NEWSROOM: News@yankton.net

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SPICES AND HERBS

Bring Out the Best of Summer Vegetables

FAMILY FEATURES

e all want to eat more vegetables — and in the summer, when farmers markets and grocery stores are filled with fresh, colorful produce, it's easier than ever. From juicy red tomatoes and yellow sweet corn to vibrant green broccoli, seasonal produce can be even more enjoyable with the addition of spices and herbs.

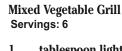
"I'm always thinking about ways to make vegetables taste great and be more healthful and exciting — other than just adding butter and salt," said registered dietitian Wendy Bazilian. "Adding spices and herbs is easy to do, and they only cost pennies per serving. Plus, they're already in your

To add flavor to everyday vegetable favorites like zucchini and carrots, Bazilian recommends an easy rule of thumb: start with 1/4 teaspoon of spices and herbs, such as basil and oregano, per cup of veggies, along with a splash of citrus juice or olive oil.

You can also dial up the flavor depending on the cooking method," Bazilian said. "Roasting vegetables like broccoli and tomatoes creates a caramelized flavor that pairs deliciously with garlic, basil, oregano, honey and white vinegar. Grilling vegetables gives a smoky, charred flavor. Or, let the natural flavor of green beans shine by steaming them with rosemary

Try these simple flavor tips to season your favorite vegetables and visit www.McCormick.com for more ideas you can use all year long.





- tablespoon light brown sugar 1 1/2 teaspoons McCormick Basil Leaves teaspoon salt
- teaspoon McCormick Garlic **Powder**
- teaspoon McCormick Ground Black Pepper
- tablespoons olive oil cups assorted cut-up vegetables, such as asparagus, bell peppers, zucchini, vellow squash, red onion and small sweet potato

Mix brown sugar, basil, salt, garlic owder and pepper in small bowl.

In large bowl, drizzle oil over vegetables; toss to coat well. Add seasoning mixture; toss to coat well. Place vegetables in grill basket or

rack, or thread onto skewers. Grill over medium heat 10-12 minutes or until vegetables are tender,

turning occasionally.

Kitchen tip: If using sweet potatoes, pierce them with fork and microwave two to three minutes on high or until



Roasted Broccoli & Tomatoes

- Servinas: 4
- tablespoon olive oil teaspoon McCormick Garlic Powder
- teaspoon McCormick Black Peppar ounces broccoli florets
- cup cherry or grape tomatoes
- tablespoon white wine vinegar teaspoons honey teaspoon McCormick Basil Leaves
- teaspoon McCormick Oregano

Preheat oven to 425°F.

Mix oil, garlic powder and pepper in large bowl. Add broccoli and tomatoes; toss to coat well. Spread in single layer on foil-lined 15-by-10-by-1-inch baking pan.
Roast in oven 13–15 minutes or until broc-

coli is lightly browned.

Meanwhile, mix vinegar, honey, basil and oregano in small bowl. Drizzle over roasted vegetables after removing from oven; toss to coat well. Serve immediately.



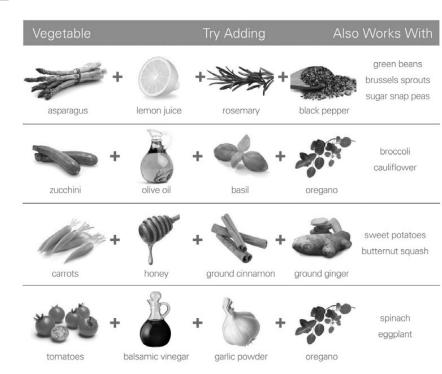
Herbed Green Beans

- Servings: 4
- pound trimmed green beans tablespoon balsamic vinegar
- teaspoons olive oil 1/2 teaspoon finely crushed
- **McCormick Rosemarry Leaves**
- 1/2 teaspoon McCormick Thyme Leaves
- 1/4 teaspoon Sea Salt from McCormick Sea Salt Grinder
- 1/8 teaspoon McCormick Ground **Black Peppar**

Place beans in medium saucepan. Add enough water to cover beans. Bring to boil. Reduce heat to low; simmer four to six minutes or until tender-crisp. Drain. Return beans to saucepan.

Toss with vinegar, oil, rosemary, thyme, sea salt and pepper. Cook and stir over medium heat one to two minutes or until heated through.

BUY FRESH, BUY LOCA Sweet Corn Parking Lot Sale at Yankton Elks, 504 W. 27th St., Aug. 16, 9:30am 'til gone. \$4.00 per dozen. Raspberries are ready for picking. Farmer in the Del Raspberry Farm, 40250 285 St., Delmont, SD. Call (605)779-2018 or (605)680-4050. Advertise Here! Contact the Press & Dakotan Classifieds staff at (605) 665-7811 or stop at 319 Walnut St., Yankton, SD 57078.



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