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.

**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!

**Cilantro**

Used in Mexican and Indian cuisine, cilantro goes well with spicy dishes. Chop with tomato, onion, and pepper for fresh salsa.

**Oregano**

Add to homemade tomato sauce or sprinkle on pizza. Can be used as a substitute for thyme or marjoram, and pairs well with chicken, root vegetables, and tomato.

**Cooking**

Raw, finely chopped herbs have the most aroma and flavor. Chop & freeze in an ice cube tray with water or oil for easy use.

**Storage**

Wrap in paper towel and seal in a plastic bag to store in the fridge. Hang upside down in a place with air circulation to dry, then keep in an airtight container up to 12 months.
Cheesy Basil-Oregano Crostini

- 1 loaf whole wheat, rustic bread
- ¼ lb sliced provolone cheese
- 4 tbsp minced oregano
- 4 tbsp minced basil
- 1 tomato, thinly sliced
- Salt and pepper to taste

Preheat the oven to 400°F. Slice bread into 1 inch thick pieces. Lay pieces 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. Sprinkle with basil and serve.

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
- ¼ tsp salt and pepper to taste

Chop or blend 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.