

EAT WELL, AGE WELL. **MORE HERBS, LESS SALT**

Jazz up your water or tea by adding slices of fruit or fresh herbs like mint, rosemary or basil.

Be creative and enjoy the refreshing natural flavors.

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Raspberries or Tea and Mint



Photo courtesy of
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Beneficial Basil!

Basil has a distinct aroma and makes a lovely addition to foods. It is often associated with Mediterranean cooking. It is native to India and Asia as well as parts of Africa. Sweet basil is the most common, but there are other varieties including lemon, cinnamon, and Thai.

Nutritional benefits of basil

This member of the mint family has been used as a medicinal plant, and its oils and extracts are said to have antioxidant and antibacterial properties.

Fragrant fresh basil, for instance, offers a healthy dose of blood-clotting vitamin K – 2 tablespoons of chopped fresh basil provide 27% of the RDA – as well as vitamin A, manganese, and magnesium.

Use fresh basil whenever possible, and when cooking with it, add to the dish during the last few minutes for maximum flavor.

Easy Caprese Salad

Ingredients:

- Fresh tomato or cherry tomatoes, cut as you wish
- 2-4 oz. Fresh Mozzarella Cheese
- Basil Leaves, fresh or dried
- 1-2 TBSP Extra Virgin Olive Oil
- ½ to 1 TBSP Balsamic Vinegar or Balsamic Glaze



Photo courtesy of pixabay.com

Directions

1. In a medium bowl, toss together the tomatoes mozzarella, and basil leaves.
2. Add olive oil to bowl, and lightly toss together.
3. Drizzle the balsamic vinegar over the top of salad.



Photo by Pam VanKampen

Modified from source:

<https://www.trialandateater.com/chopped-caprese-salad/>

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Dynamic Dill

Did you know dill was used as a magic weapon and a medicine? During the Middle Ages, people used dill to defend against witchcraft and enchantments.

Dill is a feathery green herb that packs a lot of flavor. Most of us think of dill being used in pickles but is great in eggs and green salads or creamy salads. I add dried dill to my potato salad and it's the "secret ingredient" that ties it all together.

It's an annual herb that tends to replant itself and spread widely, which is good to know if you're considering planting it in your garden.

Yogurt Dill Chicken Salad

Ingredients:

2-3 cups Cooked Chicken, diced
2/3 cup Greek yogurt (plain or vanilla). *You can use regular yogurt, but Greek has more protein.*
1/4 cup mayonnaise
2 large shallots, minced
1/2 cup finely chopped fresh dill
Salt, or to taste (optional)
Freshly ground black pepper



Directions

1. Whisk together the yogurt & mayonnaise. Toss with the chicken.
2. Mix in the shallots and dill. Taste and season with salt and pepper. You can also add grapes, celery, nuts or seeds to boost the nutrients.
3. Refrigerate for at least an hour to let the flavors combine. The chicken salad will keep up to 3 days in the refrigerator.
4. Serve on a bed of greens, make a sandwich, put in a tomato or avocado...enjoy!

Modified from source:

<https://www.thekitchn.com/recipe-yogurt-and-dill-chicken-salad-lunch-recipes-from-the-kitchn-28363>

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Oregano

Oregano has a hint of sweetness and adds warmth and flavor to foods. It can be found fresh, dried or as an oil.

Oregano is rich in antioxidants, which are compounds that help fight damage from harmful free radicals in the body. The buildup of free radicals has been linked to chronic diseases like cancer and heart disease. To get a double benefit, add oregano to other high-antioxidant foods like fruits and vegetables. Just one teaspoon of dried oregano can fulfill about 8% of your daily vitamin K needs.

Try mixing whole oregano leaves into other greens for a nutrient-packed salad or sprinkling the leaves into chili, soups or stews.

You can also use it to make fresh pesto or salad dressing, season meat dishes or kick up the flavor of homemade sauces.

Easy Oregano Chicken

Ingredients:

2 TBSP butter, melted
2 TBSP lemon juice
1 TBSP Worcestershire sauce
1 TBSP reduced sodium soy sauce
1 teaspoons dried oregano or 2
TBSP Fresh oregano
½ teaspoon garlic powder
2 skinless, boneless chicken breast
halves



Photo courtesy of pixabay.com

Directions

1. Preheat oven to 375 degrees F
2. Combine the melted butter or margarine, lemon juice, Worcestershire sauce, soy sauce, oregano and garlic powder. Mix well.
3. Place chicken in an ungreased baking dish. Pour the butter/oregano mixture over the chicken.
4. Bake in the preheated oven for 15 minutes. Baste juices over the chicken.
5. Bake for an additional 15 minutes.

Modified from source:

<https://www.allrecipes.com/recipe/8730/oregano-chicken/>