

A simple guide to BASIL



Thai

Firm, long leaves with a spicy licorice-like flavor.



Sweet

Most common variety. Rounded leaves with soft edges & a mild peppery, sweet flavor.



Purple

Small, dark-purple leaves with a strong, spicy clove flavor.

In Season

May - September

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How To Select



Choose basil with sturdy, bright green stems.



Avoid brown, yellow or wilted stems or leaves & flowering buds.

How To Store

- Cut stems & place in glass with 1 in water. Cover leaves & stalks with a loose plastic bag. Refrigerate up to 10 days.
- Rinse, pat dry & chop. Place in ice cube tray, cover with olive oil & freeze up to 9 months. Thaw & use in cooking, dressings & marinades.

How To Prepare

Dried



Place basil in a single layer on a baking sheet lined with parchment paper & bake at 170°F 25-30 minutes. Store in an airtight container up to 1 year.

Fresh



Remove leaves from stems. Chop & add to soups, stews, pizza, eggs, pasta, casseroles, vegetables, fruit or salads.



Tip: For a stronger basil flavor, add fresh basil at the end of cooking!

CRISP CUCUMBER & WATERMELON SALAD

Ingredients:

- 1 (5 oz) container fresh spinach & arugula
- 2 cups grape tomatoes, halved
- 3 cups diced watermelon, seeded
- 2 large cucumbers, quartered & sliced
- 1/2 cup crumbled feta cheese
- 1/2 cup fresh torn basil leaves
- 3 Tbsp olive oil
- 3 Tbsp balsamic vinegar
- 1 tsp black pepper

Preparation:

1. In a large bowl, add spinach & arugula, tomatoes, watermelon, cucumber, cheese & basil. Toss to combine.
2. In a small bowl, whisk together olive oil, balsamic vinegar & pepper.
3. Drizzle dressing over salad & toss to gently coat.

15 Min | Serves 6

Nutrition Facts	
6 servings per recipe	
Serving size	(281g)
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 135mg	6%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	7%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 129mg	10%
Iron 1mg	6%
Potassium 492mg	10%

*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.

Are calories & sodium close to a match?



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

