



June 2021 Newsletter

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Herbs

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Herbs make meals more exciting and delicious! Not only do herbs add extra flavor to our dishes, they also reduce the amount of salt we need to use. Salt is something most people can use a bit less of in their diet.

Herbs are the leaves and sometimes the tender stems of specific plants. Purchase herbs fresh or dried, depending on when and how you will use them.

There are many types of herbs. Some of the more common herbs include:

- Basil – warm and somewhat spicy flavor, used in various pesto recipes
- Chives – mild onion flavor
- Cilantro – bright, clean flavor, best fresh
- Dill – fine and fresh, flavor of dill pickles
- Oregano – bold and peppery, spaghetti sauce flavor
- Parsley – bright green, mild peppery-lemon flavor
- Rosemary – bold, woody-evergreen flavor
- Sage – pronounced earthy, eucalyptus-lemon flavor
- Tarragon – peppery scent and anise-like flavor
- Thyme – mild lemon-clove flavor
- Mint – fresh mint flavor, best fresh



Dried herbs work best when added to dishes with liquid, such as in soups, stews, pasta sauce, and marinades. Fresh herbs taste best when added to foods or dishes that are served cold, such as salads, fruits, and yogurt sauces. They also work well when added at the end of cooking, such as mixed into a sauce after it has cooked or used to top a dish right before it is served. For example, add fresh herbs as a topping for pizza, soup, pasta salad, stir-fry, or tacos. Also, try adding some fresh herbs in a pitcher of water for a refreshing flavor. Remove herbs from water and discard herbs after a day.

Feel free to experiment with various herbs in various dishes. If you need some inspiration, below are some ways you might use different herbs.

Basil

- Fresh – top pizza when fresh out of oven, put in pasta salad, add to yogurt sauce for dipping or make pesto sauce
- Dried – add to pasta sauces, marinades, meat balls or soups

Chives

- Fresh or dried – top a baked potato or stir fry, add to scrambled eggs or salad

Cilantro

- Fresh – top tacos, stir fry or noodle dishes; add to guacamole, coleslaw, salad or yogurt sauce

Dill

- Fresh or dried – top fish; add to green salad, cucumber yogurt salad, potato salad, egg salad or broth-based soup

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Oregano

- Fresh or dried – top pizza, add to sauces, marinades or stuffing

Parsley

- Fresh – add to salads or broth-based soups, top mashed or roasted potatoes

- Dried – add to soups, stews, sauces or marinades

Rosemary

- Fresh or dried – add to roasted potatoes, soups, stews, marinades or sautéed mushrooms

Thyme

- Fresh or dried – top fish, add to sauces, pasta salad, grain salad, meat dishes or eggs

Mint

- Fresh – flavor water or tea, add to fruit salad (goes great with watermelon or oranges), green salad or grain salad

Let's Talk

Preparing foods at home and adding ingredients like herbs, onion, garlic and spices can help flavor our food while needing less salt. This is a good time to talk with your children about how our bodies need more of some foods and nutrients and less of others. Sodium (found in salt) is one of those nutrients that we need just a little bit of. Too much salt can hurt our bodies, especially our hearts. Many pre-made packaged foods are often highly processed and have much higher levels of sodium than the foods that we make at home.

Work with your children to read the nutrition facts label on the back of packaged foods. When purchasing a packaged food, compare the sodium amounts per serving for different brands or types of that food. Aim for those that contain 5% or less of the daily value (DV) of sodium per serving.

| Nutrition Facts | |
|-----------------------------------|------------|
| 8 servings per container | |
| Serving size 2/3 cup (55g) | |
| Amount per serving | 230 |
| Calories | |
| <hr/> | |
| Total Fat 8g | 10% |
| Saturated Fat 1g | 5% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 160mg | 7% |
| Total Carbohydrate 57g | 13% |
| Dietary Fiber 4g | 14% |
| Total Sugars 12g | |
| Includes 10g Added Sugars | 20% |
| Protein 3g | |
| Vitamin D 2mcg | 10% |
| Calcium 260mg | 20% |
| Iron 8mg | 45% |
| Potassium 240mg | 6% |

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

For educational purposes only. These labels do not meet the labeling requirements described in 21 CFR 101.9.

Recipe for Health Tabbouleh

Tabbouleh is a Mediterranean salad made with bulgur wheat and flavored with fresh herbs (mint and parsley), garlic and lemon. Try it today!

Serves: 8

Ingredients:

- | | |
|----------------------------|----------------------------|
| 2 cups cooked bulgur wheat | 1 cup chopped parsley |
| 1/4 cup lemon juice | 4 medium tomatoes, diced |
| 3 tablespoons olive oil | Salt and Pepper (to taste) |
| 4 garlic cloves, minced | Feta Cheese (optional) |
| 1/4 cup chopped mint | |

Directions:

1. Combine the cooked bulgur, lemon juice, olive oil, and garlic in a bowl. Chill for 30 minutes.
2. Add the remaining ingredients, and lightly season with salt and pepper to taste.
3. Garnish with crumbled feta cheese, if desired.

Tips:

Try adding other ingredients such as diced cucumber, diced celery, chopped scallions, diced bell pepper, pine nuts or chickpeas for more flavor.

Nutrition Information / Amount Per Serving (1/2 cup): Calories 101, Total Fat 5.4 g, Saturated Fat 0.8 g, Cholesterol 0.0 mg, Sodium 10.3 mg, Total Carbohydrates 12.5 g, Fiber 3.2 g, Protein 2.3 g



Helping families increase physical activity and enjoy healthy foods...