



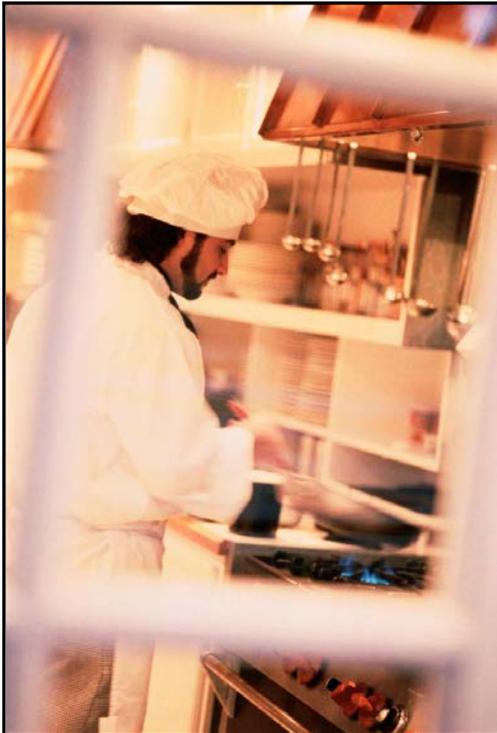
Healthy Aging Information

From moving out of your home to money management, we have all your aging needs covered.



HEALTHY COOKING FOR A HEALTHY LIFE

Don't know what to make for dinner? Healthy doesn't always sound tasty.



However, consider small changes that will make a big difference to your healthy eating regime, and delight your taste buds.

Fresh herbs are full of good flavor, and the health benefits are countless.

When your taste buds are bored, consider spicing up your dinner. Try these tips from the dietary teams of established chefs at Menorah Park Campus who cook for thousands of people each week. They understand the health benefits of cooking with the freshest ingredients for all of their culinary creations.

According to Director of Nutrition Services at Menorah Park Campus, Bob Agrast, "Herbs were the foundation for alchemy, home remedies, for cooking and perfumes. But which came first? What began as simple experimentation, tasting of fragrant leaves, buds and flowers evolved to the introduction of herbs in hot liquids. Those precious chamomile leaves brought calmness, and others helped ease discomfort from cold symptoms. However, they also tasted good. At Menorah Park, we have herb gardens for our kitchens and during the off-season by hundreds of pounds of fresh herbs each year. Unlike dry herbs, fresh herbs are typically added last enabling the natural oils to delicately flavor the foods we serve. The use of herbs also assists us in reducing the dependence on salt as a primary seasoning. Through the use of fresh herbs, there may be no need to add any salt at all, leaving a fresh earthy and delicious flavor."



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Adding fresh herbs transforms meals adding extra flavors, especially good for increasing tastes when cutting back on salt, fat and sugar. They offer additional benefits such as antioxidants to help protect against cancer and heart disease. So, don't be afraid to take the "thyme" to cook with fresh herbs!

- **BASIL:** snip in with tomatoes, fresh pesto, pasta sauce, peas and zucchini.
- **CHIVES** are great with dips, potatoes and tomatoes.
- **CILANTRO** is good for Mexican, Asian and Caribbean cooking, and in salsas.
- **DILL** is great with carrots, cottage cheese, fish, green beans, potatoes and tomatoes.
- **MINT** tastes great with carrots, fruit salads, parsley, peas, with tabouli, and in tea.
- **OREGANO** flavors blend well with peppers and tomatoes.
- **PARSLEY's** flat-leaf or Italian parsley is more intense and often preferred for cooking. Naturals for parsley include potato salad and tabouli.
- **ROSEMARY** flavors chicken, fish, lamb, roasted potatoes, soups, stews and tomatoes.
- **SAGE** flavors well with poultry and in stuffing.
- **TARRAGON** is great with chicken, eggs and fish.
- Got **THYME?** Put it in eggs, lima beans, potatoes, poultry, squash and tomatoes.



For more information, go to www.menorahpark.org.

About our expert:

Bob Agrast is a 22-year member of the Menorah Park Campus family. His previous experiences before becoming Director of Nutrition Services at



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*Menorah Park include working at Paragon restaurants and Stouffer restaurants
as General Manager.*