

# MINUTE NUTRITION NEWS

September 2013

## Herbs 101

Have you been told before to season your cooking with less salt and more herbs? Are you bored of the same old flavour in your recipes? In this issue, learn about the basics of cooking with these fabulous flavour enhancers and you will never look back!

### Where do I start?

**Fresh vs. Dried** – You may want to think about which type you want to try first. From a practical point of view, dried herbs have a longer shelf life. If you replace fresh herbs in a recipe with dried, the general rule of thumb is to reduce to 1/3 of the amount required because of their concentrated flavour. However, if you prefer a flavour that's more fresh and pure, then fresh herbs would be the way to go.



**Type of Herb** – Choose something that matches lots of ingredients so you can experiment it with a number of recipes. For example, basil is a good option because it pairs well with any meat, poultry or seafood, and goes well in most soups and stews. You can use the list below for ideas on what ingredients are commonly paired with each herb. Remember, there are no rules in cooking and you can add any herb to your recipes as long as you like the taste of it!

Herb	Pair with...
Mint	Lamb, peas, dressings, fruit-based salsas and salads, teas and flavoured water
Basil	Squash, poultry, any meat, seafood, soups and stews, stir-fries
Parsley	Peas, tomatoes dishes and sauces, salads, any dish as a garnish
Cilantro	Tomatoes, fish, soups, salads
Dill	Fish, salads
Thyme	Fish, poultry, beef, lamb, pork
Oregano	Pork, tomato dishes and sauces, marinades
Rosemary	Soups and stews, beef, lamb, poultry, tomato dishes and sauces, tea



### How do I cook them?

For fresh herbs like basil, parsley, cilantro, dill and mint, you want to preserve most of their fresh and delicate flavour. Do this by adding it to a dish right before you finish cooking or after you've finished cooking. Heartier herbs like thyme, oregano and rosemary will give your dish more flavour if you add them near the beginning of the cooking time.

# RECIPE OF THE MONTH

September 2013

## Rosemary Sweet Potato Fries



Serves 2

Preparation time: 45 minutes

### Ingredients:

- 1 large sweet potato, peeled, cut into sticks
- 2 tsp olive or canola oil
- 2 cloves garlic, minced
- ¼ tsp pepper
- ½ tsp dried rosemary

Nutrition Facts (values are approximate)	
Per serving	
Amount	% Daily Value
<b>Calories</b> 127	
<b>Fat</b> 5 g	8 %
Saturated 0.7 g + Trans 0 g	4 %
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 33 mg	1 %
<b>Potassium</b> 446 mg	13 %
<b>Carbohydrate</b> 20 g	7 %
Fibre 3.2 g	13 %
Sugar 5.9 g	
<b>Protein</b> 2 g	
<b>Vitamin A</b>	43 %
<b>Vitamin C</b>	31 %
<b>Calcium</b>	4 %
<b>Iron</b>	6 %

### Directions:

1. Preheat oven to 350°F.
2. Combine ingredients in a mixing bowl and mix until seasoning is evenly distributed over sweet potatoes.
3. Line the sweet potato fries evenly onto a non-stick baking sheet. Make sure there is lots of space between the fries otherwise they will become soggy instead of crispy.
4. Place the baking sheet in the middle of the oven. Bake for 10 minutes, then flip and bake the other side for 10 more minutes until the fries are crispy.

Recipe adapted from <http://www.instructables.com/id/Perfect-Oven-Sweet-Potato-Fries/>

### Got questions?

Meet the clinic's registered dietitian on September 3<sup>rd</sup> from 10:00am to 12:00pm during the recipe demonstration of these delicious sweet potato fries!