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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