

Souper Season of Comfort, Winter 2001

Power Pantry

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Power Pantry: Herbs

Hello. Here's some fruit and vegetable news that you can really enjoy. It's about the magic of herbs with vegetables. My favorite vegetables are butternut squash, Swiss chard, carrots, and tomatoes. They each contain cancer-fighting antioxidants and their flavors can be magnificently enhanced with creative herb seasonings. Perhaps you don't know which herbs go well with different vegetables. Well, next time you're shopping, stop by the herb display. Let me give you some suggestions on what herbs to try: use dill-weed for mushrooms and carrots; basil for tomatoes, broccoli and chard; thyme for winter squash; and rosemary for just about everything! It only takes a pinch to make a world of difference. It's perfume for your plate! So, go on, do yourself a flavor. Enjoy your 5 or more servings of fruits and vegetables every day.

Herb Tips:

1. Sprinkle dill on sautéed mushrooms and carrots.
2. Add fresh or dried basil to tomato sauce.
3. Bake squash with fresh or dried thyme.
4. Sprinkle chopped dried rosemary on roasted potatoes.