

Daily Dining Dilemmas



TIPS FOR MINDFUL EATING IN THE MIDST
OF TODAY'S CHAOS

Recipe using Fresh Herbs

Freezing in Olive Oil--Fast, Easy way to use herbs and stretch them

You need:

- Ice Cube Tray
- Fresh Herbs (like sage, oregano, rosemary, thyme softer herbs like mint and dill may not hold up as well but are still good)
- Extra Virgin Olive Oil *can use chicken/vegetable stock

Remove Herbs from stalks, chop finely, Fill ice cube trays half way with herbs, mix and match and try flavors. Top each spot with olive oil. Cover with plastic wrap, freeze for at least 8 hours. You can then remove and put in a bag or other container till used.

To use put in pasta sauces, soups, mashed potatoes, with sautéing vegetables.

Source: Dinner Tonight-Texas AgLife <https://dinnertonight.tamu.edu/recipe/get-cooking-with-herbs/>
and Tips for using herbs by Michigan State Extension

https://www.canr.msu.edu/news/tips_for_using_and_preserving_fresh_herbs

Adapted by Felice Acker,

Family & Community Health Agent, Castro County

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