

Easy Herb Recipes

Strawberry Smoothie

Serves: 1

Ingredients:

1 cup unsweetened frozen strawberries

1 teaspoon coarsely chopped mint leaves

1/2 cup 100% orange juice

1/2 cup lowfat vanilla yogurt

Directions:

Place the strawberries, mint leaves, orange juice, and yogurt in your blender. Blend until thick and smooth.

Mixed Herb Seasoning

Ingredients:

3 Tbsp. dried basil

2 Tbsp. dried savory

2 Tbsp. dried celery leaves

1 Tbsp. dried marjoram

1 Tbsp. dried thyme

1 Tbsp. dried sage

1/4 tsp. dried dillweed

Directions:

Finely crumble herbs or use a mortar and pestle or dry food grinder to powder herbs. Store in a tightly sealed container. Use instead of salt.

Fresh Herb Butter

In a small bowl, blend ½ cup softened butter or margarine and 1 tsp. each of chopped fresh basil, thyme, and parsley (or your favorite fresh herbs). Use on baked potatoes, grilled or broiled steak, tossed with hot pasta, or spread on bread and enjoy.

Peach Iced Tea

Ingredients:

3 black tea bags
6 cups boiling water
4 cups peach nectar
1 bunch fresh mint, trimmed
2 lemons, washed & thinly sliced

Directions:

Steep tea bags in the boiling water to make a strong tea; discard tea bags. Refrigerate tea until well chilled. Stir together tea and peach nectar in a pitcher. Add mint and lemon slices; refrigerate 1 hour. Add ice and serve.

Tomato Basil Salad

Ingredients:

4 large tomatoes, sliced
1 medium onion, thinly sliced
½ cup fresh basil leaves

1/2 cup shredded mozzarella cheese

1/2 cup vinaigrette dressing

Directions:

Arrange tomatoes, onion and basil on a serving platter; sprinkle with cheese.

Drizzle with dressing. Serve immediately.

Penne with Late Spring Vegetables & Herbs

Ingredients:

3 c. (3/4 lb.) penne

Kosher salt

1 1/2 c. (8 oz.) frozen peas, thawed

1/2 lb. medium asparagus, cut into 1-inch pieces

1/4 lb. snow peas, ends trimmed and strings removed

3/4 c. ricotta

1/3 c. grated Parmesan cheese

3 Tbsp. chopped chives

3 Tbsp. chopped mint

3 Tbsp. chopped tarragon

Directions:

1. Bring a large pot of water to a boil, then add pasta and 1 Tbsp. salt. Cook 10 minutes (or 3 minutes less than what package directions suggest), then add peas, asparagus, and snow peas to the pot and cook 3 minutes more or until vegetables are just tender and pasta is al dente.

2. Drain pasta and vegetables in a colander, then return them to the pot in which they were cooked (which is off the heat). Stir in ricotta, 1/3 c. Parmesan cheese

and herbs, and mix well. The ricotta will flake and appear like bits of snow on the pasta and vegetables. Add salt to taste (optional).

3. Transfer pasta to a serving bowl and serve immediately. If desired, garnish pasta with some fresh chives, mint, and tarragon. Sprinkle each serving with some of the remaining Parmesan cheese.

Serves 4 as a main course or 6 as a side dish.

Pesto Herb Spread

Ingredients:

2 (8 oz.) pkgs cream cheese
3 Tbsp. pesto
2 Tbsp. chopped fresh chives
3 Tbsp chopped fresh cilantro

Directions:

Place cream cheese and pesto in a food processor or blender. Blend until smooth. Mix in the chives and cilantro. Continue blending until smooth. Transfer to a mold lined with plastic wrap. Cover and chill in the refrigerator for 1 hour or until firm.

Herbal Punch

Ingredients:

2 c. honey
8 1/2 pints water
2 c. lemon juice
3 Tbsp. fresh rosemary leaves
8 c. sliced strawberries

2 c. lime juice
4 pints sparkling mineral water
ice cubes

Directions:

Combine the honey, 4 1/2 cups water, 1/8 of the lemon juice, and the rosemary leaves in a saucepan. Bring to a boil, stirring until all the honey is dissolved. Remove from the heat and allow to stand for 5 minutes. Strain into a large punch bowl. Press the strawberries through a fine sieve into the punch bowl, add the rest of the water and lemon juice, and the lime juice and sparkling water. Stir gently. Add the ice cubes 5 minutes before serving.

Serves 30+.

Avocado and Pasta Salad with Cilantro

Ingredients:

1 1/4 c. pasta shells or bows
3 3/4 c. chicken stock
4 sticks celery, finely chopped
2 avocados, chopped
1 clove garlic, peeled and chopped
1 Tbsp. finely chopped fresh cilantro
1 c. grated cheddar cheese

Dressing:

2/3 c. extra virgin olive oil
2 Tbsp. lemon juice
grated rind of 1 lemon
1 tsp. French mustard
1 Tbsp. chopped fresh cilantro
salt and pepper

Directions:

1. Bring the chicken stock to a boil, add the pasta, and simmer for about 10 minutes until just cooked. Drain and cool under cold running water.
2. Mix the celery, avocados, garlic, and chopped cilantro in a bowl and add the cooled pasta. Sprinkle with the grated cheddar.
3. To make the dressing place all the ingredients in a food processor and process until the cilantro is finely chopped. Serve separately, or pour over the salad and toss before serving. Garnish with cilantro leaves.

Serves 4.



For more recipes like these, please contact Samantha Kennedy at the Manatee County Extension Service at (941) 722-4524 or skennedy@ufl.edu.