

**Maximize the Flavor of Herbs**



Using a variety of herbs to season foods provides a delicious way to flavor foods without adding any calories or fat. Dried herbs are more concentrated than fresh and powdered herbs are more concentrated than dried.

To extract maximum flavor from dried herbs, crumble them between your fingers or in the palm of your hand before adding to soups, stews, sauces or other dishes. When using bay leaves, break leaves in half to release more flavor, and always remember to remove them from your dish before serving.

**Rating:**

