



Whisking your way to Health



Lesson 3 - Cooking with Herbs, seasonings, vegetables and citrus	
Objectives	Learning Method
<ul style="list-style-type: none"><input type="radio"/> Name herbs and how they can be used<input type="radio"/> Identify the differences between herbs and spices<input type="radio"/> Identify some common herbs found in the grocery store<input type="radio"/> Demonstrate how to evaluate the label and ingredient list on seasonings<input type="radio"/> Discuss how vegetables such as onions, celery, garlic and tomatoes can be used to flavor food<input type="radio"/> Discuss how you would use citrus as a flavoring for meats and vegetables	<ul style="list-style-type: none"><input type="radio"/> Lecture, herbs and Handout (Master Gardener)<input type="radio"/> Lecture, Power Point and Handout
Handouts	
<ul style="list-style-type: none"><input type="radio"/> Herbs and Spices<input type="radio"/> Oranges, Lemons and Limes	<ul style="list-style-type: none"><input type="radio"/> Add vegetables for flavor
Activities	
<ul style="list-style-type: none"><input type="radio"/> Lecture by Master Gardener<input type="radio"/> Taste and smell herbs	<ul style="list-style-type: none"><input type="radio"/> Zest an orange, lime and lemon<input type="radio"/> Review the meal plans from the homework

Whisking your way to Health

Food Preparation		
Item	Comments	Groceries
<input type="radio"/> Baked chicken with rosemary/thyme		4 oz chicken /participant Fresh rosemary and thyme
<input type="radio"/> Green beans with herbs		Green beans, onion, celery, dried rosemary and thyme
<input type="radio"/> Goya Yellow rice		Goya yellow rice
<input type="radio"/> Herb Cake <input type="radio"/> Fruit Salad	½ pear on lettuce with peanut butter and mayonnaise	Cake mix, rosemary, egg, oil 6 pears, lettuce, peanut butter, mayonnaise
<input type="radio"/> Iced tea with mint		Iced tea and mint
Cooking Utensils		
<input type="radio"/> Knives (paring, bread and Chef) <input type="radio"/> George Foreman Grill or baking dish <input type="radio"/> Dry & Liquid measuring cup <input type="radio"/> Wooden spoon <input type="radio"/> Can opener	<input type="radio"/> Carrot peeler <input type="radio"/> Cutting board <input type="radio"/> Sauce pan <input type="radio"/> Items to make cake <input type="radio"/> Spatula	

Whisking Your Way to Health

Cooking Plan	
Group 1	Group 2
<ul style="list-style-type: none"> <input type="radio"/> Chicken with rosemary and thyme <input type="radio"/> Prepare rice 	<ul style="list-style-type: none"> <input type="radio"/> Prepare Herbed Green Beans <input type="radio"/> Prepare cake <input type="radio"/> Prepare iced tea
Set Goal	
Homework	
<ul style="list-style-type: none"> <input type="radio"/> Plan 2 days of balanced meals <input type="radio"/> Bring a plate, glass, and bowl from home to the next class 	
Texas tomato seeds	

Herbed Green Beans

- 1 1/2 ounce can of can green beans, no added salt
- 2 to 3 tablespoons margarine, broth
- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 1 clove garlic, minced
- 1 teaspoon dried rosemary, crushed
- 1/2 teaspoon dried basil, crushed
- Small onion, celery, and garlic in the refrigerator (broth will soft)
- Add green beans, rosemary and basil. Cover and cook for 10 minutes over low heat or until hot.

Serves 6 to 8



Whisking your way to Health



Rosemary Chicken

Skinless chicken breast (4 ounces per serving)

Olive Oil

Fresh rosemary

Fresh ground pepper

Spring (green) onion, chopped

Preheat oven to 350 degrees Fahrenheit.

Spray baking dish with oil.

Brush chicken breast with olive oil and place in baking dish.

Place a sprig of rosemary on each piece of chicken.

Sprinkle with pepper.

Sprinkle spring onion over chicken.

Bake at 350 degrees for 30 minutes or until done.



Whisking your way to Health



Rosemary Yellow Cake

Yellow Cake Mix

Add 1 8-cup fresh rosemary to a yellow cake mix.

Follow the directions for the cake mix.

To make the cake mix "healthier," reduce fat by 1/3.

If two eggs are required for cake, use one whole egg and two egg whites.

Serves 8 to 12

Pear Salad with Peanut Butter Dressing

- 1 cup pear halves in pear juice
- 2 bananas
- 1 4-cup reduced fat mayonnaise
- 2 tablespoons peanut butter
- 1 clove garlic
- Peppercorn

Mix mayonnaise and peanut butter. If too thick add pear juice and stir until proper consistency is reached to make dressing.

Place a lettuce leaf on a salad plate.

Place one pear half in center of lettuce.

Place 4 or 5 banana slices on top of pear.

Top with 1 tablespoon dressing.
Sprinkle lightly with peppercorn.
Refrigerate until ready to serve.

Whisking Your Way to Health

Cass, Simmons

Pre test

1. Spices come from all parts of the plant except

Root

Leaves

Buds

2. Most Herbs should be added at the start of the cooking process

True

False

3. If you brown garlic at too high a temperature

Loose its flavor

Become more potent

Taste bitter

4. The zest is the outer layer of the garlic

True

False

5. The pith or white part of the skin of citrus

Has the most flavor

Has no flavor

Is bitter

My goal this past week was _____

I met it ___ all the time ___ most time

___ some times ___ did not work on it

Post test

1. Spices come from all parts of the plant except

Root

Leaves

Buds

2. Most Herbs should be added at the start of the cooking process

True

False

3. If you brown garlic at too high a temperature

Loose its flavor

Become more potent

Taste bitter

4. The zest is the outer layer of the garlic

True

False

5. The pith or white part of the skin of citrus

Has the most flavor

Has no flavor

Is bitter

My goal for next week: I will _____

How much _____ How often _____

When _____

Shopping List



Lesson 3

Chicken breast	3 1/2 pound	\$10.00
Rosemary, fresh		\$2.59
Thyme, fresh		\$2.59
Green beans*	28 ounces	\$1.04
Goya Yellow Rice	2 packages	\$1.29
Pears, lite halves*	4 cans	\$3.24
Lettuce, red and green leaf	1 bunches	\$1.39
Mint, fresh		\$2.59
White cake mix*	1	\$1.00
Egg	2	\$0.50
	Total	\$26.23

* Items in staples - Total less these items \$20.95

Staples

Vegetable oil*	1 bottle	\$1.59
Rosemary dried*	1 bottle	\$2.83
Thyme, dried*	1 bottle	\$3.13
Peanut butter*	1 jar	\$1.79
Mayonaise, lite*	1 jar	\$2.00
Basil, dried*	1 bottle	\$2.08
Tea bags*	1 box	\$1.49
	Total	\$14.91



Whisking your way to Health

A cooking program
for people with diabetes



Cooking with Herbs and Spices




Herbs

- Are leaves of low-growing shrubs. Examples are parsley, chives, marjoram, thyme, basil, caraway, dill, oregano, rosemary, savory, sage and celery leaves.
- These can be used fresh or dried. Dried forms may be whole, crushed, or ground.
- Many herbs can be grown in the United States in or out of doors.



Spices

- Bark (cinnamon)
- Root (ginger, onion, and garlic).
- Buds (cloves, saffron)
- Seeds (yellow mustard, poppy, and sesame)
- Berry (black pepper)
- Fruit (allspice, paprika) of tropical plants and trees.



Fresh or Dried




Herbs

- Fresh basil has a sweet, pungent, tangy taste. It is good in salads and with tomatoes, while dried basil leaves are used in soups and stews.
- Chives have an onion-like flavor and are great on baked potatoes, and with fish and chicken.
- Oregano has a strong, aromatic flavor, and is good in tomato sauces, egg-and-cheese combinations, and poultry and fish marinades.
- Thyme leaves add meaty flavor to marinated steak, roast chicken, soups, stews, and bean and lentil casseroles.

Measuring Your Way to Success

- Rosemary has a very pungent flavor and should be used sparingly on fish, lamb, seafood, casseroles, soups, and vegetables.
- Sage has a slightly bitter flavor and is used in stuffing at Thanksgiving, as well as meat, poultry, and sausage.
- Dill is pungent and is widely used for pickling. Dill is especially good on fish such as poached or grilled salmon, but is also used in soups, cucumber and tomato salads, and creamy dips.
- Parsley, probably the most popular herb, has a slightly peppery flavor. It is added to soups, sauces, and stews, but is also used to garnish dishes.

Measuring Your Way to Success

When substituting dried herbs for fresh, the rule is:
 1/3 teaspoon ground or 1 teaspoon crumbled dried leaves for every tablespoon of finely chopped fresh herb



Measuring Your Way to Success

Spices

- Ground spices release their flavor more quickly than whole spices, can be used in recipes with short cooking times or can be added near the end of cooking for longer cooking recipes.
- Whole spices need a longer time to release their flavor. They work well in longer cooking recipes like soups and stews.
- Robust herbs such as sage, thyme and bay leaves stand up well in long cooking while milder herbs like basil, marjoram and parsley can be added at the last minute for best results

Measuring Your Way to Success

- Rub leafy herbs in the palm of your hand to release the flavor and aroma.
- Spices such as fennel seed, cumin seed, sesame seed and white peppercorns may be toasted to intensify their flavors. Simply add the spice to a dry, non-stick, heated skillet and heat until aromatic
- Whole spices and seeds may be best ground using a small electric coffee grinder or spice mill. A pepper mill or mortar and pestle may also be used

Measuring Your Way to Success



To double a recipe, increase spices and herbs by one and one-half

TASTE and then add more if necessary.

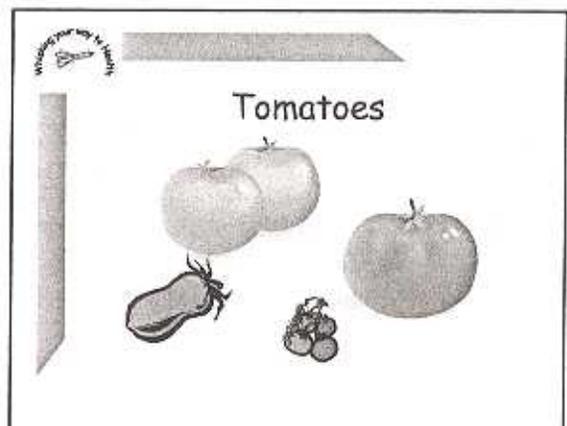
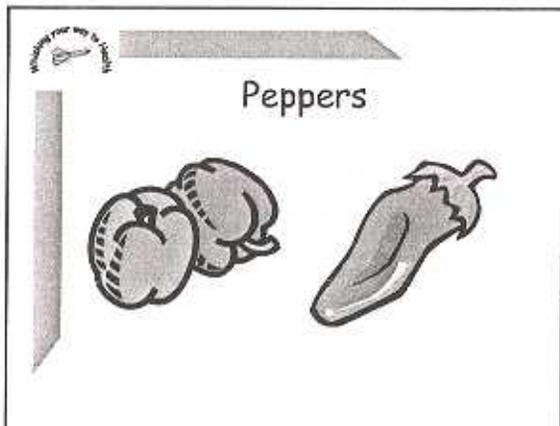
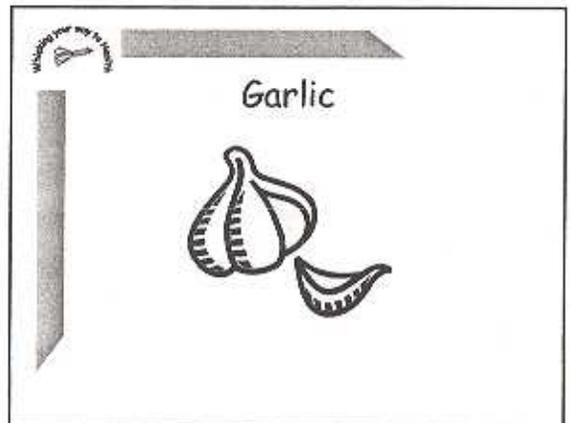
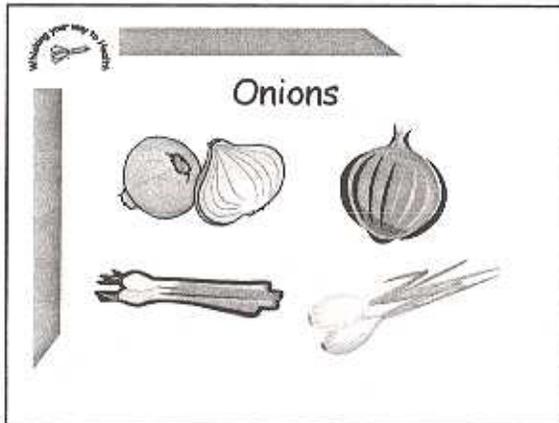
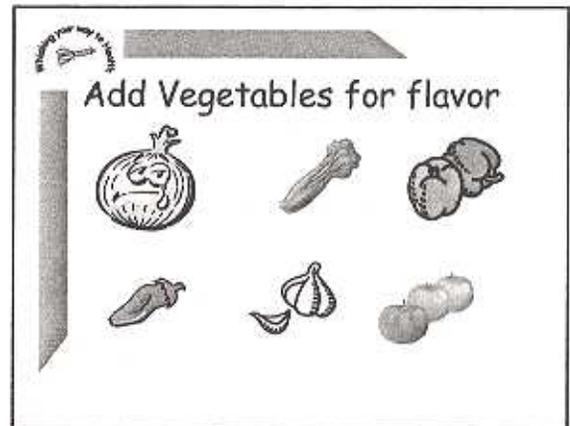
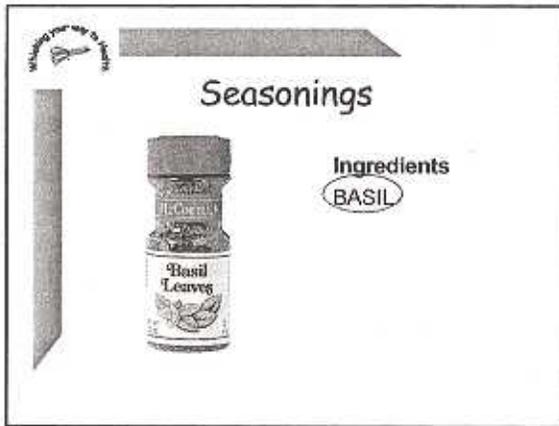
In most recipes one and one-half times the seasoning will be sufficient to provide desired flavor

Measuring Your Way to Success

Seasonings

Ingredients
 (SALT) BLACK PEPPER, CITRIC ACID, ONION, SUGAR, GARLIC, CALCIUM SILICATE AND SILICON DIOXIDE (ADDED TO MAKE FREE FLOWING), CELERY SEED, LEMON OIL, AND FD&C YELLOW 5 LAKE.



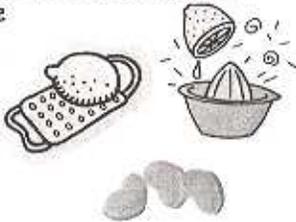


 **Celery**



 **Oranges, Lemons and Lime**

- To use citrus as a flavoring you can use the
 - Juice
 - Zest
 - Sections



 **Oranges**

- Oranges do not ripen after they are picked
- Orange juice can be used over fresh fruits to prevent browning.
- Add orange zest or grate orange rind to use in recipes, rice, or stir fry for added flavor.
- A couple of tablespoons of orange juice concentrate can be added to a fruit cup for a great flavorful sauce.



 **Lemons**

Lemons ripen after they are picked

Use lemons in marinades, especially for chicken and fish.

Sprinkle lemon juice on top of your favorite steamed vegetables, seafood, and salads.

Mix salad dressing with lemon instead of vinegar.

Fresh grated lemon peels add zip to baked goods, fruit salads, desserts, and sauces.



 **Lemons**

Try replacing other fruits with lemon in your next frozen sorbet.

Add some lemon juice to your water bottle, or a slice to a glass of water. Add some lemon zest to the water in ice cube trays for added zip to beverages.

Freeze lemon juice in ice cube trays for later use.



 **Lime**

- Lime is the second favorite flavoring agent for foods and drinks.
- Adding lime juice and lime zest to enhance the flavor of rice, potatoes, salads, and cooked vegetables will cut down the amount of salt you need to use, and eliminate the need for adding fat.





Lime



- Lime juice is excellent in marinades, beverages, salad dressings, guacamole, seafood and barbecue sauces, fish and meat stews, sorbets, jams.
- Freeze fresh lime juice in ice cube trays for later use.



Whisking your way to Health

A cooking program
for people with diabetes

Today we are going to talk about creative way to add flavor to food without salt and fat.



Cooking with Herbs and Spices



This morning we welcome _____, Master Gardener to talk about Herbs.

If there is a Master gardener speaking skip to slide 11 after the Master gardener is finished.



Herbs

- Are leaves of low-growing shrubs. Examples are parsley, chives, marjoram, thyme, basil, caraway, dill, oregano, rosemary, savory, sage and celery leaves.
- These can be used fresh or dried. Dried forms may be whole, crushed, or ground.
- Many herbs can be grown in the United States in or out of doors.

- Herbs Are leaves of low-growing shrubs. Examples are parsley, chives, marjoram, thyme, basil, caraway, dill, oregano, rosemary, savory, sage and celery leaves.
- These can be used fresh or dried. Dried forms may be whole, crushed, or ground.



Spices

- Bark (cinnamon)
- Root (ginger, onion, and garlic),
- Buds (cloves, saffron)
- Seeds (yellow mustard, poppy, and sesame)
- Berry (black pepper)
- Fruit (allspice, paprika) of tropical plants and trees.

Spices

- Bark (cinnamon)
- Root (ginger, onion, and garlic),
- Buds (cloves, saffron)
- Seeds (yellow mustard, poppy, and sesame)
- Berry (black pepper)
- Fruit (allspice, paprika) of tropical plants and trees.



Herbs have been used since early times

Many cultures use them in place of salt

Herbs enhance flavor, do not over do it

Herbs can be used as fresh or dried

- Herbs have been used since early times
- Many cultures use them in place of salt
- Herbs enhance flavor, do not over do it. Use sparingly to avoid overwhelming the food
- Herbs can be used as fresh or dried
- Many herbs can be grown in the United States in or out of doors.
- Most fresh herbs are perishable and bunches should be stored with their stems in water in the refrigerator.
- Loose leaves and flowers can be packed in perforated plastic bags in the refrigerator crisper. If there is excess moisture, pat the leaves dry and crush a paper



- Rosemary has a very pungent flavor and should be used sparingly on fish, lamb, seafood, casseroles, soups, and vegetables.
- Sage has a slightly bitter flavor and is used in stuffing at Thanksgiving, as well as meat, poultry, and sausage.
- Dill is pungent and is widely used for pickling. Dill is especially good on fish such as poached or grilled salmon, but is also used in soups, cucumber and tomato salads, and creamy dips.
- Parsley, probably the most popular herb, has a slightly peppery flavor. It is added to soups, sauces, and stews, but is also used to garnish dishes.

- Rosemary has a very pungent flavor and should be used sparingly on fish, lamb, seafood, casseroles, soups, and vegetables.
- Sage has a slightly bitter flavor and is used in stuffing at Thanksgiving, as well as meat, poultry, and sausage.
- Dill is pungent and is widely used for pickling. Dill is especially good on fish such as poached or grilled salmon, but is also used in soups, cucumber and tomato salads, and creamy dips.
- Parsley, probably the most popular herb, has a slightly peppery flavor. It is added to soups, sauces, and stews, but is also used to garnish dishes.



Fresh or Dried

When substituting dried herbs for fresh, the rule is:

1/3 teaspoon ground or 1 teaspoon crumbled dried leaves for every tablespoon of finely chopped fresh herb



When substituting dried herbs for fresh, the rule is:

1/3 teaspoon ground or 1 teaspoon crumbled dried leaves for every tablespoon of finely chopped fresh herb

towel at the bottom of the bag and place the leaves on top. Moisture helps keep herbs fresh but too much moisture promotes spoilage.

- To dry fresh herbs, tie stalks into small bunches with string and hang upside down in a paper bag punched with holes. Store the bag in a warm, well-ventilated place.
- Dried herbs should be stored in tightly closed glass jars and kept in a dark, cool, dry place



- Fresh basil has a sweet, pungent, tangy taste. It is good in salads and with tomatoes, while dried basil leaves are used in soups and stews.
- Chives have an onion-like flavor and are great on baked potatoes, and with fish and chicken.
- Oregano has a strong, aromatic flavor, and is good in tomato sauces, egg-and-cheese combinations, and poultry and fish marinades.
- Thyme leaves add meaty flavor to marinated steak, roast chicken, soups, stews, and bean and lentil casseroles.

- Fresh basil has a sweet, pungent, tangy taste. It is good in salads and with tomatoes, while dried basil leaves are used in soups and stews.
- Chives have an onion-like flavor and are great on baked potatoes, and with fish and chicken.
- Oregano has a strong, aromatic flavor, and is good in tomato sauces, egg-and-cheese combinations, and poultry and fish marinades.
- Fresh or dried thyme leaves add meaty flavor to marinated steak, roast chicken, soups, stews, and bean and lentil casseroles.



Spices

- Ground spices release their flavor more quickly than whole spices. can be used in recipes with short cooking times or can be added near the end of cooking for longer cooking recipes.
- Whole spices need a longer time to release their flavor. They work well in longer cooking recipes like soups and stews.
- Robust herbs such as sage, thyme and bay leaves stand up well in long cooking while milder herbs like basil, marjoram and parsley can be added at the last minute for best results

- Ground spices release their flavor more quickly than whole spices. Ground spices such as ground thyme or ground cumin can be used in recipes with short cooking times or can be added near the end of cooking for longer cooking recipes.
- Whole spices need a longer time to release their flavor. They work well in longer cooking recipes like soups and stews.
- Robust herbs such as sage, thyme and bay leaves stand up well in long cooking while milder herbs like basil, marjoram and parsley can be added at the last minute for best results.



- Rub leafy herbs in the palm of your hand to release the flavor and aroma.
- Spices such as fennel seed, cumin seed, sesame seed and white peppercorns may be toasted to intensify their flavors. Simply add the spice to a dry, non-stick, heated skillet and heat until aromatic
- Whole spices and seeds may be best ground using a small electric coffee grinder or spice mill. A pepper mill or mortar and pestle may also be used

- Rub leafy herbs in the palm of your hand to release flavors and aroma.
- To double a recipe, increase spices and herbs by one and one-half, TASTE and then add more if necessary. In most recipes one and one-half times the seasoning will be

- sufficient to provide desired flavor.
- Spices such as fennel seed, cumin seed, sesame seed and white peppercorns may be toasted to intensify their flavors. Simply add the spice to a dry, non-stick, heated skillet and heat until aromatic.
- Whole spices and seeds may be best ground using a small electric coffee grinder or spice mill. A pepper mill or mortar and pestle may also be used.



To double a recipe, increase spices and herbs by one and one-half

TASTE and then add more if necessary.

In most recipes one and one-half times the seasoning will be sufficient to provide desired flavor

- To double a recipe, increase spices and herbs by one and one-half
- TASTE and then add more if necessary.
- In most recipes one and one-half times the seasoning will be sufficient to provide desired flavor



Seasonings



Ingredients

(SALT) BLACK PEPPER, CITRIC ACID, ONION, SUGAR, GARLIC, CALCIUM SILICATE AND SILICON DIOXIDE (ADDED TO MAKE FREE FLOWING), CELERY SEED, LEMON OIL, AND FD&C YELLOW 5 LAKE.

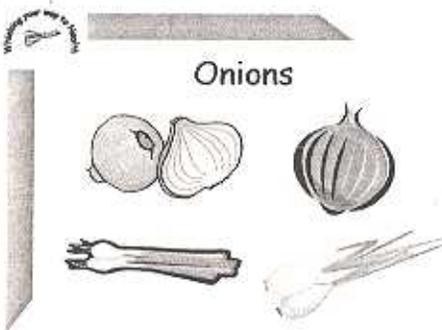
Items are listed from that with the most weight to the least. If salt is the first ingredient on the Ingredients Lists choose a seasoning that is No Salt Added



Most herbs and spices will have only the specific herb or spice listed on the Ingredients List.



Instead of salt, butter and other fats try adding vegetables like onion, pepper, celery, tomatoes and garlic to vegetables, meats and pasta for flavor.



Onions come in many shapes, sizes and colors and add different flavors.

- Use raw or cooked onions to season stews, soups, tomato sauces or cooked vegetables.
- Small pearl onions make a great side dish when seasoned with thyme. Enjoy onions on their own stuffed and baked.
- Stuff onions with chopped vegetables and rice or breadcrumbs.

- Add raw onions to salads or fresh vegetable trays
- Include onions to add crunch and flavor to dressings, relishes, or sauces.
- Onions may be eaten raw or cooked. Onions should be peeled before preparing, except when baking. Onions may be boiled, braised, baked, micro waved, or sautéed.
- **Yellow onions** are full-flavored and are a reliable standby for cooking almost anything. Yellow onions turn a rich, dark brown when cooked and give French Onion Soup its tangy sweet flavor.
- The **red onion**, with its wonderful color, is a good choice for fresh uses or in grilling and charbroiling.
- **White onions** are the traditional onion used in classic Mexican cuisine. They have a golden color and sweet flavor when sautéed.
- One teaspoon of onion powder = 1 Tablespoon of dried onions.
- Either one is equivalent to about 1/3 cup of chopped onions

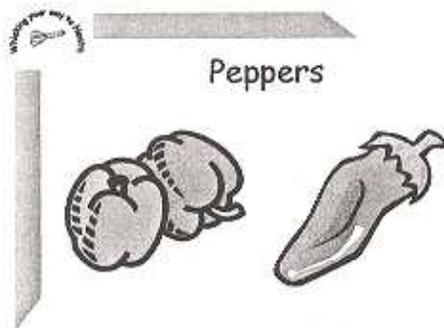


Garlic

Garlic

- Cooking garlic decreases the strength of its flavor making it much milder. The longer it is cooked, the milder it tastes.
- Be careful not to sauté garlic too long at too high a temperature, it will brown very quickly and can become bitter.
- To bake garlic, place whole, unpeeled bulbs rounded side down in a shallow baking dish, drizzle with oil, cover with foil and bake for 1 1/2 hours at 325°F
- Use garlic to
 - Flavor soups and stews
 - Roast with meats or poultry.
 - Chop finely for salad dressings.
 - Bake whole heads until softened; pop out soft flesh from cloves and spread on bread.

- Put minced garlic on a loaf of bread to make authentic tasting garlic bread!
- When you use a garlic press or crush the garlic cloves, you get a stronger flavor than when you mince it fine with a knife.
- The more finely garlic is chopped, the stronger its flavor will be. This is only noticeable when using the garlic raw
- Small bulbs of garlic can be as much as 20 times as strong as larger bulbs.



Bell Peppers

- Green, sweet bell peppers have 2 times as much vitamin C as oranges; red and yellow bell peppers have 4 times as much.
- Carve out peppers and stuff them with rice or use them as colorful containers for dips or other edible items.

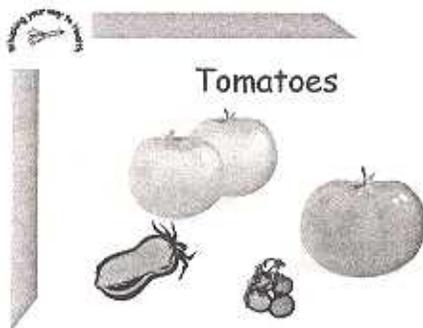
- Include sliced peppers on your next veggie tray.
- Use them to create colorful and exciting meals by adding a mixture of different colored sliced or chopped peppers to your favorite salads, pastas, and Chinese or Mexican dishes.
- Sauté them with onions and add to spaghetti sauce.

Hot peppers (Chilies)

- There are many kinds of hot peppers, some are mild and others have a very pungent flavor.
- To decrease the heat intensity of chilies, wash them, cut them open and remove the seeds and veins.
- Soaking cut up chilies in salt water for at least an hour will help cool them off.
- To add a mild pepper flavor to your dish, poke holes in the chili of your choice with a toothpick (or cut slits in it) and add it to a food that is already cooking. When

cooking is complete, remove the chili.

- Chilies can also be roasted whole over a gas stove, broiler, or on a grill.
- Use a cooking fork to hold each pepper over flame.
- Turn frequently until the chili's skin is blackened.
- After cooking is a complete, place chili in a paper or plastic bag for 15 minutes.
- Scrape off skin, cut off stem and pull out core. Scrape any remaining seeds

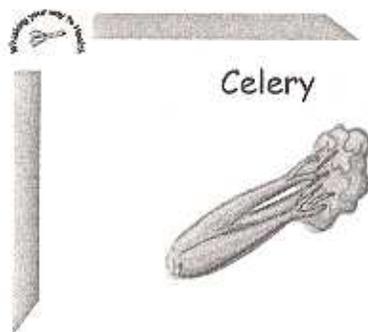


Tomatoes

There are many different types of tomatoes, try a variety, try some of the yellow or orange ones or the pear shaped ones.

- Tomatoes add wonderful color, flavor, and texture to your favorite sandwich, salad, or omelet.
- Tomatoes make an excellent base for homemade soups or sauces and especially compliment pasta dishes.

- Tomatoes combine well with just about any type of food, such as, poultry, fish, rice, pasta, as well as other vegetables.
- Combine tomatoes with other vegetables to make a tasty side dish or snack.
- When baking tomatoes, whole or stuffed, use a muffin tin liberally coated with oil pan spray. The tomatoes will sit straight and hold their shape.
- They can be enjoyed stuffed, baked, stewed, or grilled.
- Try a broiled sliced tomatoes topped with basil leaves.
- Raw tomatoes can make a tasty Mexican salsa.



Celery

- When making broth add celery and the leaves to the liquid while cooking.
- Sauté it with onions and garlic to add to green beans.



Oranges, Lemons and Lime

To use citrus as a flavoring you can use the

- Juice

- Zest

- Sections



- Add it to salads and vegetable trays.
- Add sliced or diced celery to soups.

Citrus

- To use citrus as a flavoring you can use the juice, the sections or the zest (the colored part of the peel)
- Juice - Get the most juice out of your lemon by warming it in the microwave for 15 seconds or rolling it with your hand on the counter if it is at room temperature.
- Zest - is the colored outermost skin layer of citrus fruits. Zest is highly perfumed and is rich in flavor. Zest can be used to flavor sweet and savory dishes, or candied, for pastry use. Be sure not to get any of the white pith when zesting citrus, as the white pith is bitter. You can use a grater, zesting tool, vegetable peeler or knife to prepare the zest.



Oranges



- Oranges do not ripen after they are picked
- Orange juice can be used over fresh fruits to prevent browning.
- Add orange zest or grate orange rind to use in recipes, rice, or stir fry for added flavor.
- A couple of tablespoons of orange juice concentrate can be added to a fruit cup for a great flavorful sauce.

Oranges

- Oranges do not ripen after they are picked
- Orange juice can be used over fresh fruits to prevent browning.
- Add orange zest or grate orange rind to use in recipes, rice, or stir fry for added flavor.
- A couple of tablespoons of orange juice concentrate can be added to a fruit cup for a great flavorful sauce.



Lemons



- Lemons ripen after they are picked
- Use lemons in marinades, especially for chicken and fish.
- Sprinkle lemon juice on top of your favorite steamed vegetables, seafood, and salads.
- Mix salad dressing with lemon instead of vinegar.
- Fresh grated lemon peels add zip to baked goods, fruit salads, desserts, and sauces.

Lemons

- Lemons ripen after they are picked
- Use lemons in marinades, especially for chicken and fish.
- Sprinkle lemon juice on top of your favorite steamed vegetables, seafood, and salads.
- Mix salad dressing with lemon instead of vinegar.
- Fresh grated lemon peels add zip to baked goods, fruit salads, desserts, and sauces.



Lemons



Try replacing other fruits with lemon in your next frozen sorbet.

Add some lemon juice to your water bottle, or a slice to a glass of water. Add some lemon zest to the water in ice cube trays for added zip to beverages.

Freeze lemon juice in ice cube trays for later use.

- Try replacing other fruits with lemon in your next frozen sorbet.
- Add some lemon juice to your water bottle, or a slice to a glass of water. Add some lemon zest to the water in ice cube trays for added zip to beverages.
- Freeze lemon juice in ice cube trays for later use.



Lime



- Lime is the second favorite flavoring agent for foods and drinks.
- Adding lime juice and lime zest to enhance the flavor of rice, potatoes, salads, and cooked vegetables will cut down the amount of salt you need to use, and eliminate the need for adding fat.

Lime

- Lime is the second favorite flavoring agent for foods and drinks.
- Adding lime juice and lime zest to enhance the flavor of rice, potatoes, salads, and cooked vegetables will cut down the amount of salt you need to use, and eliminate the need for adding fat.



Lime



- Lime juice is excellent in marinades, beverages, salad dressings, guacamole, seafood and barbecue sauces, fish and meat stews, sorbets, jams.
- Freeze fresh lime juice in ice cube trays for later use..

- Lime juice is excellent in marinades, beverages, salad dressings, guacamole, seafood and barbecue sauces, fish and meat stews, sorbets, jams,
- Freeze fresh lime juice in ice cube trays for later use.

Try adding chopped citrus zest to

- salad dressings
- marinades
- sauces for meat
- vegetables or desserts
- cake or muffin batter
- bread, scone, biscuit or cookie dough
- mix it with cream cheese and chopped herbs as a spread for bagels



Lesson 3

Cooking with Herbs, Spices, Seasonings, and using vegetables and citrus for flavoring

- Identify herbs and spices and how to use them
- Using the ingredients list on seasonings
- Discuss how to use onions, garlic, celery and tomatoes to add flavor
- Discuss the use of citrus as a flavoring



Let's Cook

- Baked chicken with rosemary/thyme
- Green beans with herbs
- Goya yellow rice
- Fruit salad
- Rosemary cake
- Lemonade and Iced tea

My healthy food goal for this week:

I will

Homework

- ❖ Continue to work on planning balanced meals
- ❖ Bring your meal plans next week
- ❖ Bring a plate, bowl and glass that you use every day



Herbs are leaves of low-growing shrubs. Examples are parsley, chives, marjoram, thyme, basil, caraway, dill, oregano, rosemary, savory, sage and celery leaves. These can be used fresh or dried. Dried forms may be whole, crushed, or ground. Many herbs can be grown in the United States in or out of doors.

Spices come from the bark (cinnamon), root (ginger, onion, and garlic), buds (cloves, saffron), seeds (yellow mustard, poppy, and sesame), berry (black pepper), or the fruit (allspice, paprika) of tropical plants and trees.

Bay Leaf



The Bay Leaf is useful in hearty, home-style cooking. When you are making bean, split pea and vegetable soups, meat stews, spaghetti sauce, and chili, a Bay leaf can be added for a more pungent flavor. Alternate whole Bay Leaves with meat, seafood, or vegetables on skewers before cooking. Be sure to remove Bay Leaves before eating a dish that has finished cooking. The whole leaves are used to impart flavor only and are bitter and hard to chew.

Basil

Basil tastes great in tomato and pasta dishes but it is also gives a sweet scented, minty aroma when crumbled over baked chicken, lamb, or fish. It blends well with garlic, thyme, and oregano. Crush dried leaves with your hand or in a mortar and pestle to release the herb's flavor. Start with 1/2 teaspoon for 4 servings; add more to taste.



Chives



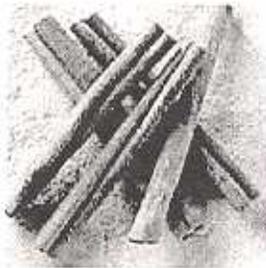
Chives make an attractive garnish for many savory foods. With a delicate onion flavor, Chives won't overpower the flavor of fish. Add Chives at the last moment to hot foods, since heat lessens their flavor.

Before it is used, Cilantro should be crushed, either by hand or with a mortar and pestle. Cilantro is a perfect addition to Mexican dishes; add Cilantro to salsas and bean dips. Mix crushed Cilantro into sour cream and use it as a topping for chili, tacos, or enchiladas. Sprinkle Cilantro over stir fried vegetables for color and Asian flavor. Add Cilantro to sesame ginger dressing when making Chinese chicken salad.

Cilantro



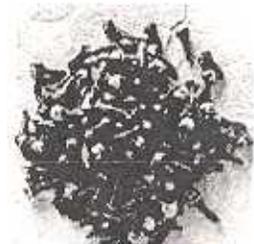
Cinnamon



The sweet spicy flavor of Cinnamon enhances the taste of vegetables and fruits. Cinnamon is a perfect partner for chocolate; use it in any chocolate dessert or drink. It is used to mellow the tartness of apple pie. Ground Cinnamon should not be added to boiling liquids; the liquid may become stringy and the Cinnamon will lose flavor.

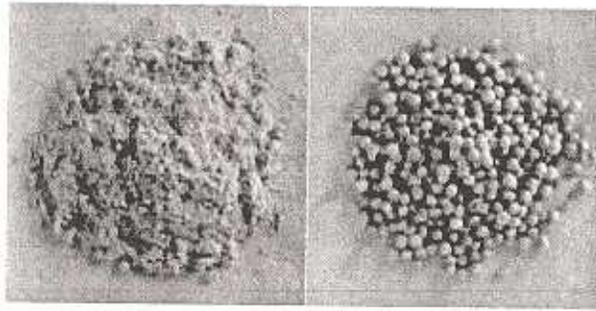
Ground Cloves add spicy depth to gingerbread, cookies, applesauce, muffins, cakes, and other sweets. It's a secret ingredient in barbecue and cocktail sauces. Blend Ground Cloves with maple syrup and drizzle over cooked sweet potatoes and winter squash. Add a few Whole Cloves to bean and split pea soups (remove before serving).

Cloves



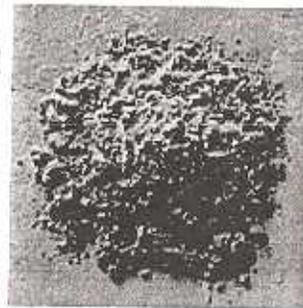
Coriander

Coriander is not interchangeable with cilantro, although they are from the same plant. Ground Coriander seed is traditional in desserts and sweet pastries as well as in curries, meat, and seafood dishes with South American, Indian, Mediterranean, and African origins. Add it to stews and marinades for a Mediterranean flavor

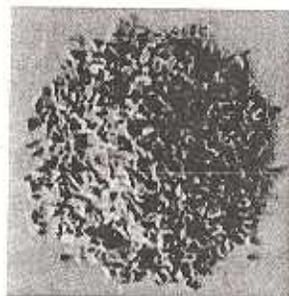
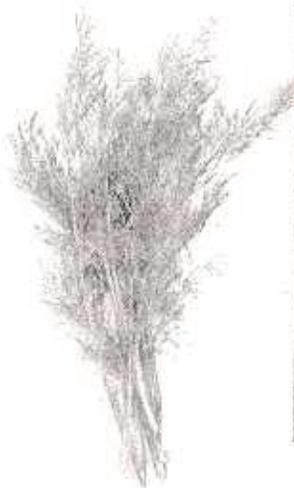


Cumin

For a change of pace, try ground Cumin. Add to tangy lime or lemon based marinades for chicken, turkey, lamb, and pork. Or, add Cumin to chili, spicy meat stews, barbecue marinades, and sauces. Stir toasted Cumin into corn muffin batter to create an easy south of the border accent. Heat Cumin and garlic in olive oil and drizzle over cooked vegetables or potatoes. Ground Cumin is stronger than whole seeds. The Cumin flavor is accentuated by toasting.



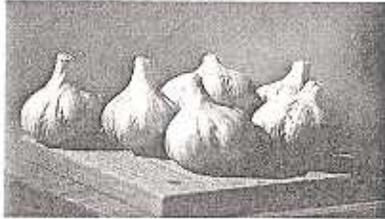
Dill



Dill Seed and Dill Weed are not good substitutions for each other. The seed has a camphorous, slightly bitter flavor, and the weed has a delicate flavor. Dill Seed is good sprinkled over casseroles before baking and used in salad dressings. Dill Weed, with its delicate flavor, enhances fish, shellfish, vegetables, and dips.

Garlic

Use Minced Garlic or Garlic Chips in pasta sauces, stews, and soups. Mix with oil and vinegar and Italian spices to make salad dressing. Garlic Powder can be used in marinades, or mixed with herbs and rubbed into poultry, pork, or beef before cooking



Ginger

Since ginger is a fibrous root, at times fibers may get into the manufactured product. Crystallized Ginger can replace fresh Ginger. Wash off the sugar first if desired when preparing a savory dish.



Marjoram

Crush Marjoram in your hand or with a mortar and pestle before using. Marjoram's mellow taste and enticing fragrance make it compatible with a wide variety of foods. It won't overpower: start with 1/2 teaspoon per 4 servings. Complements lamb dishes, as well as beef and veal. Marjoram blends well with parsley, dill, basil, or thyme. Try it in soups or stews.





Mint

Use mint in salad dressings, flavored tea, and zesty marinades. Stir into warmed apple or currant jelly for a quick meat sauce or dessert topping.

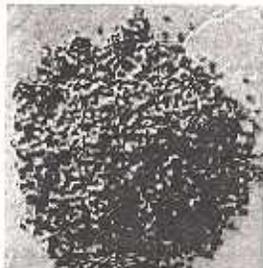
Nutmeg

The sweet but slightly bitter flavor of Nutmeg adds character to vegetables. A little goes a long way so try 1/8 teaspoon per 4 servings to start. Just sprinkle it lightly over veal, fish, or chicken for a surprising snap. Use as a topping for whipped cream, custard, and eggnog. Ground Nutmeg is an ideal baking spice and is especially complimentary in sweet breads, cakes, muffins, cookies, and fruit pies.



Oregano

Oregano tastes great with tomato, egg, or cheese based foods, and is also a great addition to many lamb, pork, and beef main dishes. Try sautéing aromatic vegetables in olive oil with garlic and Oregano. You can make a savory sauce with melted butter, lemon juice and a bit of Oregano; drizzle it over grilled fish and poultry. An easy way to accent pasta sauces, salad dressings, and ground meat dishes is with a dusting of crushed Oregano leaves. To release its flavor, crush Oregano by hand or with a mortar and pestle before using it in your recipes.



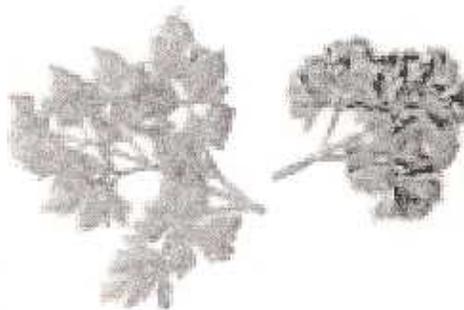
Paprika

Paprika is useful as a simple garnish for almost any savory dish. Combine it with butter, margarine, or oil for a quick baste for fish or poultry. This is especially good on roast turkey. Paprika can be mixed with bread crumbs before sprinkling them over casseroles or vegetables.



Parsley

Stretch homemade pesto and other green sauces by adding a generous amount of Parsley during mixing. Stir Parsley into melted garlic butter for a savory, yet simple, pasta or steamed vegetable topper. Add directly to liquids, cooked foods, melted butter, and salad dressings for a light spicy touch. Try a no salt herb blend by combining 1 tablespoon each Parsley Flakes, marjoram, and thyme. Crush Parsley in your hand or with a mortar and pestle before adding to food.

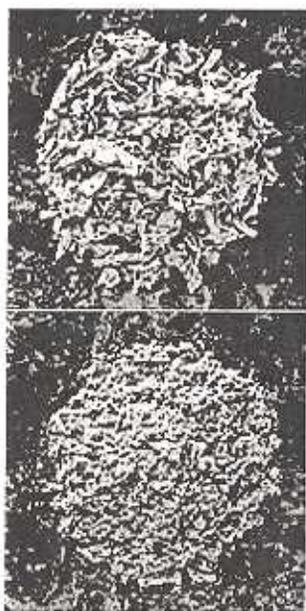


Rosemary

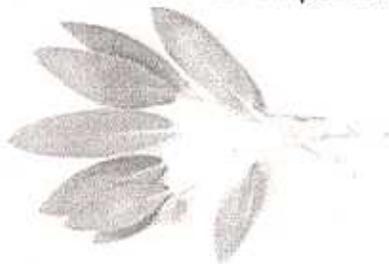


Rosemary's assertive flavor blends well with garlic to season lamb roasts, meat stews, and marinades. Rosemary also enlivens lighter fish dishes, tomato sauces, and vegetables. Melt butter with Rosemary to dress freshly steamed red potatoes and peas or a stir fried mixture of zucchini and summer squash. Crush leaves by hand or with a mortar and pestle before using.

Sage

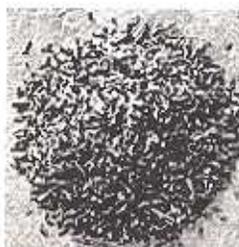


Crumble leaves for full fragrance. Use ground Sage sparingly; foods absorb its flavor more quickly than leaf Sage. Sage is a wonderful flavor enhancer for seafood, vegetables, breadsticks, cornbreads, muffins, and other savory breads. Top swordfish, tuna, steaks, chicken, and turkey pieces with Sage lemon butter. Rub Sage, cracked pepper, and garlic into pork tenderloin or chops before cooking.



Tarragon

Tarragon adds flavor to egg and cheese dishes, light soups and fresh fruits. To baste chicken, fish or seafood, blend Tarragon with butter, chives, and lemon.



Thyme

Use thyme to season cheese, tomato, and egg dishes. Blend fragrant Thyme into poultry stuffing, spaghetti or pizza sauce, and chili along with any combination of marjoram, basil, oregano, sage, rosemary, or garlic. Rub minced garlic and Thyme over lamb, pork, or beef roasts.





Add vegetables for flavor



Common vegetables that add lots of flavor



Onions



Garlic



Hot Peppers



Bell Peppers



Tomatoes



Celery

Onions

- Use raw or cooked onions to season stews, soups, tomato sauces or cooked vegetables.
- Small pearl onions make a great side dish when seasoned with thyme.
Enjoy onions on their own stuffed and baked.
- Stuff onions with chopped vegetables and rice or breadcrumbs.
- Add raw onions to salads or fresh vegetable trays
- Include onions to add crunch and flavor to dressings, relishes, or sauces.
- Onions may be eaten raw or cooked. Onions should be peeled before preparing, except when baking. Onions may be boiled, braised, baked, microwaved, or sautéed.

Yellow onions are full-flavored and are a reliable standby for cooking almost anything. Yellow onions turn a rich, dark brown when cooked and give French Onion Soup its tangy sweet flavor.

The **red onion**, with its wonderful color, is a good choice for fresh uses or in grilling and charbroiling.

White onions are the traditional onion used in classic Mexican cuisine. They have a golden color and sweet flavor when sautéed.



- One teaspoon of onion powder = 1 Tablespoon of dried onions.
- Either one is equivalent to about 1/3 cup of chopped onions.

GARLIC



Cooking Garlic --- Cooking garlic decreases the strength of its flavor making it much milder. The longer it is cooked, the milder it tastes. Be careful not to sauté garlic too long at too high a temperature, it will brown very quickly and can become bitter.

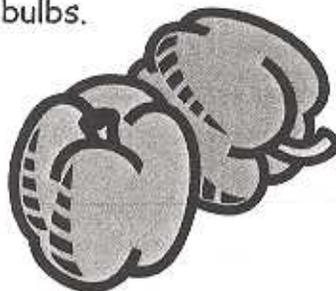
To bake garlic, place whole, unpeeled bulbs rounded side down in a shallow baking dish, drizzle with oil, cover with foil and bake for 1 1/2 hours at 325°F

Use garlic to

- Flavor soups and stews
- Roast with meats or poultry.
- Chop finely for salad dressings.
- Bake whole heads until softened; pop out soft flesh from cloves and spread on bread.
- Put minced garlic on a loaf of bread to make an authentic tasting garlic bread!



- When you use a garlic press or crush the garlic cloves, you get a stronger flavor than when you mince it fine with a knife.
- The more finely garlic is chopped, the stronger its flavor will be. This is only noticeable when using the garlic raw
- Small bulbs of garlic can be as much as 20 times as strong as larger bulbs.



Bell Peppers

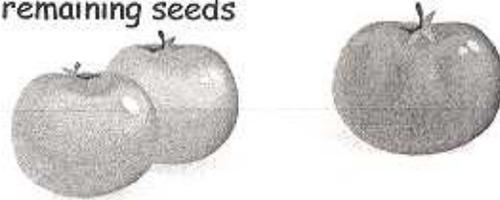
- Green, sweet bell peppers have 2 times as much vitamin C as oranges; red and yellow bell peppers have 4 times as much.
- Carve out peppers and stuff them with rice or use them as colorful containers for dips or other edible items.
- Include sliced peppers on your next veggie tray.
- Use them to create colorful and exciting meals by adding a mixture of different colored sliced or chopped peppers to your favorite salads, pastas, and Chinese or Mexican dishes.
- Sauté them with onions and add to spaghetti sauce.



Hot peppers (Chilies)

- There are many kinds of hot peppers, some are mild and others have a very pungent flavor.
- To decrease the heat intensity of chilies, wash them, cut them open and remove the seeds and veins.

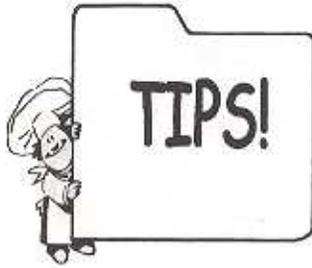
- Soaking cut up chilies in salt water for at least an hour will help cool them off.
- To add a mild pepper flavor to your dish, poke holes in the chili of your choice with a toothpick (or cut slits in it) and add it to a food that is already cooking. When cooking is complete, remove the chili.
- Chilies can also be roasted whole over a gas stove, broiler, or on a grill. Use a cooking fork to hold each pepper over flame. Turn frequently until the chili's skin is blackened. After cooking is complete, place chilies in a paper or plastic bag for 15 minutes. Scrape off skin, cut off stem and pull out core. Scrape any remaining seeds



TOMATOES

There are many different types of tomatoes, try some of the yellow or orange ones or the pear shaped ones.

- Tomatoes add wonderful color, flavor, and texture to your favorite sandwich, salad, or omelet.
- Tomatoes make an excellent base for homemade soups or sauces and especially compliment pasta dishes.
- Tomatoes combine well with just about any type of food, such as, poultry, fish, rice, pasta, as well as other vegetables.
- Combine tomatoes with other vegetables to make a tasty side dish or snack.
- When baking tomatoes, whole or stuffed, use a muffin tin liberally coated with oil pan spray. The tomatoes will sit straight and hold their shape.
- They can be enjoyed stuffed, baked, stewed, or grilled.
- Try a broiled sliced tomatoes topped with basil leaves.
- Raw tomatoes can make a tasty Mexican salsa.



Try tomatoes, onions, peppers and Italian Seasonings (Oregano, Thyme, and Basil) when preparing chicken, fish or vegetables such as corn, zucchini or summer squash.

Celery

- When making broth add celery and the leaves to the liquid while cooking.
- Sauté it with onions and garlic to add to green beans.
- Add it to salads and vegetable trays.
- Add sliced or diced celery to soups.



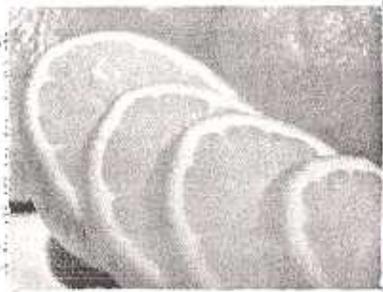


Oranges, Lemons and Limes

To use citrus as a flavoring you can use the juice, the sections or the zest (the colored part of the peel)

Juice - Get the most juice out of your lemon by warming it in the microwave for 15 seconds or rolling it with your hand on the counter if it is at room temperature.

Zest - is the colored outermost skin layer of citrus fruits. Zest is highly perfumed and is rich in flavor. Zest can be used to flavor sweet and savory dishes, or candied, for pastry use. Be sure not to get any of the white pith when zesting citrus, as the white pith is bitter. You can use a grater, zesting tool, vegetable peeler or knife to prepare the zest.



- Oranges do not ripen after they are picked
- Orange juice can be used over fresh fruits to prevent browning.
- Add orange zest or grate orange rind to use in recipes, rice, or stir fry for added flavor.
- A couple of tablespoons of orange juice concentrate can be added to a fruit cup for a great flavorful sauce.

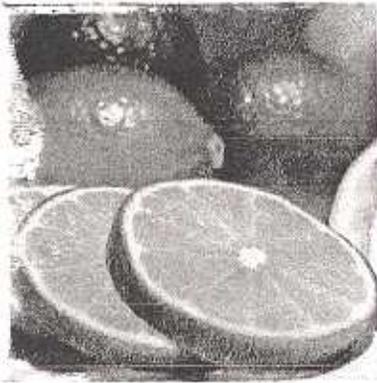
Lemons ripen after they are picked
Use lemons in marinades, especially for chicken and fish.

Sprinkle lemon juice on top of your favorite steamed vegetables, seafood, and salads.

Mix salad dressing with lemon instead of vinegar.



- Fresh grated lemon peels add zip to baked goods, fruit salads, desserts, and sauces.
- Try replacing other fruits with lemon in your next frozen sorbet.
- Add some lemon juice to your water bottle, or a slice to a glass of water. Add some lemon zest to the water in ice cube trays for added zip to beverages.
- Freeze lemon juice in ice cube trays for later use.



- Lime is the second favorite flavoring agent for foods and drinks.
- Adding lime juice and lime zest to enhance the flavor of rice, potatoes, salads, and cooked vegetables will cut down the amount of salt you need to use, and eliminate the need for adding fat.
- Lime juice is excellent in marinades, beverages, salad dressings, guacamole, seafood and barbecue sauces, fish and meat stews, sorbets, jams,
- Freeze fresh lime juice in ice cube trays for later use.

Try it! You might like it!



Try adding chopped citrus zest to salad dressings; marinades; sauces for meat, vegetables or desserts; cake or muffin batter; bread, scone, biscuit or cookie dough; and mix it with cream cheese and chopped herbs as a spread for bagels,

Source: www.foodreference.com

Lesson 3

Rosemary Chicken

Skinless chicken breast (4 ounces per serving)

Olive Oil

Fresh rosemary

Fresh ground pepper

spring onion, chopped

Preheat oven to 350 degrees Fahrenheit.

Spray baking dish with oil.

Brush chicken breast with olive oil and place in baking dish.

Place a sprig of rosemary on each piece of chicken.

Sprinkle with pepper.

Sprinkle onion over chicken.

Bake at 350 degrees for 30 minutes or until done.

Lesson 3

Pear Salad *with Peanut Butter Dressing*

- 1 can pear halves in pear juice
- 2 bananas
- 1/4 cup reduced fat mayonnaise
- 2 T peanut butter
- lettuce leaves
- paprika

Mix mayonnaise and peanut butter, if too thick add pear juice and stir until proper consistency is reached to make dressing.

Place a lettuce leaf on a salad plate.

Place one pear half in center of lettuce.

Place 4 or 5 banana slices over top of pear.

Top with 1 T dressing.

Sprinkle lightly with paprika.

Refrigerate until ready to serve.

Lesson 3

Herbed Green Beans

- 15 ounce can cut green beans, no added salt
- 2 to 3 Tablespoons margarine or broth
- $\frac{1}{2}$ cup chopped onion
- $\frac{1}{4}$ cup chopped celery
- 1 clove garlic minced
- $\frac{1}{4}$ teaspoon dried rosemary, crushed
- $\frac{1}{4}$ teaspoon dried basil, crushed

Sauté onion, celery and garlic in the margarine (broth) until soft, In a saucepan add the sautéed vegetables, green beans, rosemary and basil. Cover and cook for 10 minutes over low heat or until hot.

Serves 6 to 8



Rosemary Yellow Cake

Yellow Cake Mix

Add 1/8 cup fresh rosemary to a yellow cake mix.

Follow the directions for the cake mix*

*To make the cake mix "healthier" reduce fat by 1/3.

*If two eggs are required for cake, use one whole egg and two egg whites.