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## Spice Up Your Life with Fresh Herbs

*Spice up your life with these easy-to-grow herbs! Hy-Vee registered dietitian Melissa Jaeger, RD, LD will showcase how easy it is to start your own herb garden. Herbs have long played a part in healing the body, mind and spirit. Melissa will demonstrate how to make a summer recipe using those healing herbs and a garden favorite, tomatoes.*

*Melissa Jaeger, RD, LD represents Hy-Vee as a nutrition expert promoting healthy eating throughout the community. Melissa Jaeger, RD, LD is a member of the Academy of Nutrition & Dietetics.*

### Herbed Tomatoes

Serves 8

#### All you need:

1 lb fresh tomatoes, sliced or wedged  
2 tbsp finely chopped shallot  
2 tbsp Gustare Vita red wine vinegar  
1 tsp fresh lemon juice  
1 tsp Hy-Vee honey  
1 tsp finely chopped fresh basil  
1 tsp finely chopped fresh parsley  
1 tsp finely chopped fresh thyme  
Hy-Vee salt and black pepper, to taste  
¼ cup crumbled goat cheese

#### All you do:

1. In medium bowl combine tomatoes, shallot, red wine vinegar, lemon juice, honey, basil, parsley, thyme, salt and pepper. Toss until tomatoes are coated. Stir in goat cheese. Cover and refrigerate up to 2 hours.

Recipe source: June Seasons 2020 ([www.hy-vee.com](http://www.hy-vee.com))

#### Dietitian Talking Points:

- **Build an herb garden:**

- ✓ Check out your Hy-Vee garden center for garden pots, potting soil, seeds and herb plants.



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- ✓ Find a spot that will get plenty of sun for your plants. A kitchen window, front porch, back patio or a raised garden bed would be the perfect spot for an herb garden.
- **Herbs for healing the body:**
  - ✓ Basil: contains natural oils such as camphor which acts as an agent to fend off excess bacteria on foods as well as adds fragrance and flavor to foods.
  - ✓ Cilantro: is coriander's leafy herb sibling and has been shown to help with digestion.
  - ✓ Oregano: extremely high in antioxidants and also fends off not-so-friendly bacteria.
  - ✓ Rosemary: fragrant member of the mint family that contains beneficial antioxidants, anti-inflammatory properties, and may help with upset stomach.
  - ✓ Thyme: strong flavor and is a popular meat seasoning. Thyme contains thymol, which has antiseptic properties that kill bacteria and fungus. Packed with vitamin C and A.
- **Health benefits of tomatoes:**
  - ✓ Packed with lycopene which has powerful antioxidant properties.
  - ✓ May provide improved heart health and reduce risk of certain cancers.
- **Bottom line:**
  - ✓ Building an herb garden can be simple. Check out your local Hy-Vee garden center for all of your garden needs.
  - ✓ Herbs and tomatoes are packed with many health benefits.