

A simple guide to

ROSEMARY

Savory, evergreen aromatic herb with notes of pepper & lemon

Can be harvested year-round with proper care

Easy to grow indoors in direct light



In Season

J

F

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A

April - November

D

How To Select



Look for vibrant green leaves firmly attached to the stem.



Avoid brown or black spots on leaves.

How To Store

Fresh

- Wrap rosemary in a slightly damp paper towel, place in a resealable bag or airtight container & refrigerate up to 14 days.
- Rinse & pat dry. Place in ice cube tray, cover with olive oil & freeze up to 9 months. Thaw & use in cooking, dressings & marinades.

Dried

- Store in an airtight container up to 1 year.

How To Prepare

Dried



Rinse & pat dry. Tie sprigs together at their base using kitchen twine or a rubber band. Hang dry covered with a loose paper bag for about 2 weeks.

Fresh



Pinch the top of the stem with one hand & slide your fingers of the other hand down from top to bottom to separate the leaves from the stem.



Tip: Use thick rosemary stems as skewers when grilling meats & veggies for added rosemary flavor.

ROASTED ROSEMARY CHICKEN & VEGGIES

Ingredients:

- 1 lb Brussels sprouts, trimmed & halved
- 1 cup cauliflower florets
- 1 cup broccoli florets
- 1 medium yellow onion, sliced
- 1 lemon, thinly sliced
- 1/4 cup olive oil, divided
- 1 Tbsp chopped fresh rosemary
- 1/2 tsp black pepper
- Non-stick cooking spray
- 5 cloves garlic, minced
- 1 1/2 Tbsp Dijon mustard
- 2 Tbsp low-sodium Worcestershire sauce
- 1 1/2 lbs boneless, skinless chicken breasts, sliced

45 Min | Serves 6

Nutrition Facts	
6 servings per recipe	
Serving size	(299g)
Amount per serving	
Calories	280
% Daily Value*	
Total Fat 12g	15%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 85mg	28%
Sodium 230mg	10%
Total Carbohydrate 14g	5%
Dietary Fiber 5g	18%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 30g	
Vitamin D 0mcg	0%
Calcium 77mg	6%
Iron 2mg	10%
Potassium 956mg	20%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Preparation:

1. Preheat oven to 450°F.
2. In a large bowl, add Brussels sprouts, cauliflower, broccoli, onion & lemon. Drizzle 3 Tbsp oil, rosemary & pepper over vegetables. Toss to combine.
3. Lightly coat a foil-wrapped sheet pan with cooking spray. Spread vegetables evenly on pan & roast 20-25 minutes.
4. In a small bowl, combine garlic, mustard, Worcestershire sauce & remaining oil. Coat chicken with marinade & set aside.
5. Add chicken to sheet pan & roast another 12-15 minutes, until chicken is cooked through & Brussels sprouts are tender.

Are calories & sodium close to a match?



This recipe is 1 for 1 certified & meets a lower sodium standard.

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