

# Guide to Cooking with Popular Herbs

	<b>Appetizers/ Salads</b>	<b>Bread/Eggs/ Sauce/Cheese</b>	<b>Vegetables/ Pasta</b>	<b>Meat/ Poultry</b>	<b>Fish/ Shellfish</b>
<b>Basil</b>	<ul style="list-style-type: none"> <li>• Green salad</li> <li>• Potato &amp; tomato salad</li> <li>• Salad dressing</li> <li>• Stewed fruits</li> </ul>	<ul style="list-style-type: none"> <li>• Breads</li> <li>• Fondue &amp; egg dishes</li> <li>• Dips</li> <li>• Marinades</li> <li>• Sauces</li> </ul>	<ul style="list-style-type: none"> <li>• Mushrooms</li> <li>• Tomatoes</li> <li>• Squash</li> <li>• Pasta</li> <li>• Bland vegetables</li> </ul>	<ul style="list-style-type: none"> <li>• Broiled, roast meat &amp; poultry pies</li> <li>• Stews</li> <li>• Stuffing</li> </ul>	<ul style="list-style-type: none"> <li>• Baked/broiled/poached fish/shellfish</li> </ul>
<b>Bay Leaf</b>	<ul style="list-style-type: none"> <li>• Seafood cocktail</li> <li>• Seafood salad</li> <li>• Tomato aspic</li> <li>• Stewed fruit</li> </ul>	<ul style="list-style-type: none"> <li>• Egg dishes</li> <li>• Gravies</li> <li>• Marinades</li> <li>• Sauces</li> </ul>	<ul style="list-style-type: none"> <li>• Beets</li> <li>• Carrots</li> <li>• Onions</li> <li>• Dried bean dishes</li> <li>• Potatoes</li> <li>• Rice</li> <li>• Squash</li> </ul>	<ul style="list-style-type: none"> <li>• Corned beef</li> <li>• Tongue</li> <li>• Meat &amp; poultry stews</li> </ul>	<ul style="list-style-type: none"> <li>• Poached fish/shellfish</li> <li>• Fish stews</li> </ul>
<b>Chives</b>	<ul style="list-style-type: none"> <li>• Mixed vegetable salad</li> <li>• Green salad</li> <li>• Potato &amp; tomato salad</li> <li>• Salad dressings</li> </ul>	<ul style="list-style-type: none"> <li>• Egg &amp; cheese dishes</li> <li>• Cream cheese</li> <li>• Cottage cheese</li> <li>• Gravies</li> <li>• Sauces</li> </ul>	<ul style="list-style-type: none"> <li>• Hot vegetables</li> <li>• Potatoes</li> </ul>	<ul style="list-style-type: none"> <li>• Broiled poultry</li> <li>• Rissoles</li> <li>• Poultry &amp; meat pies</li> <li>• Stews</li> <li>• Casseroles</li> </ul>	<ul style="list-style-type: none"> <li>• Baked fish</li> <li>• Fish casseroles</li> <li>• Fish stews</li> <li>• Shellfish</li> </ul>
<b>Dill</b>	<ul style="list-style-type: none"> <li>• Seafood cocktail</li> <li>• Green salad</li> <li>• Potato &amp; tomato salad</li> <li>• Salad dressings</li> </ul>	<ul style="list-style-type: none"> <li>• Breads</li> <li>• Egg &amp; cheese dishes</li> <li>• Cream cheese</li> <li>• Fish &amp; meat sauces</li> </ul>	<ul style="list-style-type: none"> <li>• Beans</li> <li>• Beets</li> <li>• Cabbage</li> <li>• Squash</li> <li>• Carrots</li> <li>• Cauliflower</li> <li>• Peas</li> <li>• Tomatoes</li> </ul>	<ul style="list-style-type: none"> <li>• Beef</li> <li>• Lamb</li> <li>• Steaks</li> <li>• Roast &amp; creamed poultry</li> <li>• Chops</li> <li>• Stews</li> <li>• Veal toasts</li> </ul>	<ul style="list-style-type: none"> <li>• Baked/broiled/poached/stuffed fish/shelfish</li> </ul>
<b>Garlic</b>	<ul style="list-style-type: none"> <li>• All salads</li> <li>• Salad dressing</li> </ul>	<ul style="list-style-type: none"> <li>• Fondue</li> <li>• Poultry sauces</li> <li>• Fish &amp; meat sauces</li> </ul>	<ul style="list-style-type: none"> <li>• Beans</li> <li>• Eggplant</li> <li>• Potatoes</li> <li>• Rice</li> <li>• Tomatoes</li> </ul>	<ul style="list-style-type: none"> <li>• Roast meats</li> <li>• Meat &amp; poultry pies</li> <li>• Hamburgers</li> <li>• Casseroles</li> <li>• Stews</li> </ul>	<ul style="list-style-type: none"> <li>• Broiled fish/shellfish</li> <li>• Fish stews</li> <li>• Casseroles</li> </ul>
<b>Marjoram</b>	<ul style="list-style-type: none"> <li>• Seafood cocktail</li> <li>• Green salad</li> <li>• Poultry salads</li> <li>• Seafood salads</li> </ul>	<ul style="list-style-type: none"> <li>• Breads</li> <li>• Cheese spreads</li> <li>• Egg &amp; cheese dishes</li> <li>• Gravies</li> <li>• Sauces</li> </ul>	<ul style="list-style-type: none"> <li>• Carrots</li> <li>• Eggplant</li> <li>• Peas</li> <li>• Dried bean dishes</li> <li>• Onions</li> <li>• Potatoes</li> <li>• Spinach</li> </ul>	<ul style="list-style-type: none"> <li>• Roast meats &amp; poultry</li> <li>• Meat &amp; poultry pies</li> <li>• Stews &amp; casseroles</li> </ul>	<ul style="list-style-type: none"> <li>• Baked/broiled/stuffed fish/shellfish</li> </ul>



# Alternative Seasonings

**Want to use less salt? Try these herbs and spices to flavor your foods.**



Basil



Rosemary



Pepper

Sage



Parsley

Herb/Spice	Ways to use the herb/spice
Caraway seed	Roast pork, vegetables of the cabbage family, carrots, onions, celery
Celery powder	Soups, salads, deviled eggs
Curry powder	Chicken, lamb, eggs, rice
Fennel	Pork, poultry, seafood dishes
Nutmeg	Apple dishes, vegetables, french toast, muffins
Onion powder	Meat, soups, stews
Oregano	Italian dishes, soups, stews
Paprika	Potatoes, vegetables, stews, eggs (used for color)
Parsley	Eggs, soups, stews, vegetables
Pepper - black	Salads, fish, meat, eggs, vegetables
Pepper - red	Meats, sauces, gravies, eggs, fish, vegetable dishes, stews (this is a hot spice)
Rosemary	Potatoes, peas, squash, lamb, veal, duck, pork, stews, salmon
Sage	Stuffing, poultry, pork, lamb, veal
Thyme	Italian dishes, meat, vegetables

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The Alaska Native Tribal Health Consortium and Southcentral Foundation jointly own and manage the Alaska Native Medical Center under the terms of Public Law 105-83. These parent organizations have established a Joint Operating Board to ensure unified operation of health services provided by the Medical Center.

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