

RECIPES USING HERBS & SPICES

SWEET AND DILLY CARROTS Serves 4.

2 tablespoons honey	1/8 teaspoon dill weed
1/4 teaspoon lemon pepper	2 cups carrots, peeled and sliced
1/8 teaspoon salt	1 tablespoon margarine

1. Place 1/4 cup water in a glass dish. Add the carrots, cover dish and microwave for 5 minutes or until carrots are tender.
2. Drain the cooked carrots well and put in a serving dish. Add all the remaining ingredients. Mix well. Serve hot. Yield: 4 servings

NUTRITION FACTS (per serving) - Calories 80 ~ fat 3 g ~ calories from fat 25 ~ sodium 150 mg
~ total carbohydrate 15 g ~ fiber 2 g

ITALIAN CHICKEN Serves 6.

6 (4 oz.) skinless, boneless chicken breasts	1 cup tomato sauce
3 tablespoons flour	1/2 teaspoon rosemary
1 tablespoon olive oil	1/4 teaspoon pepper
2 tablespoons onion, minced	1/2 teaspoon basil
1/2 teaspoon minced garlic	1/2 teaspoon oregano

1. Wash chicken pieces, pat dry.
2. On a sheet of waxed paper, dredge chicken in flour.
3. In a 10-inch nonstick skillet, heat oil over medium heat until hot.
4. Add chicken and cook 2 to 5 minutes on each side, turning occasionally until lightly browned on all sides. Using tongs or slotted spoon to remove chicken from skillet. Set aside.
5. In same skillet, sauté onion and garlic until softened.
6. Add tomato sauce and seasonings. Using wooden spoon, stir well. Cook, stirring frequently, until liquid is reduced by half (about 3 or 4 minutes).
7. Return chicken to skillet. Cook until sauce thickens and chicken is heated through.

NUTRITION FACTS (per serving) - Calories 180 ~ fat 5 g ~ calories from fat 45 ~ sodium 240 mg
~ total carbohydrate 5 g ~ fiber 1 g

HERB ROASTED POTATOES Serves 5.

3 medium baking potatoes, thinly sliced	1/2 teaspoon paprika
1/2 cup chives, minced	1 teaspoon rosemary
2 tablespoons parsley	Non-stick vegetable cooking spray
1/4 teaspoon pepper	

1. Mix chives, parsley, pepper, paprika and rosemary together in a small bowl.
2. Layer 1/3 of potatoes in an 8x8x2 inch baking pan sprayed with cooking spray.
3. Sprinkle with 1/3 herb mixture.
4. Repeat layers until all ingredients are used. Cover with foil.
5. Bake at 350°F for 45 minutes or until done.

NUTRITION FACTS (per serving) - Calories 210 ~ fat 0 g ~ calories from fat 0 ~ sodium 20 mg ~ total carbohydrate 46 g ~ fiber 6 g

GARLIC-HERB FISH FILLETS Serves 4.

1 tablespoon water	1/4 teaspoon thyme
1 teaspoon orange peel, grated	1/2 teaspoon minced garlic
1/2 teaspoon rosemary	1 tablespoon dried parsley
16 oz. fish fillets, about 1/2" thick, cut into 4 pieces	

1. In a small bowl, combine water, orange peel, rosemary, thyme and garlic.
2. Cover with plastic wrap. Microwave on high for 1 minute, stir in parsley.
3. Arrange fillets in a 9-inch square baking dish with thickest portions toward outside of dish. Top with parsley mixture.
4. Cover with waxed paper. Microwave at high for 5 to 7 minutes, or until fish flakes easily with fork, rotating dish once.
5. Let stand, covered for 3 minutes.

NUTRITION FACTS (per serving) - Calories 90 ~ fat 1 g ~ calories from fat 5 ~ sodium 60 mg ~ total carbohydrate 0 g ~ fiber 0 g



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