



## Healthy Eating With 5 Easy Herbs

### ROSEMARY

#### Easy Zucchini & Rosemary Frittata

1 Tablespoon olive oil, 1 clove garlic minced, 2 cups whole parmesan cheese halved lengthwise (divided use) and thinly sliced, 4 large eggs, 2 egg whites, 1/4 teaspoon salt & pepper, 1/2 teaspoon chopped fresh rosemary, 2 oz. of the 2 cups parmesan cheese grated. Preheat oven to broil, heat oil in a skillet over medium-high heat; add garlic, cook for 1 minute. Do not allow garlic to brown or it will turn bitter. Add zucchini and cook 5 minutes or until tender, stirring continuously. Season with 1/8 tsp, salt and pepper. Meanwhile whisk eggs, egg whites and rosemary, season with the rest of the salt and pepper. Pour the egg mixture over the zucchini and cook, just until the eggs begin to set, about 3 minutes. Sprinkle cheese evenly over the top (2 oz.), place pan under the broiler for 3 minutes or until the frittata rises slightly and becomes light and settled. The eggs should not be runny. Transfer to a serving plate, cut into pie shaped wedges and serve. Health Magazine via Pinterest( Health.com)

#### Slow Cooker Orange Rosemary Chicken

1 (3-4lb.) roasting chicken, 2/3 cups chicken broth, 2 oranges-quartered, divided, 1 medium onion- quartered, 4 tablespoons butter, softened, 2 oranges, zested, 2 tablespoons fresh rosemary finely chopped, 1/2 teaspoon freshly ground black pepper, 1/2 cup orange marmalade, 2 rosemary sprigs for more garnish, 1 head of garlic, 3 orange slices. In the bottom of a slow cooker, add chicken broth, 4 orange quarters and onion. In a small mixing bowl, stir together butter, orange zest, chopped rosemary, salt and pepper and marmalade. Pat chicken dry and liberally salt and pepper the cavity. Using your fingers, loosen the skin from the meat. Place half of the butter mixture underneath the skin. Rub remaining butter on the outside of the chicken. Place chicken on top of orange quarters and lay three orange slices on top of the bird. Cover and cook on low for 8-10 hours or until juices run clear. Paula Deen  
[www.pauladeen.com/recipes/recipes\\_view/slow\\_cooker\\_orange\\_rosemary\\_chicken](http://www.pauladeen.com/recipes/recipes_view/slow_cooker_orange_rosemary_chicken).

### Baby Potato Kabobs With Rosemary

4-6inch fresh rosemary sprigs to be used as skewers, 1 pound small baby potatoes, 1/2 teaspoon fresh rosemary, 1/2 teaspoon salt (coarse), 2 teaspoons olive oil. Place potatoes in a medium sauce pan and cook potatoes covered in a small amount of boiling salted water for about 12-15 minutes or until tender. Drain and cool slightly. Skewer potatoes onto rosemary sprigs or short metal skewers. In a small bowl stir together olive oil and snipped rosemary. Brush oil mixture over potatoes and sprinkle with coarse salt. Grill potato kabobs on the rack of an uncovered grill directly over medium coals for 5 minutes or until potatoes are lightly browned, turning once. Yields 4 side dishes. Better Homes and Gardens via Pinterest.

### Rosemary Roasted Almonds

2 cups whole almonds, 1 tablespoon olive oil, 1 tablespoon finely chopped fresh rosemary, 1/2 teaspoon chili powder, 3/4 teaspoon kosher salt and dash of grown red pepper. Oven 325. Line a large baking sheet with a silicone baking mat or foil, set aside. Combine all ingredients in a medium bowl and stir until almonds are evenly coated. Arrange nut mixture in a single layer on prepared baking sheet. Bake for 20 minutes or until lightly toasted. Cool at room temperature.

### Rosemary Pancakes

8 oz. buttermilk or regular milk, 2 eggs, 1/2 stick butter melted, 1 teaspoon vanilla, 8 oz. flour, 2 tablespoons sugar, 2 teaspoons baking powder, 2 tablespoons fresh finely chopped rosemary (this may be a bit strong for some taste-reduce) 1 teaspoon salt. Combine milk, eggs, melted butter, and vanilla in a bowl and whisk thoroughly. Add dry ingredients and mix until smooth, batter will be thick, if too thick you can add a tiny bit more milk. Lightly oil a medium hot skillet and cook the pancakes. Serve pancakes with hot poached pears or any warm fruit of your choice. Desserts for Breakfast, Oct. 19, 2009.

## MINT

### Coconut Mint Brown Rice with Peas

1 1/2 cups brown jasmine OR basmati rice, 1 14 oz. can coconut milk, 2 cups water, 1/2 teaspoon salt, 2 tablespoons white sugar, 1 tablespoon vegetable oil. Directions: Rub the oil over the bottom of a regular sized pot (you will need a tight fitting lid) .Add all ingredients to the pot, stir and set

over high heat, bring to a boil and immediately reduce heat to low and cover with a lid. Simmer 60 minutes or until liquid has been absorbed by the rice. When all or nearly all of the coconut water mixture is gone, turn off the heat but leave the pot on the burner, covered. Allow rice to sit for another 5-10 minutes or until you are ready to eat. Your coconut rice will stay warm for 1 hour or more. Ingredients for finished dish: 1 recipe of brown coconut rice, 2/3 cup toasted cashews, 1 cup green peas (fresh or frozen), 2 tablespoons mint and basil finely chopped, 1/4 cup coconut flakes, packed, 2 handful of arugula, salt and pepper to taste. Combine all ingredients and season to taste. This recipe serves 4. Kitchy Kitchen Blogspot, July 22, 2013.

#### ' The Greenie' Smoothie

1 1/2 cups cold water, 1 green apple cut in chunks with the core discarded, 1 ripe green pear cut into chunks with the core discarded, 2 cups roughly chopped fresh kale or spinach, 1/2 cup roughly chopped mint, 20 chilled green grapes, 12 ice cubes, 3/4 teaspoon cinnamon, 1 teaspoon stevia, 1 lime juiced. Blend. Method: Pour 1 1/2 cups cold water into blender, add apples, pears then greens & mint till all are blended, add grapes, ice cubes, cinnamon, stevia (or you could use honey) & lime. Blend till smooth. Equals 3 medium servings. The Shiksa in the Kitchen Blog, April 3, 2013

#### Spa Water

To a large pitcher or a liter jar add one sliced cucumber, half of lemon sliced and several sprigs of mint, fill with bottled or filtered water and let steep overnight. Some refer to this a detox water. Kojodesigns, January 24, 2013.

#### Mint Butter with Kalamata Olives

8 tablespoons (1/2 cup) unsalted butter, 1 teaspoon minced kalamata olives, 2 teaspoons fresh chopped mint. In a medium mixing bowl, mix together room temperature unsalted butter and olives. Use the back of a fork to soften the butter and combine the ingredients. On a piece of parchment or wax paper, form the butter into a 1 inch log. Wrap the paper around the butter, pressing gently to make a smooth log, roll and seal. Place in the refrigerator until ready to use or freeze wrapped log in a freezer zip bag for up to 6 months. From cookincanuck.com. \* I always put the zest of a lemon in all my herbal butters.

### Basil Mint Cake

1 cup milk, 1 bunch basil, rinsed well and drained, 1 bunch of mint, rise well and drained ( a bunch is a hand full), 2/3 cup grapeseed or vegetable oil, 8 egg yolks, 1 1/2 teaspoon vanilla, 2 teaspoons finely chopped basil leaves, 1 teaspoon chopped mint leaves, 14 ounce cake flour= 3 3/4 cups, 2 cups sugar, 3 teaspoons baking powder, 1 teaspoon salt, 8 egg whites. Oven 375. Line 2 9 in. cake pans with buttered parchment, don't butter the sides of the pans. Place bunches of basil and mint (not the chopped herbs) into the milk in a saucepan. Bring to a simmer and remove from the heat. Let return to room temperature. The milk should turn greenish and taste like basil and mint. Once cool strain herbs from the milk, reserve milk. In a large bowl whisk together oil, egg yolks, add milk slowly whisking to incorporate, add vanilla and stir well.

In a separate bowl sift together cake flour, baking powder, salt and only 1/3 of the 3/4 cup of sugar. Add flour mix into egg yolks and milk mix and stir until combined. Add finely chopped herbs and mix well to ensure they are evenly distributed. Using a mixer whip the egg whites to a foam about a minute then slowly add remaining sugar and whip at high speed until the egg whites form stiff peaks. Gently fold the egg whites into the cake batter taking care not to deflate the eggs. Divide the batter between the 2 pans and bake in a preheated oven for 32 to 36 minutes until the cake springs back when pressed lightly. Ice cake with a butter cream frosting. Chasing Delicious Blog.

### OREGANO AND MARJORAM

#### Tomato Oregano Soup

3 tablespoons butter, 3 tablespoons olive oil, 1 medium red onion, 6 cloves garlic, 2 1/2 pounds diced fresh tomatoes, 1/2 cup chopped oregano, 3 bay leaves, 1 teaspoon ground fennel seeds, 1 teaspoon chili paste or 1/2 teaspoon crushed chili flakes, 3 cups vegetable stock, pinch of brown sugar. Parmesan cheese to garnish. Method: in a large sauce pan sauté together the butter and olive oil, red onion and garlic over medium/low heat. Cook until the onions are softened but not browned. Add all the remaining ingredients, bring to a boil and then reduce the heat and simmer very slowly for 30-45 minutes . Serve with fresh oregano and shaved parmesan cheese to garnish.

### Oregano Lemon Herb Popcorn

Oregano Lemon Popcorn: 4 tablespoons extra virgin olive oil, 2 tablespoons fresh lemon juice, zest of 1 lemon, 1/2 cup popcorn kernels, 1 teaspoon sea salt, 2 teaspoons dried oregano or 1 teaspoon fresh finely chopped oregano, 2 teaspoons sesame seeds, 1/8 teaspoon fresh ground pepper. Method: Whisk together olive oil and lemon juice and lemon zest in a small bowl, set aside. Pop kernels according to package directions, then transfer popcorn to large serving bowl. Pour oil/lemon mixture on top and mix well. Season with remaining ingredients and toss. Serve immediately. Makes about 8 cups and serves 4. Oprah's blog- recipe created by Frances Boswell

### Tangy Texas Salsa

1 medium grapefruit, 1 large navel orange, 1 each medium green, sweet red and yellow pepper, chopped, 1 medium tomato, seeded and chopped, 1 jalapeno pepper, seeded and chopped, 3 tablespoons chopped red onion, 1 tablespoon minced fresh oregano, 1 1/2 teaspoon sugar, 1/2 teaspoon salt. Method: section grapefruit and orange, cut a thin slice of the bottom and top of each. Place each fruit cut side down on cutting board, with a sharp knife, remove peel and white pith. Slice between the membranes of each section and the fruit until the knife reaches the center, remove sections. Place sections in a large bowl, stir in remaining ingredients, cover and refrigerate for at least 2 hours. Yield: about 5 cups. Wear disposal gloves when cutting hot peppers, the oils can burn skin. Originally published as Tangy Texas Salsa in Taste of Home December/January 2000 page 29. Use this salsa on meat, poultry or fish and also with dip and chips.

### Grilled Herb Shrimp with Sweet Marjoram

2 pounds of shrimp, 1 cup olive oil, 1/2 cup fresh lemon juice, 2 tablespoons fresh chopped marjoram, 2 teaspoons lemon zest, 2 teaspoons kosher salt, plus 1 teaspoon sea salt, for seasoning, 1 teaspoon ground black pepper, 1 tablespoon fresh parsley leaves, 1 lemon cut into 6 wedges. Method: place shrimp in a large casserole dish. In a medium bowl combine the olive oil, lemon juice, marjoram, lemon zest, kosher salt and pepper, whisk to combine and drizzle the marinade over the shrimp. Cover the shrimp with plastic wrap and refrigerate for up to 2 hours, turning the shrimp to the other side after the first hour. Preheat grill. Remove shrimp from marinade and place on grill, cook 3 1/2 minutes, turn and cook another 3 1/2 minutes. Remove from the grill and place on a large platter. Season

shrimp with sea salt and sprinkle with chopped parsley. Serve with lemon wedges.

## BASIL

### Three Herb Pesto

Kale Basil Mint Parsley Pesto: 2 cups fresh basil leaves, 6 cloves of garlic, 1 bunch of kale, 1 cup mint leaves, 1 cup parsley, salt and fresh ground pepper, 1/2 cup extra virgin olive oil. Bring a large pot of water to boil and add kale leaves and blanch until just wilted, about 45 seconds- no longer. Immediately drain and rinse with cold water, squeeze dry. Place kale, basil, parsley, mint and garlic in good processor, process until almost smooth; gradually add olive oil and process until smooth. Season with salt and pepper. Use with pasta, sandwiches, quesadillas + more.( Parmesan cheese can be added as well as pecans if desired.) Jeanette's Healthy Living Blog.

### Marinated Mozzarella with Basil With Sun Dried Tomatoes

1 pound chilled mozzarella cheese ( best if chilled, it's easier to cut), 1/4 cup olive oil, 3 tablespoons each chopped fresh parsley, chives and basil, 2 tablespoons chopped sun dried tomatoes, extra whole basil leaves for garnish, sliced Italian breads for serving. Method: arrange overlapping slices of cheese in a shallow serving dish, stir oil, herbs and tomatoes together and drizzle over the cheese. Cover cheese with plastic wrap and let marinate at room temperature for 2 hours, garnish with basil leaves and serve with sliced Italian bread. Yields 8 appetizer servings. Kate Morgan Jackson Framed Cooks, Photographer and Food Blogger.

### Basil Chicken Salad

3 chicken breast halves roasted and cooked, 1/4 cup fresh chopped basil leaves, 2 scallions chopped, 1 small red onion diced, 1 large avocado firm but ripe, peeled and diced, 3/4 pound of mushrooms of your choice, 2 tablespoons butter, 1/2 cup walnuts toasted and chopped, 1/4 cup mayonnaise, juice of 1 lemon, salt and freshly ground pepper, 4 slices of whole grain bread toasted. Method: Sauté the mushrooms in butter for about 5 minutes, season with salt and pepper. In a mixing bowl dice chicken into 1/4 inch pieces. In a bowl whisk together, mayo, lemon juice and scallions until blended and smooth. Fold in chicken and rest of the ingredients and mix together. Serve salad on toasted bread. Cooking Melangery from Sauté to Soufflé , Yelena Stokin, Newtown, Pennsylvania.

## THYME

### Thyme for Tuna Salad

8-10 sprigs fresh thyme leaves (remove from stem and lightly chop) 1 can tuna- drained.(to make salad even more healthy use water packed tuna), 1/4 large red onion, diced, 1 tablespoon Greek yogurt, 1 Tablespoon Dijon mustard, 1 julienne carrot, 1/2 cup chopped purple cabbage, 1 celery stalk diced, 1/2- 1 lemon - use juice, 1 teaspoon cracked black pepper or less, pinch of sea salt, 1/2 cup walnut pieces (optional). In a mixing bowl add tuna, lemon juice, Greek yogurt, Dijon mustard, salt and pepper and mix well. Stir in thyme and all the vegetables. This salad can be used as a sandwich or a tuna melt. Body Inspired Fitness by Angela, Cheers to Having More Thyme.

### White Bean Hummus With Thyme

2 cups white cooked beans (if using canned drain and rinse), 1 tablespoon freshly squeezed lemon juice, 1 tablespoons tahini, 1 small clove garlic sliced, 1-2 tablespoons extra virgin olive oil, 2 tablespoons red wine vinegar, 1/2 teaspoon Dijon mustard, 1/2 teaspoon sea salt, 1 1/2 - 3 tablespoons fresh thyme roughly chopped, 1/4 cup fresh basil roughly chopped, 1 - 2 tablespoons water ( may not be needed just to think dip as desired), fresh ground black pepper to taste. In food processor, combine all ingredients except water, thyme and basil. Puree until smooth gradually adding water as desired to thin dip and scraping down sides of bowl as needed. Add thyme and basil and puree briefly to incorporate ingredients. Makes about 2 1/2 cups Deena's Vegan Recipes, Eat Drink and Be Vegan, June 16, 2009

### Thyme Pork Chops with Cherries

Grill or cook desired amount of pork chops until fully cooked, then top with balsamic thyme cherries. Method: 2 cups fresh pitted cherries quartered or you can use canned, 1/4 cup balsamic vinegar, salt and pepper to season, 1 clove minced garlic, 1 teaspoon chopped fresh thyme, 2 tablespoons honey. Simmer balsamic vinegar over medium heat until its reduced to a syrupy consistency, set aside to cool. Toss in the other ingredients and allow to stand for about an hour or more before serving. Rock Recipes.com Nutrition School, [www.intergrataivenutrition.com](http://www.intergrataivenutrition.com)

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