April 2019

Healthy Eating Tip of the Month

The Health Benefits of Herbs and Spices

http://www.med.umich.edu/pfans/services/tip.html
Why Should I Use More Herbs & Spices?

Using more spices and herbs in everyday cooking can help to reduce the intake of sodium in your diet, increase your intake of polyphenols, and bring more variety and flavor into your dishes.

Why should I reduce the amount of sodium that I eat?

Consuming excess amounts of sodium, or greater than 2,300 milligrams a day, can lead to high blood pressure which can be dangerous if left untreated or undiagnosed.

How much salt is 2,300 milligrams of sodium?

2,300 milligrams of sodium equals just 1 teaspoon of table salt.

Why does using more herbs & spices in my food help to reduce the amount of sodium that I consume?

Fresh, dried, or ground herbs and spices contain zero salt or sodium—other flavorings like garlic, lemon & black pepper don’t either!
### What Goes Well With What I’m Cooking?

- 
  - Bay Leaf
  - Dill
  - Mustard
  - Paprika
  - Parsley
  - Sage
  - Chili Powder
  - Tarragon
  - Thyme
  - Allspice
  - Basil
  - Dill
  - Fennel
  - Marjoram
  - Tarragon

### Make Your Own Herb Butter!

Mix 1 stick of unsalted butter with 1-3 tablespoons of *dried* herbs OR 2-6 tablespoons of *fresh* herbs, 1/2 teaspoon lemon juice and a pinch of black pepper. Mix together until fluffy. Cover and refrigerate for 1 hour and use when cooking with meats, fish, or vegetables!
**Fresh Basil Pesto**

- 2 cups **fresh basil**, packed
- 1/3 cup pine nuts or walnuts
- 1/2 cup grated Romano or Parmesan cheese
- 3 teaspoons minced garlic (or about 3 cloves)
- 1/2 cup olive oil
- Salt and **pepper**

Pulse basil and nuts in a food processor. Add in the cheese and garlic. Stream in the olive oil until smooth. Add salt and pepper to taste, & serve!

https://www.simplyrecipes.com/recipes/fresh_basil_pesto/

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**Greek Turkey Meatballs with Cucumber Mint Sauce**

**Turkey Meatballs**
- 1.25 lbs. ground turkey
- 1 egg
- 1/2 panko bread crumbs
- 3/4 tsp. salt
- 1/2 tsp. **pepper**
- 1/2 tsp. **cumin**
- 1 green onion
- 1 tsp. lemon zest

**Cucumber Mint Sauce**
- 1/2 cup shredded cucumber
- 3 cups **fresh mint** leaves
- 1/2 cup olive oil
- 3 tsp. minced garlic (3 cloves)
- 2 tbsp. fresh lemon juice
- 2 tsp. lemon zest

Combine all meatball ingredients in a bowl. Roll into 12-15, 1 1/2 inch balls. Bake meatballs in a 400F oven for ~20-24 minutes, or until internal temperature reaches 165F.

Place shredded cucumber in a strainer and press out all liquid. Pulse cucumber in a food processor with remaining sauce ingredients and serve with meatballs.

*Can serve with brown rice or whole wheat pasta*

https://www.platingpixels.com/greek-turkey-meatballs-cucumber-mint-sauce/
Roasted Cauliflower & Potato Salad with Lemon & Dill

- 2 1/2 medium potatoes cut into 1 inch chunks
- 1 tsp. dried thyme
- 1/2 tsp. cumin
- 3 tbsp. olive oil
- 1 cup of raw cauliflower florets
- 2 tsp. garlic (2 cloves)
- 1 cup loosely packed kale
- 1/4 cup fresh dill
- Juice and zest of 1 lemon
- Salt and pepper

Preheat oven to 400F. Toss the potatoes with thyme, cumin, and olive oil and roast for 10 minutes in the oven. Stir in cauliflower and garlic and roast for another 20-25 minutes until the potatoes and cauliflower are cooked through. While the pan is still hot, stir in the kale until softened. Add the dill, lemon juice and zest, salt and pepper. Adjust seasonings if needed.

http://homespuncapers.com/2016/08/01/roasted-cauliflower-potato-salad-lemon-dill/

Lemon Tarragon Grilled Chicken

Ingredients
- 12 chicken drumsticks and 6 chicken thighs (or whatever combination of ~10 lbs. chicken)
- 2 tbsp. salt
- 2 tsp. pepper

For the Sauce...
- 1 lemon
- 1/4 cup fresh tarragon
- 2 tsp. minced garlic (2 cloves)
- 1 and 1/2 tsp. salt
- 1/2 tsp. pepper
- 1/3 cup olive oil

Pat chicken dry and season with salt and pepper. Grill chicken for ~15-20 minutes, flipping once, over indirect heat or until internal temperature reaches 165F.

In a separate bowl, combine the juice of the lemon, tarragon, garlic, salt and pepper. Stream in olive oil until mixture completely comes together.

Mix cooked chicken with lemon tarragon sauce and serve.

References


