

# Savor the Flavor!

Using fresh or dried herbs and spices is a delicious way to flavor your food by eliminating or lessening the need for salt. They make meals interesting and are known for their disease fighting and immune boosting properties.

*What's the difference between  
an herb and a spice ?*

**Herbs come from the leafy and green part of the plant.**

Ex: Basil, Mint, Oregano, Parsley

**Spices are parts of the plant other than the leafy bit such as the root, stem, bulb, bark or seeds.**

Ex: Cinnamon, Pepper, Cumin, Ginger

*Use herbs and spices at your next meal  
for a healthier you!*



## WELLNESS IN THE KITCHEN

COOKING CLASSES FEATURING:

*Eat Well. Be Well.*



# Marinated Chicken Breast

## Ingredients (6 servings)

- 6 each Chicken Breast
- 1 tbsp. Parsley, Fresh, Chopped
- 1 tbsp Basil, Fresh, Chopped
- 1 ½ tsp Rosemary, Fresh, Chopped
- 1/8 each Lemon, Fresh, Grated Fine
- ½ cup Dressing, Italian

Combine chicken with dressing, herbs and zest and marinate over night.

Preheat oven to 350 degrees then bake chicken until cooked (about 30-35 mins) with an internal temp of 165 degrees.

Nutrition facts per 3 oz: 219 calories, 12 g fat, <1 g carb, 25 g protein, 0 g fiber, 134 mg sodium



# Rosemary Radishes

## Ingredients (6 servings)

- 1 ½ lb Radishes, fresh
- 3/8 cup Vegetable oil
- ¼ tsp Salt
- 3/8 tsp Black ground pepper
- 1 ½ tsp Rosemary, dried

Preheat oven to 400 degrees

Wash radishes and cut in half. Place radishes in bowl and cover with oil. Cover to coat and drain excess oil, spread in a single layer on oiled baking sheet. Combine salt, pepper and rosemary. Sprinkle a light coat over radishes. Bake until tender and golden brown, about 30-35 min

Nutrition facts per 4 oz: 139 kcal, 14 g fat, 4 carbs, 0 g protein. 2 g fiber, 142 mg sodium



# Wild Barley Pilaf

## Ingredients (12 servings)

- 7 oz Barley
- 1 ½ tbsp Vegetable oil
- 1 ½ qt Vegetable stock
- 2 ½ oz White onion, fresh, diced
- ¾ tsp Garlic, fresh, chopped
- 1 tbsp Parsley, fresh, chopped
- 1 1/3 oz Fresh celery, diced
- 8 oz Brown rice, dry
- 1/8 tsp White Pepper
- ½ tsp Celery seed

Saute barley in oil until golden brown. Add stock, onion, garlic, parsley. Cover and simmer for 45 minutes. Add rice, pepper, and celery seed. Simmer for 15-20 minus or until liquid is absorbed.

Nutrition facts per 4 oz: 151 kcal, 3 g protein, 28 g carbs, 3 g fat, 4 g fiber, 44 g sodium



# Mini chocolate chip banana raisin scones

## Ingredients (12 servings)

- 3 Each Banana
- 1/4 Cup Applesauce
- 2 Cup Oats
- 1/4 Cup Almond Milk
- 1/2 Cup Raisins
- 1 tsp Vanilla Extract
- 1 tsp Cinnamon
- 3 Tbsp Chocolate Chips

Preheat oven to 350 degrees Fahrenheit. Line a baking sheet with parchment paper.

Peel banana and place in a mixing bowl. Add applesauce, oats, almond milk, raisins, vanilla and cinnamon. Stir to combine/ Stir in chocolate chips.

With a tablespoon, place 2 oz portions on the prepared baking sheet. Bake at 350 degrees for about 15 to 20 minutes until golden brown. Let cool and serve.

Nutrition facts per 2 oz scone: 159 kcal, 3g fat, 30g carbohydrates, 4g fiber, 5g protein, 6mg sodium