

Knowledge @ Noon

“Say it Ain’t Cilantro”



Wednesday, August 15 2018

12:00 - 1:00 p.m.

104 S. Brayman, Paola, KS
Marais des Cygnes Extension District, Paola Office

*Instructors: Marais des Cygnes Extension District
Master Food Volunteers*

Culinary Herbs



Oregano

Origanum vulgare
Uses: vegetables, roast beef, lamb, chicken, pork, fish, stuffing, pasta, pizza, soup, bread



Dill

Anethum graveolens
Uses: fish, meat, sauce, vegetables, pickles, soups, stews, dips, potatoes, bread



Parsley

Petroselinum crispum
Uses: egg, fish, poultry, veal, pork, vegetables, potatoes, pasta, soup
Combine With: chives, chervil, tarragon (fines herbes), basil



Chervil

Anthriscus cerefolium
Uses: soup, omelettes, roasted chicken, salad, dressing, fish (add fresh leaves toward the end to preserve flavor)
Combine With: parsley, chives, and tarragon (fines herbes)



Thyme

Thymus vulgaris
Uses: fish, poultry, soup, eggs, tomatoes, lamb, veal, croquettes
Combine With: parsley, bay, rosemary



Sage

Salvia officinalis
Uses: pork, poultry, lamb, sausage, stuffing, salad, cheese, vegetables, seafood, bread



Chives

Allium schoenoprasum
Uses: potatoes, omelettes, pasta, soup, salad, chicken, spreads
Combine With: parsley, chervil, tarragon (fines herbes)



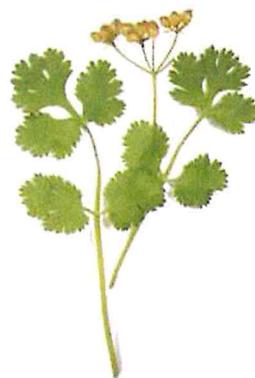
Tarragon

Artemisia dracunculoides
Uses: egg, poached fish, mushroom, vegetables, chicken, salad dressing
Combine With: parsley, chervil, chives (fines herbes)



Basil

Ocimum basilicum
Uses: tomatoes, pesto, sauce, pizza, pasta, salad
Combine With: garlic, parsley



Cilantro (Coriander)

Coriandrum sativum
Uses: mexican cuisine, salsa, soup, stew, chicken, rice, curry, avocado, tomato
Combine With: cumin, curry seasoning



Rosemary

Rosemarinus officinalis
Uses: lamb, pork, veal, chicken, potatoes, vegetables, squash, salad dressing, bread
Combine With: italian herbs



Mint

Mentha spp.
Uses: lamb, vegetables, yogurt dressings, bread, iced tea, soup, fish, poultry, desserts

Extension

January 2012 Newsletter

For back issues visit the Family Matters Web site At www.ext.colostate.edu/Pubs/fammatrs/fmmenu.html

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Healthy Cooking with Herbs

Anne Zander, CSU Family & Consumer Science Extension Agent

Adding herbs is a quick way to change ordinary meals into special meals. Besides adding flavor to foods, great for when you're trying to cut back on salt, fat and sugar, herbs have health benefits of their own. Researchers are finding that many herbs have antioxidants that may help protect against such diseases as cancer and heart disease.

Take some "thyme" to cook with fresh herbs. Here are some tips to help you enjoy the flavor and health benefits of herbs in your cooking.



When Substituting Fresh Herbs for Dried Herbs

When using fresh herbs in a recipe, use 3 times as much as you would use of a dried herb. When substituting, you will be more successful substituting fresh herbs for dried herbs, rather than the other way around.

How to Store and Wash Fresh Herbs

Fresh herbs can be stored in an open or a perforated plastic bag in your refrigerator drawer for a few days. If you don't have access to commercial perforated bags, use a knife or scissors to make several small holes in a regular plastic bag.

Wash herbs when you are ready to use them. Wash herbs thoroughly under running water. Shake off moisture or spin dry in a salad spinner and pat off any remaining moisture with clean paper towels.

How to Prepare Herbs for Cooking

For most recipes, unless otherwise directed, mince herbs into tiny pieces. Chop with a knife on a cutting board or snip with a kitchen scissors. While some recipes call for a sprig or sprigs of herbs, normally the part of the herb you harvest will be the leaves. For herbs with sturdier stems, such as marjoram, oregano, rosemary, sage and thyme, you can strip off the leaves by running your fingers down the stem from top to bottom. For herbs with tender stems, such as parsley and cilantro, snip the stem in with the leaves.

When to Add Herbs During Food Preparation

Unlike dried herbs, fresh herbs are usually added toward the end in cooked dishes to preserve their flavor. Add the more delicate herbs — basil, chives, cilantro, dill leaves, parsley, marjoram and mint — a minute or two before the end of cooking or sprinkle them on the food before it's served. The less delicate herbs, such as dill seeds, oregano, rosemary, tarragon and thyme, can be added about the last 20 minutes of cooking.

Herb/Food Combinations

BASIL	a natural snipped in with tomatoes, terrific in fresh pesto, other possibilities include pasta sauce, peas, zucchini
CHIVES	dips, potatoes, tomatoes
CILANTRO	Mexican, Asian and Caribbean cooking; salsas, tomatoes
DILL	carrots, cottage cheese, fish, green beans, potatoes, tomatoes
MINT	carrots, fruit salads, parsley, peas, tea
OREGANO	peppers, tomatoes
PARSLEY	parsley is one of those “superfoods” that can be used with a wide variety of foods.
ROSEMARY	chicken, fish, lamb, pork, roasted potatoes, soups, stews, tomatoes
SAGE	poultry seasoning, stuffings
TARRAGON	chicken, eggs, fish
THYME	eggs, lima beans, potatoes, poultry, summer squash, tomatoes

Source: Alice Henneman, MS, RD, UNL Extension Educator

Let's Talk:

The New Year is a good time to try new things—especially if they're healthy and easy to do, like cooking with herbs. Caution, some children reject all things green such as vegetables and herbs. If this is the case, remove a portion of the food before adding herbs. Ask children to close their eyes and taste test the food both with and without herbs and let them pick what they like best, or try adding herbs to dark colored foods like tomato sauce, taco meat or beef stew. Either way, exposing children to a variety of foods, even herbs, helps them get a variety of healthy nutrients each day.

Recipe for Health:

Parsley Pesto: A Go-To Sauce for Winter Cooking

Pesto tastes great on pasta, chicken, rice, fish and vegetables. Or, try spreading it on sliced French bread before broiling. It's affordable and easy to make in winter or anytime.

Pesto Parsley

- 3 cups loosely packed parsley (stems included)
- 3 cups loosely packed cilantro (stems included)
- 2 med. cloves garlic, minced
- 1 – 2 Tbsp. minced jalapeno pepper (to taste)
- 2 Tbsp. freshly squeezed lime juice (about 1 large lime)
- 1-2 tsp. red wine vinegar, to taste
- Sea salt and freshly ground pepper, to taste
- 1 large orange, skin and membranes removed, diced to ¼”

Combine everything but orange pieces in food processor and pulse three or four times until fairly well blended, but not mushy. Pour into a small serving bowl and stir in orange pieces. Taste and add more jalapeno, lime, vinegar and/or salt and pepper, to taste. Now put this pesto on some brown rice or pasta and start your New Year off Healthy.

Source: Mary Collette Rogers



Seasoning with Herbs and Spices

K-STATE
Research and Extension
Family and Consumer Sciences

Jan Stephens, Multicounty Family and Consumer Sciences Specialist



Herbs and spices have been used for centuries to season and flavor foods.

In prehistoric times, people discovered that certain parts of plants made food taste better. Herbs were the flavoring of the common people, often grown in kitchen gardens or gathered in the woods. They were used for medicinal purposes and to enhance the flavor of foods. Herbs were even used to mask the taste of off-flavor, tainted meats.

Spices are usually grown in tropical countries and are the natural aromatic parts of the plant from the dried seeds, buds, fruit, flower, bark, or root. (For example: cinnamon – bark; ginger – root; black pepper – berry; nutmeg – seeds; cloves – bud.)

At one time spices were so costly that only the wealthy could afford them. The Spice Road between Europe and the Middle East was one of the first international trade markets. The discovery of America was not a quest for new lands, but a journey to find a new and shorter path to bring spices back from Asia to the merchants in Spain.

Modern consumers use both herbs and spices to enhance the flavor and healthfulness of foods. Spices from all over the world are widely available. Herbs can be grown in

the home garden, or purchased from a farmers market or grocery store. Seasonings are sold whole, crushed, powdered, dry, or fresh to provide a variety of flavors.

Using Herbs and Spices

A complementary seasoning can enhance the flavor of food. Here are some suggestions for flavor combinations:

- **Beef** — bay leaf, marjoram, nutmeg, onion, pepper, sage, thyme
- **Chicken** — ginger, marjoram, oregano, paprika, poultry seasoning, rosemary, sage, tarragon, thyme
- **Fish** — curry powder, dill, dry mustard, marjoram, paprika, pepper
- **Lamb** — curry powder, garlic, rosemary, mint
- **Pork** — garlic, sage, pepper, oregano
- **Veal** — bay leaf, curry powder, ginger, marjoram, oregano
- **Carrots** — cinnamon, cloves, marjoram, nutmeg, rosemary, sage
- **Corn** — cumin, curry powder, paprika, parsley
- **Green beans** — dill, curry powder, lemon juice, marjoram, oregano, tarragon, thyme
- **Greens** — pepper
- **Peas** — ginger, marjoram, onion, parsley, sage

Pronunciation Tip

In the United States, pronounce “herb” without the “h” — “erb.”

- **Potatoes** — dill, garlic, onion, paprika, parsley, sage
- **Summer squash** — cloves, curry powder, marjoram, nutmeg, rosemary, sage
- **Tomatoes** — basil, bay leaf, dill, marjoram, onion, oregano, parsley, pepper
- **Winter squash** — cinnamon, ginger, nutmeg, onion

Seasoning blends are mixtures of ground or whole spices, herbs, seeds, or other flavorings. Condiments are also used for seasonings; they are a blend of herbs and/or spices, usually mixed into a liquid form. Meat rubs and marinades are blends of herbs and spices used to flavor and tenderize meats.

Seasonings such as apple pie spice are blends of several spices and are ready to use. If you don't have the called-for blend in a recipe, you can also use a combination of basic spices. For 1 teaspoon of apple pie spice, substitute a combination of 1 teaspoon cinnamon and $\frac{1}{8}$ teaspoon nutmeg. For pumpkin pie spice (1 teaspoon), substitute 1 teaspoon cinnamon, $\frac{1}{4}$ teaspoon ginger, $\frac{1}{8}$ teaspoon nutmeg, and $\frac{1}{8}$ teaspoon allspice. Italian seasoning is a combination of $\frac{1}{4}$ teaspoon oregano leaves, $\frac{1}{4}$ teaspoon marjoram leaves, $\frac{1}{4}$ teaspoon basil leaves, and $\frac{1}{8}$ teaspoon rubbed sage for $1\frac{1}{2}$ teaspoons of seasoning. For each teaspoon of poultry seasoning, substitute $\frac{3}{4}$ teaspoon ground sage and $\frac{1}{4}$ teaspoon ground thyme.

Some seasonings are used to give food unique cultural flavors. For Italian cooking, use oregano; for Indian cooking, use curry. For Mexican recipes, use cilantro and cumin. For Chinese recipes, use ginger. For French cooking, use marjoram.

Food Safety

Herbs and spices have long been used to reduce the growth of bacteria in foods. For example, certain herbs and spices — including cloves, cinnamon, thyme, oregano, and rosemary — can function as antibacterial agents. Before refrigeration, food spoilage was a significant problem, especially in countries

Seasoning Guidelines

Use the following guidelines for determining how much herb or spice to use:

Equivalent amounts: 1 tablespoon finely cut fresh herbs = 1 teaspoon crumbled dried herbs = $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon ground dried herbs.

Begin with a small amount and adjust as needed. For 4 servings or 1 pound of meat or 1 pint/2 cups of soup or sauce, use $\frac{1}{4}$ teaspoon dried ground herbs.

When using cayenne pepper or garlic powder, start with $\frac{1}{8}$ teaspoon. Red pepper intensifies in flavor during cooking.

When doubling a recipe, do not double herbs and spices. Increase amounts by 50 percent, adding more if needed.

Add less delicate herbs (such as dill seed, oregano, thyme) earlier in the cooking and more delicate herbs (such as basil, chives, mint) later or just before serving.

with hot climates. According to researchers, people who began adding spices to their meat in those times were reducing the risk of foodborne illnesses without realizing it.

Recent evidence points to another benefit of using herbs and spices when grilling. Marinades containing certain antioxidant spices, such as rosemary and oregano, have been shown to reduce production of potentially harmful heat-formed compounds associated with grilling meat. The K-State Research and Extension publication *Beef: Choices, Preparation and Flavor* (MF2888) contains more information about marinades.

Storing Herbs and Spices

The flavors of herbs and spices are fragile and can be destroyed by heat, light, and moisture. Store seasonings in tightly covered containers in a cupboard or drawer. Store them away from heat and moisture sources such as the dishwasher, sink, range, or heating vent. In hot climates, refrigerate paprika, chili powder, and red pepper to protect the flavor.

Keep moisture out of the herb or spice container by placing the measured amount in a small bowl to add to the preparation instead of measuring or sprinkling over a steaming pot. Use a dry spoon to measure.

Most people keep seasonings too long for best quality. To determine a flavoring's quality, crush or rub a small amount in your hand to see if it smells strong and flavorful.

Generally, keep herbs and ground spices about a year or less. Keep whole spices up to two years or less. Write the date on the seasoning container when you bring it home from the store.

Preserving Herbs

Fresh herbs are easy to preserve for future flavor. For short-term use, within a week, store in a glass with a small amount of water in the refrigerator. Cover loosely with a plastic bag.

Freeze herbs sprinkled loosely on a cookie sheet. Once frozen, repackage in airtight rigid containers to store in the freezer.

Herbs can also be frozen in water in ice cube trays, to be used in soups or stews. Frozen herbs will be limp and should be used in cooked dishes.

Herbs can be dried in the oven or a dehydrator. Spread a thin layer on a cookie sheet and heat in a warm oven up to 180 degrees. Leave the door partly open and stir frequently. Remove when thoroughly dry and package in airtight containers.

Healthier Seasonings

Reduce Sugar – Eating 100 fewer calories than needed a day can lead to a 10-pound weight loss in a year. Adding spices such as allspice, anise, cardamom, or cinnamon will add flavor and allow you to reduce the amount of sugar in some preparations. (**Note:** Sugar also plays a part in browning, tenderness, and leavening of some baked products, so the finished product may be different in taste and appearance. Experiment with gradual changes.) Try sweetening oatmeal, sweet potatoes, or squash with a mixture of cinnamon and sugar.

Reduce Salt/Sodium – Replace salt in savory preparations with black pepper, garlic powder, curry powder, cumin, dill seeds, basil, ginger, coriander, or onion powder. Be sure to check the ingredient label of seasoning mixes to ensure that salt is not the first ingredient. To reduce sodium, buy powdered garlic or onion instead of garlic salt or onion salt.

Reduce Fat – Eating lower-fat preparations can reduce calories and decrease the risks of heart disease and some cancers. Using herbs and spices for flavoring — instead of bread-ing, batters, gravies, or sauces — is a healthier preparation method. Grilling foods seasoned with herbs and spices, instead of frying, is another way to reduce fat.

Antioxidants

Studies show that many popular herbs and spices are sources of natural antioxidants, the compounds that play an important role in neutralizing free radicals and reducing cancer risk.

Some herbs have more antioxidant power per gram than many fruits and vegetables; however, people usually don't eat them in the same quantities as fruits and vegetables. Those with the highest antioxidant activity are oregano, sweet marjoram, rose geranium, sweet bay, dill, thyme, rosemary, and sage. Combine these herbs with a healthy diet that includes fruits and vegetables for increased antioxidant properties.

While some benefits of common herbs and spices are based in history and folklore, they are being researched for health properties today. The most promising research shows the following results:

- Cinnamon has one of the highest antioxidant levels of any spice — as much in 1 teaspoon as in a cup of pomegranate juice or a half cup of blueberries. Also, components in cinnamon can act like insulin in the body and may help regulate blood sugar levels.
- Hot or cayenne pepper has potential to suppress certain cancer cells.

- Sage may protect brain cells and help preserve memory and thinking.
- Studies have shown turmeric may be useful in treating Alzheimer's disease, cancer, and cystic fibrosis.
- Cloves can help ease a toothache and have been used for years to sweeten bad breath.
- Rosemary may help reduce headaches and prevent damage that could lead to strokes and Alzheimer's disease.

Remember to follow good eating guidelines based on the Dietary Guidelines for Americans. Talk with your physician before basing nutrition and health decisions on yet-to-be-proven information.

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Connie's Tarragon Chicken Salad

1 ½ cups coarsely chopped cooked chicken breast OR 2 (7 oz.) cans
½ cup pecans, coarse chopped
½ cup red seedless grapes, cut in half
Juice of one lemon (about 2 tablespoons)
1 stalk of celery, cut into ½ inch slices
1 tablespoon fresh chives
2 tablespoons fresh tarragon, chopped
1/3 cup low fat Mayonnaise

Combine all of the above ingredients. Stir until well blended.
Serve in pita pockets or on chopped lettuce as luncheon salad.
Makes 6 servings (1/2 cup each)

Chicken Salad Makes approx. 12 servings (1/2 cup)

3 1/2 pounds chicken or 5 halves chicken breasts
5 stems chopped celery
1 1/2 cups red grapes cut in half
1 1/2 teaspoons dried thyme
1 1/2 teaspoons garlic powder
Salt and pepper to taste
Mayo as needed
Assemble and chill before serving.
Recipe from Patty Nelson, MFV

Tomato and Basil Salad

Makes 4 Servings Hands-on time: 10 minutes Total time: 20 minutes

1 medium shallot, thinly sliced
2 tablespoons balsamic vinegar
5 ripe tomatoes, cut into wedges
Sea salt
Black pepper
6 fresh basil leaves, cut into thin ribbon like strips
Extra-virgin olive oil

1. Mellow the bite of the sliced shallots by soaking them in a bowl of balsamic vinegar for at least 15 minutes.
2. Arrange the sliced tomatoes on a serving platter, and season with salt and pepper to taste. Top with the marinated shallots, basil, and a drizzle of extra-virgin olive oil. Serve immediately.

Hot Tomato Salad

2 large tomatoes, about 1 ¼ pounds
3 tablespoons olive oil
1 tablespoon cider vinegar
1 teaspoon chopped chives
1 teaspoon roughly chopped basil
½ teaspoon wholegrain mustard

1. Slice tomatoes and arrange in a large micro proof serving dish or four individual dishes.
2. Mix oil, vinegar, chives, basil, mustard in a small jug and pour over tomatoes.
3. Cook, uncovered, on HIGH for 2-3 minutes until hot but not cooked. If using individual dishes, arrange these in a circle in the microwave. Check the tomatoes frequently during cooking time and baste them occasionally with the dressing.

Serve as a side dish with grilled fish or chicken. For a warming light meal or snack, serve with crusty bread or rolls and cheese. If basil is not available, replace with other herbs, such as marjoram or dill. Be careful that tomatoes do not overcook and fall apart.

Recipe from the Herbal Yearbook by Gillian Haslam

Southern Bean Salad

One 15 oz. can pinto beans, drained and rinsed
One 15 oz. can black beans, drained and rinsed
1 cup frozen corn, thawed
1 red bell pepper, seeded and diced
½ cup diced medium red onion
1 cup halved or quartered cherry tomatoes
1 avocado, pitted and diced
¼ cup red wine vinegar
¼ cup lime juice
1 tablespoon agave nectar
½ teaspoon sea salt
½ teaspoon ground cumin
½ teaspoon chili powder
2 teaspoons Sriracha
¼ cup chopped fresh cilantro

1. Combine the beans and vegetables in a large bowl. Don't hesitate to add different vegetables depending on what is in season.
2. Blend the vinegar, lime juice, agave, salt, cumin, chili powder, and Sriracha in a small bowl. Add more chili powder and Sriracha if you like it spicier.
3. Drizzle over the beans and vegetables and toss to coat.
4. Refrigerate for an hour and then sprinkle with the cilantro before serving.

Yield: 4 – 6 servings

Recipe from Plant Pure Nation Cookbook

Herb Salad with Lime Vinaigrette

¼ cup fresh lime juice
2 tablespoons honey
½ clove garlic, finely chopped
¼ teaspoon salt
1/8 teaspoon black pepper
¼ cup extra-virgin olive oil
2 heads Boston lettuce, torn into bite sized pieces
1 small red onion, thinly sliced
½ cup basil leaves, thinly sliced
½ cup cilantro leaves
1 bunch chives, snipped

In a bowl, combine first 5 ingredients. Whisk in oil.

In a salad bowl, combine remaining ingredients. Toss with dressing.

Makes 8 servings. Nutrition per serving: 88 cal., 7 g. fat, 1 g. protein, 7 g. carbs, 1 g. fiber

Recipe from Family Circle, July 2016

Herb Dressing

In a screw top jar combine:

½ cup Extra virgin olive oil	4 garlic cloves, minced
1/3 cup white balsamic vinegar	1 teaspoon sea salt or ¼ teaspoon salt
¼ cup snipped Italian (flat leaf) parsley	½ teaspoon black pepper
¼ cup snipped fresh basil	

Cover and shake. Before serving shake well, pour over salad and toss to coat.

Sprinkle with croutons.

Nutrition: Per serving: Calories 175, Fat 12 g (3 g saturated, 7 g monounsaturated, 1 g polyunsaturated), Cholesterol 13 mg, Sodium 429 mg, Carbs 12 g., Fiber 2 g., Protein 6 g.

Recipe from Better Homes and Gardens

Note (I use Spice World garlic, minced. ½ teaspoon equals 1 clove. I also use fresh thyme in place of parsley. I might chop up fresh oregano.)

Pastitsio Serves 6

2 cups macaroni	1 teaspoon ground cumin
2 tablespoons olive oil	1 tablespoon chopped fresh mint
1 large onion, finely chopped	¼ cup butter
2 garlic cloves, crushed	1/3 cup all-purpose flour
1-pound ground steak or hamburger	½ cup milk
1 ¼ cups beef stock	½ cup plain yogurt
2 teaspoons tomato paste	1 ½ cup grated Kefalotiri or well flavored Cheddar cheese
Salt and ground black pepper	

Add macaroni to sauce pan of lightly salted boiling water. Cook 8 minutes or until al dente. Drain, rinse under cold water, drain. Set aside. Preheat oven to 75 degrees F.

Heat oil in frying pan, add onion, garlic and cook 8-10 minutes, until soft. Add ground meat and stir until browned. Stir in stock, tomato paste, cinnamon, cumin, mint, with salt and pepper to taste. Cook gently for 10 – 15 minutes until sauce is thick and flavorful.

Melt butter in saucepan. Stir in flour and cook for 1 minute. Remove pan from heat and gradually stir in milk and yogurt. Return pan to the heat and cook gently for 5 minutes. Stir in half the cheese and season with salt and pepper. Stir the macaroni into the cheese sauce.

Spread half the macaroni mixture over the base of a large gratin dish. Cover with the meat sauce and top with remaining macaroni. Sprinkle remaining cheese over the top and bake for 45 minutes or until golden brown on top. Macaroni in a cheese sauce is layered with cinnamon and cumin-spiced minced beef to make a Greek version of lasagna.

Recipe from The Encyclopedia of Herbs and Spices.

Apple Chips Makes 8 servings Hands-on time: 10 minutes Total time: 3 hours

5 large Granny Smith or Fuji apples, cored and cut crosswise with a mandolin into uniform 1/8-inch-thick slices
2 teaspoons ground cinnamon

Adjust the racks in the oven so that they're evenly spaced, and preheat the oven to 225 degrees on the convection setting. (Alternatively, you can use the regular bake setting, but without circulating hot air, you'll have to bake the apple slices one tray at a time on the middle rack.)

Arrange the apple slices on several parchment-lined baking sheets and dust with cinnamon.

Bake for 1 1/2 hours on convection bake (or 2 hours on regular bake), flipping the chips over midway through the cooking time. Turn off the oven, leaving the chips inside to fully dehydrate. Once they're cool, serve or store the chips in a sealed container for up to 3 days.

Healthy Vegetable Fried Quinoa Serves 4

2 cups quinoa (rinsed)	1 cup baby bok choy
1 tablespoon safflower oil	2 cups kale, stems removed, and torn into small pieces
1 tablespoon grated fresh ginger	4 tablespoons minced fresh chives
1 clove garlic, minced	2 large eggs or ½ cup egg substitute
1 cup diced carrots	1 tablespoon reduced-sodium soy sauce
1/3 cup snow peas (about 6)	

1. In a medium saucepan, cook quinoa according to package direction.
 2. While quinoa is cooking, in a large sauté pan or wok over moderately high heat, warm oil. Add Ginger, garlic and sauté, stirring for 1 minute.
 3. Add carrots, snow peas, bok choy, kale, chives and cook, stirring several times, until tender, 5 minutes.
 4. Add cooked quinoa, stir to combine. Add eggs, continue to cook, stirring, until scrambled, about 3 minutes.
 5. Add soy sauce, continue cooking, stirring for 1 minute. Serve hot.
- 4 servings. Nutrition:** Calories per serving 333. Fat 9g., Protein 16 g., Carbs 51 g., Fiber 9g., Sodium 319 mg.

Magic Mushroom Powder Sprinkle on Makes 1 1/4 cups Hands-on time: 5 min. Total time: 5 min.

1 ounce dried porcini mushrooms	2 teaspoons dried thyme
2/3 cup kosher salt	1 teaspoon freshly ground black pepper
1 tablespoon red pepper flakes	

1. Pulse the dried mushrooms in a clean spice grinder until they're finely ground. Transfer the mushroom powder to a bowl and add the salt, red pepper flakes, thyme, and pepper. Mix thoroughly to incorporate.
 2. Store the powder in an airtight container. It'll keep for several months.
 3. Sprinkle on anything you cook.
- Cook's note: Use only dried porcini mushrooms due to their intense flavor and aroma. *Recipe: Nom Nom Paleo*

Maple-Spiced Walnuts Makes 3/4 cup Hands-on time: 20 min. Total time: 20 min.

6 ounces raw walnuts	½ teaspoon kosher salt
2 tablespoons maple syrup	¼ teaspoon cayenne pepper
1 tablespoons melted ghee or coconut oil	

1. Preheat the oven to 350 degrees with the rack in the middle position.
2. Add the walnuts, maple syrup, melted ghee, salt, and cayenne to a bowl, and stir to combine the ingredients. Make sure the nuts are well coated, and then spread them in a single layer on a parchment-lined baking sheet.
3. Bake the nuts for 15 minutes or until fragrant, stirring often to ensure even cooking. Keep a close eye on the walnuts-particularly in the last few minutes-to prevent scorching.
4. Take the walnuts out of the oven, and give them one final toss. They'll still be sticky, but the coating will harden once the nuts cool down.

These sweet, crunchy nuts can be used not only for snacking but on salads as well.

Recipe from: Nom Nom Paleo

Basil Salt

If you need to use up all of that basil from the garden, make basil-flavored salt: Pulse ½ cup kosher salt and ½ cup packed basil leaves in a food processor, then spread on a baking sheet and bake at 225 degrees F until dry, 30 to 40 minutes, tossing halfway through. Let cool and pulse again to make a fine powder. Serve it with fresh tomatoes and mozzarella at a cookout, or package it to give to the neighbors. *Recipe from Food Network blog*

DUKKAH Sprinkle on Meat and Vegetables Makes 1 ½ Cups

1/3 cup raw hazelnuts
1/4 cup coriander seeds
2 tablespoons cumin seeds
1/3 cup raw sesame seeds
¼ cup shelled roasted pistachio nuts

1. Preheat the oven to 350 degrees with the rack in the middle position. Spread the hazelnuts on a foil-lined baking sheet and roast them in the oven for 10 to 15 minutes or until golden and fragrant. Transfer the hazelnuts to a clean kitchen towel and cool them for about 5 minutes. Use the towel to rub off the papery hazelnut skins.
2. Toast the coriander seeds in a skillet over medium-low heat for 1 minute or until fragrant. Shake the pan constantly to keep the seeds from scorching. Transfer the seeds to a bowl. Using the same method, toast the cumin seeds, and then add them to the same bowl. Lightly brown the sesame seeds in the same manner, and transfer them all but 1 Tablespoon to the bowl.
3. Add the cooled hazelnuts and pistachio nuts to the bowl of toasted seeds. Cool the mixture slightly. Then, in small batches, coarsely grind the ingredients in a clean spice grinder.
4. Mix in the reserved whole sesame seeds, and you're done.
5. Dukkah can be sprinkled on all sorts of meats and vegetables before roasting and grilling. Dukkah will keep in a covered container in the refrigerator for a few months.

Source: Nom Nom Paleo

Roasted Rosemary Almonds Makes 2 cups Hands-on time: 5 min. Total time: 20 min.

1 tablespoon ghee or fat of choice
2 cups whole, raw, skin-on almonds
2 tablespoons dried rosemary
2 teaspoons kosher salt
¼ teaspoon ground black pepper

1. Melt the ghee in a large skillet over medium-low heat.
2. Throw in the nuts, making sure they're in a single layer. Stir until the almonds are coated in the ghee, and then add the rosemary, salt, and pepper. Taste and adjust the seasoning.
3. Toast the almonds, stirring often, until slightly darkened and aromatic, about 8 to 12 minutes. Transfer the nuts to a plate and cool to room temperature before serving. You can also store them in an airtight container for up to a week.

Cook's note: Feel free to experiment with different spices.

Recipe from: Nom Nom Paleo

Basil Pesto with Almonds Recipe Prep time: 5 minutes Total time: 5 minutes

3 cups packed fresh basil leaves from about 3 oz. fresh basil
1/2 cup almonds
1/2 cup grated parmesan cheese
3 garlic cloves
½ teaspoon salt
¼ teaspoon ground black pepper
½ cup extra virgin olive oil

1. In a food processor or blender, add the basil, almonds, parmesan, garlic, salt, and pepper. Turn on the processor for about 15 seconds to break down the ingredients. Scrape down the sides of the processor.
2. Turn the processor on and slowly drizzle in the olive oil until well combined.
3. Store in a sealed container in the refrigerator.

Amount Per Serving (2 tablespoons) Calories 154, Total Fat 15.7g 24%, Saturated Fat 3g 15%, Total Carbohydrates 2g 1%, Dietary Fiber 0.8g 3%, Protein 3.7g 7%

* Percent Daily Values are based on a 2000 calorie diet.

Roasted Chickpeas

2 (15 oz) cans chickpeas, rinsed and drained ½ teaspoon sea salt
1 teaspoon garlic powder 2 tablespoons lime juice
2 teaspoons chili powder

1. Preheat oven to 400°F. Line a baking sheet with parchment paper and set aside.
2. Place the chickpeas in a gallon-sized resealable plastic bag and add the seasonings. Shake well until completely coated.
3. Spread the seasoned chickpeas evenly on the pre-pared baking sheet.
4. Bake for 45 – 55 minutes, stirring every 15 – 20 minutes so the chickpeas cook evenly, until golden brown.
5. Serve warm or cold for an anytime snack.

Yields 6 servings. *Recipe from Plant Pure Nation Cookbook*

Dilly Bread Ring

2 packages (1/4 oz. each) active dry yeast 1 cup (8 oz) sour cream
1/3 cup warm water (110° to 115°) 2 tablespoons minced fresh parsley
1/3 cup warm milk (110° to 115°) 1 to 2 tablespoons dill weed
6 tablespoons butter, softened 2 teaspoons salt
1/3 cup sugar 1 ½ teaspoons minced chives
2 eggs 4 ½ cups all-purpose flour

1. In a large mixing bowl, dissolve yeast in warm water. Add the milk, butter, sugar, eggs, sour cream, seasonings and 3 cups flour. Beat on low speed for 30 seconds; beat on high for 3 minutes. Stir in remaining flour (batter will be sticky). Do not knead. Cover and let rise in a warm place until doubled, about 1 hour.
2. Stir dough down. Spoon into a greased 10-inch tube or fluted tube pan. Cover and let rise until nearly doubled, about 45 minutes.
3. Bake at 375° for 30 – 35 minutes or until golden brown (cover loosely with foil if top browns too quickly.) Cool for 10 minutes before removing from pan to wire rack.

Yield: 1 loaf, 16 servings. *Recipe from Taste of Home Baking Book.*

Lemon Crumb Dessert

1 (3 ounce) package Lemon Jello ¾ teaspoon grated lemon rind
1/8 teaspoon salt 1/3 cup lemon juice
¾ cup sugar 1 tall can evaporated milk, chilled and whipped
1 cup boiling water

Dissolve jello, sugar and salt in boiling water. Add lemon rind and juice. Chill until very thick. Beat into whipped milk. Pour on crumb crust. Serves 12.

Crust:

1 cup flour ¼ cup brown sugar ½ cup oleo margarine

Mix like pie crust. Spread on bottom of 13 x 9 x 2-inch pan and bake at 375° F. for 10 minutes or until brown. Crumble with fork. Save some to sprinkle on top if desired.

Recipe submitted by Gayle Plummer, MFV