## 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, oregeno, 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 sock

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 sauting vegetables.

ATEXAS A&M

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

https://www.canr.msu.edu/news/tips\_for\_using\_and\_preserving\_fresh\_herbs Adapted by Felice Acker,

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