

Herbs and Seeds

Basil:

Prep: pull leaves from stems and wash well. Use whole or freshly chopped. I like to roll the leaves and then cut with a scissors.

Use:

Stir into softened whipped butter, then spread on corn on the cob

Toss with sautéed zucchini or summer squash

Add to meatloaf or meatball mixture

Alternate sliced tomatoes, mozzarella and whole basil leaves for a summer appetizer platter

Top an Italian bread shell, like Boboli with sliced mozzarella and whole basil leaves, then bake

Top baked halibut or other firm white fish with shredded basil and thinly sliced lemon

Toss a handful with cooked rice chopped fresh tomatoes and sweet onion, plus oil and lemon dressing, for a warm or cold salad

Stir into tomato or vegetable soup

Dill:

Prep: rinse just before using. Remove fronds from coarse stems. Snip or chop.

Use:

Mix with yogurt, salt and pepper and pour over sliced cucumbers

Tops bowls of tomato or green-pea soup with yogurt and dill

Stir into potato, egg r tuna salad

Cook sliced zucchini in a small amount of water with a little butter, salt, pepper and lots of dill

Toss cooked rice with green peas, bottled oil and vinegar dressing and lots of dill. Serve warm or cold

Stir into creamy horseradish sauce. Great with poached salmon or cold steak, Add to the dressing for a cold seafood salad.

Cilantro

Also known as Chinese parsley or coriander, this love it or hate it herb is used extensively in Mexican and Asian cooking.

Prep: Rinse just before using. Pull the tender leaves off the stems and chop coarsely.

Use:

Fr a piquant cold sauce, stir cilantro and corn kernels into bottled salsa.

Sprinkle over black-bean, lentil or ramen noodle soup

Add to canned mexicorn after heating

Toss sliced oranges and red onions with vinaigrette dressing and lots of cilantro for a hearty salad, toss cooked rice and beans with chopped bell pepper and tomato, vinaigrette dressing and cilantro. Add cut up cooked chicken, steak or fish.

Add to take out Chinese or Mexican food or head frozen entrees.

Chives

Prep: don't chop fresh chives, instead, hold them in a bundle and slice stems with a sharp knife or snip them with scissors.

Use:

Stir chives into cottage cheese and dips

Ad to omelets, hard cooked eggs, cheese dishes, creamed onions, steamed veggies, cream soups, fish and shellfish, chicken and potato salads and green salads

Pumpkin Seeds

Soak and rinse in water removing all of the pump, drain

Dry on paper towel overnight

Preheat oven tot 250 and line baking sheet with non-stick foil

Soak the pumpkin seeds in olive oil, butter or spray them with cooking spray. Sprinkle with salt, garlic powder, onion, powder, seasoned salt, cayenne pepper or your choice of seasonings. Toss t coat.

Bake for 1 hour tossing every 15-20 minutes until golden brown

Cook before eating and store in an airtight container at room temperature.

Note: if you like your tossed pumpkin seeds extra-salty, soak them overnight in a solution of $\frac{1}{4}$ cup salt to 2 cups water. Dry them an additional day, then cook as noted above.