

## Cook with Fresh Herbs

Summer brings a bounty of fresh fruits and vegetables. Lots of great flavors to enjoy!

Summer also brings fresh herbs which can add wonderful flavors to our meals.

Fresh herbs can make  
a good meal taste 'great'!

Try fresh herbs  
in some of your dishes:

### Cilantro

Tomato salsas, soups and stews  
Beans and rice  
Tacos, burritos and quesadillas

### Basil and Italian Parsley

Cold and hot pasta dishes  
Pasta sauces, pizza  
Salads, Pesto  
Meatloaf, Meatballs

### Mint

Cooked carrots and peas  
Tea, smoothies, water

Start slow – add a small amount of herbs to dishes,  
and increase the amount if desired.

### How can I store fresh herbs?

An easy way is to keep herbs like flowers.  
Cut off the ends of the stems.

Place the herbs in a tall glass with a couple inches  
of water. Keep your herbs on the counter  
or in the refrigerator.

Fresh herbs could also be stored in an open plastic bag  
in your refrigerator for a few days.



## Agua Fresca

a light fruit drink

4 cups diced watermelon or  
cantaloupe, peel and seeds removed  
2 cups water  
1 tablespoon lime juice  
1 teaspoon sugar

Blend the melon, water,  
lime juice and sugar together.

Pour into glasses filled with ice  
and serve.

6 servings (1 cup serving) – 37 calories,  
0 grams fat, 0% calories from fat  
and .4 gram of fiber in a serving.

### Try something different...

\* Add chopped peaches, pears,  
strawberries, pineapple or mango.

\* Serve with fresh mint



# Chicken Tortilla Soup

- 1 (14 ounce) can of chicken broth
- 1 (14.5 ounce) can of diced tomatoes with green pepper, celery and onion
- 1 carrot, peeled and sliced
- 1 cup cooked chicken, diced
- ¼ cup chopped fresh cilantro
- Shredded Monterey jack cheese
- Tortilla strips

- 1 Combine chicken broth, tomatoes and carrot slices in a large pot. Simmer for 7 minutes.
- 2 Add chicken and cilantro. Simmer for 3 more minutes.
- 3 Serve in bowls. Top with tortilla strips and cheese.

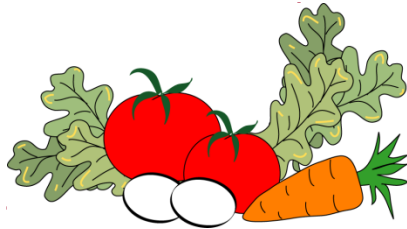
4 servings (1 cup serving) – 125 calories, 2.3 grams fat, 16% calories from fat and 1.4 grams of fiber in a serving.

## Tortilla Strips

Cut 2 whole grain tortillas into strips.

Lightly toss with 1 tablespoon of vegetable oil and salt.

Bake on a large baking sheet in a 350° oven for 3 to 4 minutes or until crisp.



# Tomato Basil Soup

- ¼ cup finely chopped onion
- 1 tablespoon vegetable oil
- 2 (14 ounce) cans chicken broth
- 2 (14.5 ounce) cans diced tomatoes
- 6 tablespoons chopped fresh basil

- 1 Heat oil in large pan. Add onion and cook for 5 to 7 minutes, until onions are soft.
- 2 Combine chicken broth, tomatoes and onions in a large pot. Simmer for 15 minutes.
- 3 Add basil and cook for 2 more minutes. Serve in bowls.

4 servings (1 cup serving) – 110 calories, 3 grams fat, 24% calories from fat and 1.8 grams of fiber in a serving.

## Variations...

- 2 tablespoons of dry basil can be used instead of 4 tablespoons of fresh basil.
- Spice up your soup – add 1/8 teaspoon dry red pepper flakes.
- Serve grilled cheese sandwiches with tomato basil soup.
- Top your soup with homemade croutons – cut bread into small cubes, spray with vegetable oil spray, dash of salt and pepper, and bake in 400° oven until lightly brown.



## What can you do?

- Cook with a fresh herb – basil, Italian parsley, cilantro or mint.
- Make soup with canned tomatoes.
- Flavor water with fresh fruit or fresh mint.
- Other: \_\_\_\_\_