# Spring Herbs

Using herbs in your cooking is the easiest way to make simple dishes flavorful and satisfying. Fresh or dried, herbs add lots of flavor and can reduce the need for salt, fat, or sugar in many dishes.

### Dill
Fresh or dried, a common flavoring for pickles, fish, chicken, and creamy or lemony dishes.

### Mint
Use fresh to flavor water or lemonade, add to lamb and pork dishes, salsas, or fruit salads.

### Thyme
Pair with chicken, fish, soups, or stews. Great with lemon, or in savory baked goods.

### Parsley
Blend stems & all into a pesto, dressing, or salsa verde. Chop and use to garnish savory dishes, or add whole leaves to salad.

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### Storage
Wrap in a paper towel and place in a plastic bag in the fridge. Hang upside-down to dry, or chop and freeze in water or oil in an ice cube tray for easy future use.

### Cooking
Best raw or added at the very end of cooking to preserve the most flavor. Finely chop, or add an entire stem and then remove just before serving.
Yogurt & Herb Scrap Dressing

Yield: 2.5 cups  Total Time: 5 minutes

Ingredients:
• ½ cup light-flavored oil (olive or vegetable)
• ½ tsp Dijon mustard
• ½ cup cider or white wine vinegar
• 1 cup plain yogurt
• 1 cup torn fresh herb scraps & stems (such as dill, parsley, basil, tarragon, and mint)
• 1 clove garlic, crushed
• Salt & pepper to taste

Directions:
1. Combine all ingredients except oil in a blender & blend until thoroughly combined (herbs & garlic should be finely chopped).
2. While blending, slowly add oil until dressing becomes thick & creamy. Use immediately or store up to one week in fridge.

Quick Tips
• Blend to a thinner consistency by adding 2-4 tbsp cold water to use as a dressing or sauce for salads, chicken, potato & pasta salads, and many other dishes. Keep thick to use as a dip or sandwich spread.
• Use up wilted or torn herbs and soft herb stems - they still have lots of flavor!