

## SUMMER HERBS

*Cilantro, Basil, Oregano*

*Using herbs in cooking is the easiest way to make simple dishes flavorful and satisfying. With the help of herbs, less butter, oil, and fat is necessary for added taste.*

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spoonfuls  
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### BEST COOKING METHODS

- RAW, FINELY CHOPPED TO RELEASE AROMAS AND FLAVOR

### RECIPE IDEAS

- PESTO
- DRESSING
- DRY RUB
- BREADING

### STORAGE

- Wrap in papertowel and seal in a plastic bag to store in the fridge.
- Hang upside down in a place with air circulation to dry - use within 6-12 months.

### TIPS

**CILANTRO-** Great when chopped with tomato, onion and pepper for fresh salsa. Use for a chimichurri sauce, or garnish for a spicy dish.

**BASIL-** Pesto is a great way to use a large amount of basil. Basil is sweet and can be added to tomato sauce, used as a pizza topping, chopped and sprinkled on fish or vegetables. It's easy to grow in the kitchen window as well!

**OREGANO-** Great in homemade pizza or pasta sauce. Can be used as a substitute for thyme or marjoram.

## CILANTRO PESTO

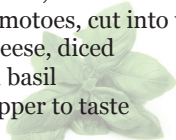
- **6** cloves of garlic
- **1** bunch of fresh parsley
- **1** bunch of fresh cilantro
- **2 tbsp** almonds (or walnuts), toasted
- **4 tbsp** olive oil
- **Juice** from half a lemon
- **1/4 tsp** salt, and pepper to taste



CHOP GARLIC, PARSLEY, CILANTRO, ALMONDS (OR OTHER NUT), UNTIL FINE. COMBINE WITH OIL, LEMON, AND SALT AND PEPPER UNTIL WELL MIXED. SERVE AS A DIPPING SAUCE, OR WITH YOUR FAVORITE TACOS.

## CAPRESE SALAD

- **2** medium red tomatoes, cut into wedges
- **2** medium yellow tomatoes, cut into wedges
- **3/4 c** mozzarella cheese, diced
- **1/4 c** chopped fresh basil
- **1/4 tsp** salt, and pepper to taste



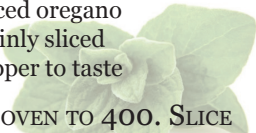
GENTLY COMBINE ALL INGREDIENTS TOGETHER AND SERVE.

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## CHEESY OREGANO CROSTINI

- **1** loaf whole wheat, rustic bread
- **1/4 lb** sliced provolone cheese
- **4 tbsp** minced oregano
- **1** tomato, thinly sliced
- **Salt** and pepper to taste



PREHEAT THE OVEN TO 400. SLICE BREAD INTO 1 INCH THICK PEICES. LAY PEICES FLAT ON A COOKIE SHEET. COVER EACH WITH A SLICE OF PROVOLONE AND TOMATO. SPRINKLE OREGANO, SALT, AND PEPPER ON TOP. BAKE FOR 10 MINUTES, OR UNTIL CHEESE HAS MELTED AND IS BEGINNING TO BROWN.