**TIP OF THE WEEK Herbs Turn Ordinary into Extraordinary**

Add a touch of class and extraordinary taste to ho-hum vegetables. Use herbs and spices to enhance, but not overpower, the flavor of the vegetable. This is a great idea for the dieter in lieu of butter, and perfect for those who wish to reduce salt intake. By adding herbs and spices to vegetables, you’ll be able to use less salt.

**Vegetable Spice or Herb**

Asparagus……………Mustard seed, sesame seed, or tarragon.

Beans, lima…………..Marjoram, oregano, sage, savory, tarragon, or

thyme

Beans, (green) snap.. Basil, dill, marjoram, mint, mustard seed,

oregano, savory, tarragon, or thyme

Beets…………………Allspice, bay leaves, caraway seed, cloves, dill,

ginger, mustard seed, savory or thyme.

Broccoli………………Caraway seed, dill, mustard seed, or tarragon.

Brussels Sprouts…….Basil, caraway seed, dill, mustard seed, sage, or

Thyme.

Cabbage…………….Caraway seed, celery seed, dill, mint, mustard

seed, nutmeg, savory, or tarragon.

Carrots………………Allspice, bay leaves, caraway seed, dill, fennel,

ginger, mace, marjoram, mint, nutmeg, or thyme.

Cauliflower………….Caraway seed, celery salt, dill, mace, or tarragon.

Cucumbers…………Basil, dill, mint, or tarragon.

Eggplant…………….Marjoram or oregano.

Onions………………Caraway seed, mustard seed, nutmeg, oregano,

sage, or thyme.

Peas…………………Basil, dill, marjoram, mint, oregano, poppy seed,

rosemary, sage, or savory.

Potatoes……………..Basil, bay leaves, caraway seed, celery seed, dill,

chives, mustard seed, oregano, poppy seed, or

thyme.

Salad greens………..Basil, chives, dill, or tarragon

Spinach……………...Basil, mace, marjoram, nutmeg, or oregano.

Squash……………....Allspice, cardamom, cinnamon, cloves, or

nutmeg.

Sweet potatoes……. Allspice, cardamom, cinnamon, cloves, or

nutmeg.

Tomatoes……………Basil, bay leaves, celery seed, oregano, sage,

sesame seed, tarragon, or thyme.