

# Recipes for cool-season herbs

# Guacamole

# **Ingredients:**

2 or 3 garlic cloves

2 or 3 ripe avocados

1 tsp. ground cumin

1 tsp. salt

1 tbsp. lemon or lime juice

1 bunch (handful) of cilantro finely chopped

Chopped jalapeno to taste

# **Preparation:**

- 1. Press cleaned garlic cloves into mortar using pestle (or mince in a food processor). Remove. Add remaining ingredients and process until smooth.
- 2. Add chopped tomatoes, if desired.
- 3. Chill briefly and serve.

Makes 6 servings

Calories 166; Total Fat 15g; Cholesterol 0mg; Sodium 396mg; Carbohydrate 10g; Dietary Fiber 7g; Protein 2g



Photo: Fine Cook

# **Ingredients:**

1/4 cup Dijon-style mustard

1 tsp. ground dry mustard

2 tbsp. sugar

2 tbsp. white wine vinegar

1/3 cup olive oil

3 tbsp. chopped fresh dill

# **Preparation:**

- Combine the mustards, sugar and vinegar in a small how!
- 2. Slowly whisk in the oil until creamy.
- 3. Stir in the chopped dill.
- 4. Serve over fish, chicken or vegetables.

Makes 8 servings

Calories 126; Total Fat 12g; Cholesterol 3mg; Sodium 42mg; Carbohydrate 5g; Dietary Fiber 0g; Protein 0g









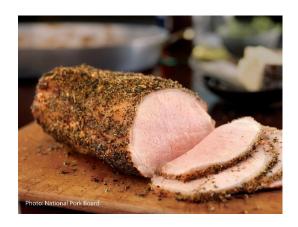
# Roasted Pork with Fennel

# **Ingredients:**

6 tbsp. softened butter 4 tbsp. finely chopped fennel Pork roast approximately 4 lbs. Pepper to taste

# **Preparation:**

- 1. Mix butter, fennel and pepper together.
- 2. Spread thinly over pork roast. Bake at 325° for 2 ½ to 3 hours until internal temperature reaches 170°F.
- 3. If desired, make a pan gravy with the drippings.



Makes 8 servings

Calories 564; Total Fat 41g; Cholesterol 159mg; Sodium 99mg; Carbohydrate 2g; Dietary Fiber 1g; Protein 46g

# **Tabbouleh**

### **Ingredients:**

¾ to 1 cup bulgur wheat

1 1/2 to 2 cups water

1 cup parsley (mint leaves may be substituted for parsley or combines in equal measures to reach 1 cup)

⅓ cup fresh lemon juice

¼ cup olive oil

2 cucumbers chopped

1 to 2 tomatoes chopped

# **Preparation:**

- 1. Heat water to hot, but not boiling
- 2. Add bulgur wheat and allow it to set about 30 minutes until water is absorbed
- 3. Chop parsley (and mint) and add to bulgur wheat
- 4. Add fresh lemon juice and olive oil
- 5. Add chopped cucumber and tomatoes
- 6. Add salt to taste
- 7. Chill and serve as a salad or side dish

A staple in Middle Eastern and Mediterranean regions, bulgur is made from whole-grain, hard red wheat that has been parboiled, dried and cracked.



Makes 8 servings

Calories 138; Total Fat 7g; Cholesterol Omg; Sodium 20mg; Carbohydrate 18g; Dietary Fiber 4g; Protein 3g