



# COOKING WITH HERBS



## BASIL

Pairs well with chicken, beef and fish. Combine with berries, tomatoes, eggplant or mild cheeses. Try in pestos, stir fry, soups or stews.



## BAY LEAVES

Pairs well with beef and braised meats. Combine with beans. Try in roasts, soups and stews. \*Remove leaf before consuming dish\*



## CILANTRO

Pairs well with chicken, fish, shellfish and beans. Combine with avocado, tomatoes and bell peppers. Try in salsas, guacamole, soups and salads.



## DILL

Pairs well with fish and shellfish. Combine with potatoes, cucumbers, carrots, and cabbage. Try in omelets, yogurt dishes, potato salad and sauces.



## OREGANO

Pairs well with chicken, lamb, beef and fish. Combine with tomatoes, artichokes, zucchini, potatoes and bell peppers. Try in tomato sauces, pizzas and dressings.



## PARSLEY

Pairs well with lamb, beef, chicken and fish. Combine with peas, mushrooms, potatoes and zucchini. Try in marinades, sauces and dressings.



## ROSEMARY

Pairs well with chicken, lamb, pork and fish. Combine with peas, tomatoes, potatoes and carrots. Try in breads, tomato sauces, soups and stews.



## SAGE

Pairs well with pork, beef and turkey. Combine with Brussels sprouts, eggplant and peas. Try in soup, stuffings, risottos and butter sauces.



## THYME

Pairs well with chicken, duck, lamb, pork and fish. Combine with peas, carrots, potatoes and tomatoes. Try in rice, tomato sauces, and dips.

**Contact your onsite Health Coach for more information:**

Allison Knight, NBC-HWC, NDTR, CPT

National Board Certified Health & Wellness Coach,

Nutrition & Dietetic Technician, Registered & Certified Personal Trainer

262.804.1068 • [allisonknight@employeehc.com](mailto:allisonknight@employeehc.com)