

Cooking With Herbs

The Healthier Option



Rachel Monday, Education Chair, District 11

Developed and Presented by Gayle Bludau, CEA-FCH Victoria County and Karen Lyssy, CEA-FCH Calhoun County, Texas A&M AgriLife Extension

September 15, 2021

Cooking with Herbs-The Healthier Option

Goals and Objectives

- Goal
 - Provide information and resources on how to have a heart healthy diet by reducing sodium and increasing vegetable intake.
- Objectives
 - Discuss why and how to cook with herbs
 - Discuss how to grow herbs
 - Discuss popular herbs
 - Demonstrate easy herb recipe

Materials (available from <http://teea.tamu.edu>)

- *Cooking with Herbs-The Healthier Option* PowerPoint
- *Cooking with Herbs-The Healthier Option* Handout
- *Cooking with Herbs-The Healthier Option* Recipes
- *Cooking with Herbs-The Healthier Option* Evaluation
- Optional Resource
 - *Herbs for Texas Landscapes* <https://aggie-horticulture.tamu.edu/vegetable/files/2013/09/EHT094.pdf>

LESSON 3: HERB/SPICE AND FOOD COMBINATIONS

BEEF:

- Bay leaf
- Basil
- Marjoram
- Curry powder
- Onion
- Oregano
- Black pepper
- Savory
- Thyme

PORK:

- Cayenne pepper
- Chile powder
- Cinnamon
- Cloves
- Fennel (sausage)
- Sage
- Thyme

POULTRY:

- Ginger
- Curry powder
- Marjoram
- Paprika
- Sage
- Tarragon

WINTER SQUASH AND SWEET POTATOES:

- Allspice
- Cinnamon
- Cloves
- Ginger
- Nutmeg
- Savory
- Thyme

FINFISH:

- Basil
- Bay leaf
- Chile powder
- Dill
- Ginger
- Oregano
- Paprika
- Sage
- Tarragon
- Thyme

SHELLFISH:

- Basil
- Black pepper
- Curry powder
- Dill
- Garlic
- Ginger
- Tarragon

POTATOES:

- Basil
- Caraway
- Chives
- Dill
- Garlic
- Parsley

TOMATOES:

- Basil
- Bay leaf
- Cilantro
- Cloves
- Marjoram
- Nutmeg
- Oregano
- Sage

GREEN BEANS:

- Basil
- Cloves
- Marjoram
- Parsley
- Sage
- Savory

CARROTS:

- Basil
- Bay leaf
- Ginger
- Marjoram
- Mint
- Oregano
- Parsley
- Thyme

SPINACH:

- Marjoram
- Ginger
- Nutmeg
- Parsley

CORN:

- Chile powder
- Chives
- Smoked paprika

Source: ADA Complete Food and Nutrition Guide, 4th Edition.

LESSON 3: CREATE YOUR OWN SPICE BLEND

CHINESE FIVE SPICE BLEND, 1/2 CUP

- 1/4 cup ground ginger
- 2 tablespoons ground cinnamon
- 2 tablespoons ground cloves
- 1 tablespoon ground allspice
- 1 tablespoon anise seeds

**Best for chicken, fish and pork*

CURRY BLEND, 1/2 CUP

- 2 tablespoons ground coriander
- 2 tablespoons ground turmeric
- 1 tablespoon ground cumin
- 2 teaspoons ground cardamom
- 2 teaspoons ground ginger
- 2 teaspoons ground black pepper
- 1 teaspoon ground cloves
- 1 teaspoon ground cinnamon
- 1 teaspoon ground nutmeg

**Best for rice, lentils, vegetables, and chicken*

GREEK BLEND, 1/2 CUP

- 3 tablespoons garlic powder
- 3 tablespoons dried lemon peel
- 2 tablespoons dried oregano
- 1 teaspoon black pepper

**Best for seafood, poultry, and herbed bread*

POULTRY BLEND, 1/2 CUP

- 6 tablespoons ground sage
- 2 tablespoons ground thyme

ITALIAN BLEND, 1/2 CUP

- 2 tablespoons dried basil
- 2 tablespoons dried marjoram
- 1 tablespoon garlic powder
- 1 tablespoon dried oregano
- 2 teaspoons dried thyme
- 2 teaspoons crushed dried rosemary
- 2 teaspoons crushed red pepper

**Best for pasta, chicken, pizza and herbed bread*

MEXICAN CHILE BLEND, 1/2 CUP

- 1/4 cup chili powder
- 1 tablespoon ground cumin
- 1 tablespoon onion powder
- 1 teaspoon dried oregano
- 1 teaspoon garlic powder
- 1 teaspoon ground red pepper
- 1/2 teaspoon ground cinnamon

**Best for chili, tacos, fajitas, beans, and enchiladas*

MIXED HERB BLEND, 1/2 CUP

- 1/4 cup dried parsley
- 2 tablespoons dried tarragon
- 1 tablespoon dried oregano
- 1 tablespoon dried dill weed
- 1 tablespoon dried celery flakes

**Best for salads, pasta, steamed vegetables and fish*

Source: ADA Complete Food and Nutrition Guide, 4th Edition.

Fresh or Whole Seasoning	Dehydrated Seasonings
1/3 cup fresh onion slices	¼ cup onion flakes
½ teaspoon minced fresh garlic	¼ teaspoon instant minced garlic
1 clove garlic	1/8 teaspoon garlic powder
½ cup diced fresh pepper	¼ cup bell pepper flakes

Fresh or Whole Seasoning	Dehydrated Seasonings
½ cup diced fresh celery	¼ cup celery flakes
½ cup diced peppers, onion, celery, and carrots	¼ cup mixed vegetable flakes
½ to 1 cup fresh parsley	¼ cup instant parsley flakes
1 teaspoon chopped fresh ginger	¼ teaspoon ground ginger

Fresh or Whole Seasoning	Dehydrated Seasonings
1 teaspoon grated fresh lemon or orange peel	1 teaspoon dried lemon or orange peel OR ½ teaspoon lemon or orange extract
¼ cup chopped fresh mint	1 tablespoon dried mint
1 whole bay leaf	1 teaspoon cracked bay leaf

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1/3 cup fresh onion slices	¼ cup onion flakes
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SUMMER VEGGIES WITH BOWTIE PASTA AND HERB INFUSED MARINARA SAUCE

Marinara Sauce

1 tsp olive oil
2 tsp garlic minced
2 28 oz canned crushed tomatoes unsalted
1 1/2 tsp dried thyme
1 1/2 tsp rosemary
1 1/2 tsp oregano
1 1/2 tsp basil
1 1/2 tsp onion powder
2 tbsp sugar

Veggies with Pasta

2 yellow crook-neck squash sliced
2 zucchini sliced
12 baby carrots sliced
1/2 head red/purple cabbage chopped, about 2.5 cups
3 green onions chopped
1/2 green bell pepper sliced
2 tsp canola oil
1 (16 ounce) box Farfalle pasta bowtie (whole- wheat)
1/4 cup shredded Parmesan cheese
2 tbsp low sodium soy sauce

1. For sauce, heat olive oil and garlic in a large saucepan or pot over medium heat. Sauté garlic for 1-2 minutes until slightly golden. Reduce heat to low and add crushed tomatoes, herbs, and sugar. Simmer on low for 15-18 minutes. (Makes 12 1/2 cup servings of sauce.)
2. Meanwhile, put all vegetables with in skillet with sprays of butter.
3. Place lid on vegetables and cook until tender.
4. In separate sauce pan, prepare pasta as directed on box.
5. Drain pasta and toss with cooked vegetables.
6. Sprinkle with Parmesan Cheese.

Makes 8

Nutrients per serving (418 mg) of veggies, pasta and sauce:

Calories per serving 350, 4.5g Total Fat, 1g Saturated Fat, 0g Trans Fat, 0 mg Cholesterol, 280 mg sodium, 67g Total Carbohydrates, 7g Dietary Fiber, 13g Total sugars, 14g Protein

ORZO GARLIC CHICKEN

1 cup uncooked orzo pasta
2 tbsp olive oil 2 cloves garlic minced
1/4 tsp crushed red pepper
2 (8 ounce) skinless, boneless chicken breast halves cut into bite-sized pieces
1 tbsp chopped fresh parsley
2 cups fresh spinach leaves
1/4 cup reduced fat, grated Parmesan cheese for topping

1. Bring a large pot of water to boil. Add orzo pasta, cook from 8-10 minutes, until al dente, and drain.
2. Heat the oil in a skillet over medium-high heat, and cook the garlic and red pepper 1 minutes, until garlic is golden brown.
3. Stir in chicken and cook 2 to 5 minutes, until lightly browned and juices run clear.
4. Reduce heat to medium, and mix in the parsley and cooked orzo.
5. Place spinach in the skillet. Continue cooking 5 minutes, stirring occasionally, until spinach is wilted.
6. Serve topped with Parmesan cheese.

Makes 4

Nutrients per serving (150 mg)

Calories per serving 320, 11g Total Fat, 2.5g Saturated Fat, 0g Trans Fat, 85 mg Cholesterol, 150 mg sodium, 23g Total Carbohydrates, 1g Dietary Fiber, 1g Total sugars, 31g Protein

ROASTED ROSEMARY SWEET POTATOES

3 pounds (6 cups) sweet potatoes peeled and cut into 1-inch cubes
1/4 cup olive oil
4 sprigs rosemary chopped
3 cloves garlic minced
1 red onion, sliced

1. Wash your hands and clean your cooking area. Preheat sauté pan to medium heat on the stove top.
2. Combine sweet potatoes and olive oil in the pan and sauté until potatoes are bright and tender.
3. Add rosemary to the pan and continue stirring.
4. Add garlic and onion, and cook until soft and aromatic.

Makes 12

Nutrients per serving (65 mg)

Calories per serving 140, 4.5g Total Fat, 0.5g Saturated Fat, 0g Trans Fat, mg Cholesterol, 65 mg sodium, 24g Total Carbohydrates, 4g Dietary Fiber, 5g Total sugars, 2g Protein

LEMON-DIJON GLAZED SALMON FOIL PACKETS

4 4-ounce salmon fillets
1 tbsp Dijon mustard
3 tbsp olive oil
1 tbsp honey
1/2 tsp pepper
1/4 tsp salt
16 fresh asparagus spears, tough ends removed
16 cherry tomatoes
1/2 medium fresh lemon, sliced
Fresh dill

1. Heat grill to medium-high.
2. Cut four 24-inch pieces of aluminum foil. Spray each piece with vegetable-oil cooking spray and place 1 salmon fillet, skin side down, on the middle of it.
3. In a small bowl, whisk the mustard, olive oil, honey, pepper, and salt until well mixed. Use a pastry brush to spread about half of the mixture over the fillets.
4. Layer the asparagus, tomatoes, and onions over the top of each fillet, ensuring that there is an even number in each packet. Top the vegetables with the remaining mustard and honey mixture and slice or two of lemon.
5. Fold the packets up, sealing the tops and sides.
6. Place the packets on the grill. Cover the grill and cook for about 11 to 13 minutes, until the internal temperature of the fish reaches 145F and the fillets flake easily with a fork.
7. Remove the packets from the grill and open them carefully. Garnish them with the dill.

Makes 4

Nutrients per serving (330 mg)

Calories per serving 290, 15g Total Fat, 2.5g Saturated Fat, 0g Trans Fat, 50 mg Cholesterol, 330 mg sodium, 13g Total Carbohydrates, 3g Dietary Fiber, 8g Total sugars, 26g Protein

ZUCCHINI-OAT CHOCOLATE CHIP COOKIES

1 1/2 cup all-purpose flour or white whole wheat
1 tsp ground cinnamon
1/2 tsp baking soda
1/4 tsp salt
1/2 cup unsalted butter softened
1/4 cup granulated white sugar
1/4 cup light brown sugar packed
1 egg
1 1/2 tsp vanilla extract
1 1/2 cup shredded zucchini
1 cup rolled oats
1/2 cup chopped pecans or walnuts optional
1/2 cup semi-sweet chocolate chips

1. Preheat oven to 350 F. In a mixing bowl whisk together flour, cinnamon, baking soda and salt for 20 seconds, set aside.
2. In the bowl of an electric stand mixer fitted with the paddle attachment, whip together butter, granulated sugar and brown sugar until creamy.
3. Mix in egg and vanilla extract. Add zucchini and with mixer set on low speed, slowly add in flour mixture. Stir in oats, walnuts and chocolate chips (optional: reserve 1/3 cup of the chocolate chips to press into the tops of dough balls before baking, just for looks).
4. Shape dough into balls, 2 Tbsp each, then transfer to a Silpat non-stick baking sheet or parchment paper lined baking sheet, spacing cookies 2-inches apart.
5. Bake in preheated oven 11-14 minutes until edges are lightly golden. Cool on baking sheet 2 minutes then transfer to a wire rack to cool completely. Store in an airtight container.

Makes 24 cookies

Nutrients per serving (55mg)

Calories per serving 103, 6g Total Fat, 3g Saturated Fat, 0g Trans Fat, 19 mg Cholesterol, 55 mg sodium, 11g Total Carbohydrates, 1g Dietary Fiber, 3g Total sugars, 2g Protein

BLACK BEAN SALSA WITH PINEAPPLE

- 1 (15 ounce) can low sodium black beans drained and rinsed
- 1 (15 ounce) can pineapple tidbits in natural juice drained but reserve juice
- 1 cup diced bell pepper
- 6 green onions thinly sliced
- 1/4 cup cilantro leaves chopped
- 1/4 cup reserved pineapple juice
- 1 tbsp canola oil
- 1 seeded jalapeno pepper minced

1. Combine all ingredients in a bowl.
2. Toss and serve.

Makes 6

Nutrients per serving (15 mg)

Calories per serving 110, 2.5g Total Fat, 0g Saturated Fat, 0g Trans Fat, 0 mg Cholesterol, 15 mg sodium, 17g Total Carbohydrates, 5g Dietary Fiber, 5g Total sugars, 5g Protein



Growing and Cooking with Herbs All Year Long

Gayle Bludau
FCH Agent
Victoria County

Karen Lyssy
FCH Agent
Calhoun County



1

Why Cook With Herbs?

Taste and health benefits

- Add flavor to dishes
- Add variety to the menu
- Make many foods more palatable to children
- Reduce the need for salt
- Many herbs have healthful properties



Roast Chicken with lemon,
thyme and rosemary

2

Why Grow Your Own Herbs?

- Reduce supermarket costs
- Know exactly whether pesticides or herbicides were used
- Freshness means more flavor and beneficial compounds
- Health benefits of exercise
- Satisfaction of snipping fresh herbs while preparing meals
- Extras can be dried, frozen or packaged as gifts



Prepping Basil Chiffonade

3

How Are Herbs Used?

- Flavor meats, salads, soups and stews, and in beverages, teas and desserts
- Create flavor profiles of recipes from around the world, such as Mediterranean, Asian, Mexican, Spanish, European, African
- In folk medicine as teas, and to provide relief from pain and other health problems



A Simple Bouquet Garni tied in kitchen twine

4

Site Selection - Consider



- Inside or outside?
- Containers or in the ground?
- Sunlight?
- Soil Type?
- Availability of water?



5

Some Sun Loving Herbs

Basil
Rosemary
Oregano
Thyme
Sage
Marjoram
Lemon Grass

6

Some Shade Loving Herbs

Arugula
Bee Balm
Catnip
Chamomile
Chervil
Mints

7

Soils

In Ground

- Have a soil sample test done before you start
- Amend the soil with plenty of organic compost
- Till the planting holes well so soil is loose

Containers

- Use containers that have good drainage and are the right size for the plants
- Use good potting mix that will hold water

8

Watering

- Determine the water needs of your plants.
- Use soaker hoses, drip systems or sprinklers to distribute the water evenly.
- Use a series of cut off valves to shut off the water easily.

9

Fertilizing

Organics –

- Blood & Bone Meal
- Cottonseed Meal
- Manures
- Coffee & Tea Grounds
- Egg Shells for Calcium
- Fish Emulsion
- Plant-tone™

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Mulching

- Holds moisture
- Shades the soil
- Keeps weeds under control
- Minimum of 2" to 4"
- Replenish every 3-4 months
- Use well seasoned (decomposed) mulch

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Pests and Diseases

- Herbs are naturally resistant to insects and diseases
- Very little chemical control is required
- Integrated Pest Management (IPM) is the best set of practices



12

How will you use your herbs?

- Cooking
- Medicinal
- Fragrance
- Landscape
- All The Above

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Arugula

(Roquette, Rocket, rugula)

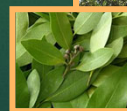
- Spicy salad green, bolts in the heat
- Prized by gourmet cooks for its spicy crispness
- Grown easily from seed
- Harvest often to keep leaves tender and growth steady
- Best grown in spring and fall



Bay Laurel

(Laurus nobilis)

- Soups, stews, sauces
- Italian dishes, meat dishes
- Must have good drainage
- Nice landscape plant
- Can be pruned into shapes
- Fresh bay leaves are superior to dry



14

Basil

(*Ocinum basilicum*)

- Garnishes, pesto, sauces
- Tomato companion
- Sweet Basil is the most popular
- Thai for Asian cooking
- Annual but reseeds easily
- Full sun produces flavorful oils
- Prune often & keep blooms snipped off – hates cold



15

Basil

(*Ocinum basilicum* sp.)

- Beautiful in hanging baskets
- Purple Ruffles variety has a minty smell that can be used in sensory gardens
- Stalks with blooms can be added to vinegars in decorative jars for flavor and decoration



16

Chives

(Allium schoenopresum)

Member of Onion family

- Use in dips, on potatoes, meats, vegetables, fish, eggs
- Cut at the base to avoid brown tips
- Divide every 3 years
- Use fresh as garnish
- Discourage blooming, although flowers are edible



Cilantro

(Coriandrum sativum)

- Cool season herb
- Use in salsas, salads, soups, and garnish
- Keep the flowers picked for longer lasting plants
- Seeds are the spice Coriander and are used in cooking

Some people think cilantro tastes like soap – do you?



17

Dill

(Anethum graveolens)

- Pickles and salads
- Cheese/Spreads
- Cucumbers
- Fish dishes and sauces
- Reseeds easily
- Cool weather
- Butterfly

- Food for Swallowtail larvae



Mint

(Mentha species)

- Use in sauces and marinades
- Jellies, lamb, fruits, candy
- Spearmint use for iced tea
- Peppermint for hot teas or hot chocolate



18

Lemon Grass

(*Cymbopogon citratus*)

- High in Vitamin A
- Used in tea blends
- Basic herb for Asian cooking
- Great seasoning for chicken & fish
- Use to tie up roasts
- BBQ Skewers
- Harvest by cutting low
- Grown commercially in The Rio Grande Valley for oil

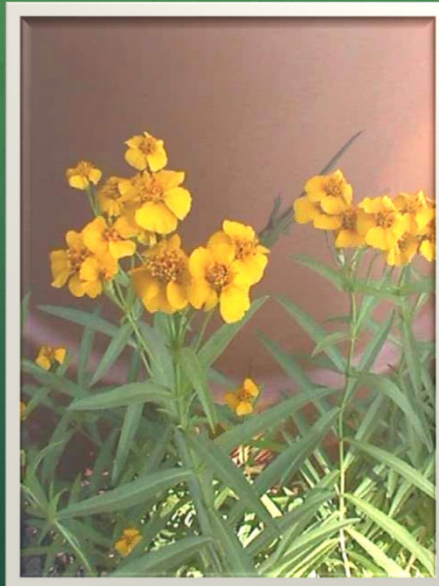


19

Mexican Mint Marigold

Texas Tarragon, Yerba
Anise (*Tagetes lucida*)

- Tea for upset stomach
- Tarragon substitute
- Used with egg & fish dishes, chicken, vegetables, turkey, and in stuffing mixes
- Butterfly attracter
- Leaves for potpourri
- Add late in cooking, flavor cooks out in heat



20

Oregano

(*Origanum vulgare*)

- A mainstay of Italian dishes
- Easy to grow
- Dried leaves add zest to poultry, salads, soups, casseroles, rice, tomatoes and beans
- Greek & Italian varieties are the most common



Cuban Oregano

Parsley

(*Petroselinum crispum*)

- Curly and Flat Leaf
- Used as garnish, soups, dips, and sauces
- Rich in vitamins A, C, K and good source of calcium and iron
- Feeder plant for Swallowtail butterfly larvae
- Seeds slow to start – soak them first



21

Rosemary

(*Rosemary officinalis*)

- Use in soups, stews
- Tuck inside roasted lamb or chicken
- Use as skewers for kabobs
- Will not stand wet feet
- Perennial, dies at 3-5 years, so plan ahead



22

Sage

(*Salvia officinalis*)

- Many varieties to choose from, most for cooking, some for landscape
- Seasoning for pork, duck, ham, veal, fish, poultry and stuffing
- Believed to bestow wisdom
- Full sun – Xeriscape plant



23

Thyme

(*Thyme vulgaris*)

- Enhances the flavors of fish, poultry, beef and stews
- Considered a good antioxidant
- Used in marinades, teas, cottage cheese and butter
- Prune lightly and regularly
- Notorious cross pollinator
- Well drained soil is a must



Thyme and Zucchini

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The graphic features a green background with a geometric pattern of triangles. A white box in the top left corner contains the Texas A&M AgriLife Extension logo. The title "Texas A&M AgriLife Extension Service Contact Information" is centered in a yellow-green font. Below this, on an orange textured background, are the names and contact information for two agents. A small "Texas Master Gardener" logo is in the bottom right corner.

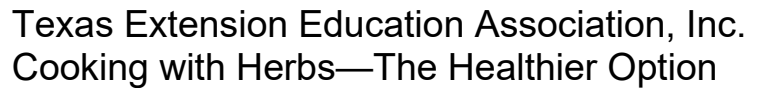
TEXAS A&M AGRILIFE EXTENSION

**Texas A&M AgriLife Extension
Service
Contact Information**

Gayle Bludau
Victoria County Family & Community Health Agent
Office (361) 575-4581

Karen Lyssy
Calhoun County Family & Community Health Agent
Office (361) 552-9247

TEXAS
MASTER GARDENER
TEXAS A&M AGRILIFE EXTENSION



1. Regarding the overall program/teaching (rate your response by circling a number):

2. Regarding what you know and actions you plan to take (circle your response):

I think I now know the benefits of growing and using various herbs. YES NO

_____ TEEA Member. _____ Extension Agent/Specialist _____ Other Speaker.

My age is _____ years-old.

Thank You For Completing This Form!