumes, Pork, Tofu

**PARSLEY** Fresh, Bright, Grassy, Mild-Bitter



Best Used In Condiments, Fruit Salads, Marinades, Salad Dressing, Salads, Sauces, Soups, Stews

Produce Bell Peppers, Broccoli, Cabbage, Carrot, Cauliflower, Cucumber, Melon, Mushrooms, Peas, Potato, Summer Squash, Sweet Potato, Tomato, White Beans **DILL** Lemony, Sweet, Grassy, Floral

Best Used In

Condiments, Marinades, Salad Dressing,

Salads, Sauces, Soups

Produce

Bell Peppers, Broccoli, Cabbage, Carrot, Cauliflower,

Chickpeas, Cucumber, Green Beans, Lettuce, Peas,

Potato, Summer Squash, Tomato, White Beans

Meat/Meat Alternates

Chicken, Egg, Fish, Legumes,

Pork, Tofu, Turkey, Yogurt

ROSEMARY

Woody, Pungent, Lemon-Pine

MINT Sweet and Cool



Best Used In Condiments, Curry, Fresh Fruit, Fruit Salads, Marinades, Salad Dressing, Salads, Sauces

**Produce** Cabbage, Carrot, Cauliflower, Chickpeas, Cucumber, Lettuce, Melon, Peas, Pineapple, Potato, Summer Squash, White Beans

Meat/Meat Alternates Legumes, Tofu, Yogurt

**THYME** Earthy, Sweet, Mild-Mint



Best Used In Fresh Fruit, Fruit Salads, Marinades, Salad Dressing, Sauces, Soups, Tomato Sauce

**Produce** Carrot, Cauliflower, Chickpeas, Mushrooms, Peas, Root Vegetables, Summer Squash, White Beans, Winter Squash

Meat/Meat Alternates Beef, Chicken, Fish, Legumes, Tofu, Yogurt Meat/Meat Alternates Beef, Chicken, Fish, Legumes, Tofu, Turkey, Yogurt Carrot, Cauliflower, Mushrooms, Peas, Potato, Root Vegetables, Sweet Potato, Tomato, White Beans, Winter Squash

**Best Used In** 

Condiments, Marinades, Sauces,

Soups, Stews, Tomato Sauce

Produce

Meat/Meat Alternates Chicken, Legumes, Pork, Tofu Meat/Meat Alternates Chicken, Legumes, Pork, Tofu, Turkey, Yogurt

## **PURCHASING TIP**





**PRO TIP** 

## STORAGE TIP



Work with your vendor to see if you can purchase herbs by the bunch versus by the case. If you have access fresh herbs, puree them with a little water and freeze the mixture for later use as a flavor booster. Trim the stem ends and either wrap in a damp paper towel of stand upright in a plastic hotel pan with a little water at the base.

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