

Parsley, Sage, Rosemary, and Thyme

Boost flavor and health with the “Scarborough Fair” foursome

BY KITTY BROIHIER, MS, RD, LD PHOTOGRAPHS BY KELLER + KELLER

Probably no herbs are more famous than those celebrated in Simon and Garfunkel’s 1966 hit “Scarborough Fair”: parsley, sage, rosemary, and thyme. The song itself is hundreds of years old, and the plants have long had symbolic significance (see “Herbs Ancient and Modern” at hannaford.com). These fragrant plants have been used for centuries by cooks to add wonderful flavor to soups, vegetables, meats, and seafood.

The four herbs, fresh and dried, have also been used since ancient times as food preservatives and as treatments for a variety of illnesses and conditions. Interestingly, modern research is now confirming the health benefits of these (and other) herbs. Studies on the anticancer characteristics of herbs are showing promising results. Much of the research into the cancer-fighting potential of herbs hinges on their phytonutrient content. These natural, beneficial plant chemicals (particularly flavonoids and phenols) are responsible for the significant antioxidant capacity of herbs.

Researchers are also looking at the effects of herbs on other health conditions, including cholesterol levels, stomach ailments, and general pain. While many studies use herbal extracts and not fresh herbs, for nutrition reasons alone you can feel good about liberally adding fresh parsley, sage, rosemary, and thyme to your dishes.

SALMON PACKETS WITH PARSLEY, ROSEMARY, AND THYME ★★★

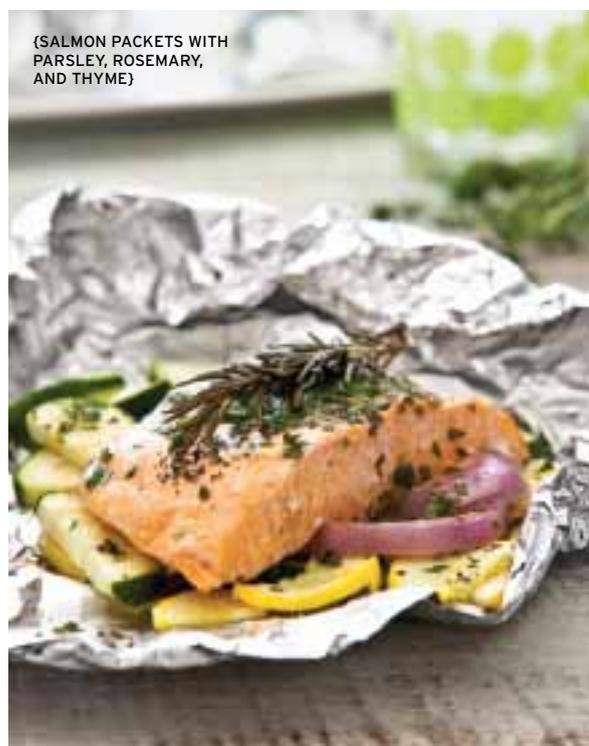
SERVES 4

ACTIVE TIME: 18 MINUTES

TOTAL TIME: 4 HOURS, 30 MINUTES
(INCLUDING MARINATING TIME)

Cooking marinated salmon on the grill in foil packets makes for moist fish and easy cleanup. If you’d rather use your oven, place the packets on a baking sheet and bake at 350°F for 20 to 25 minutes. Note that you’ll need heavy-duty foil.

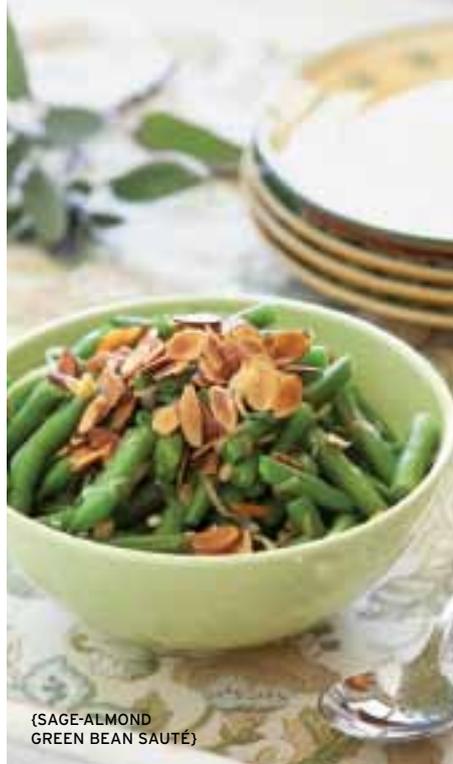
- 2 cloves garlic, minced
- 2 Tbsp. fresh lemon juice
- 1 Tbsp. olive oil
- ³/₄ tsp. smoked paprika
- ¹/₄ tsp. freshly ground black pepper
- 4 (6 oz.) salmon fillets, skin removed
- 2 small summer squash, halved and cut into ¹/₄-inch-thick half moons (about 2 cups)
- 2 small zucchini, halved and cut into ¹/₄-inch-thick half moons (about 2 cups)
- ¹/₂ medium red onion, thinly sliced
- ¹/₄ tsp. kosher salt
- ¹/₄ cup finely chopped parsley
- 2 tsp. minced fresh thyme
- 4 sprigs fresh rosemary



(SALMON PACKETS WITH PARSLEY, ROSEMARY, AND THYME)

1. Add garlic, lemon juice, oil, paprika, and pepper to a gallon-size resealable plastic bag. Place the fish in the bag, squeeze out the air and seal the bag. Turn the bag a few times to coat the fish with the mixture. Place bag in the fridge for at least 4 hours, up to 24 hours.
2. When ready to cook the fish, remove bag from the refrigerator. Preheat grill to medium heat. Have ready four 18-inch-long sheets of heavy-duty foil and place them on a clean work surface.
3. Divide summer squash and zucchini pieces among the 4 pieces of foil, placing equal amounts of each in the center. Top each pile of squash with a quarter of the red onion slices, then sprinkle each portion with some of the salt. Remove fish from the plastic bag and place a fillet on top of each portion of vegetables. Drizzle any remaining marinade over the fish portions. Sprinkle fish with parsley and thyme and finish with a rosemary sprig on top.
4. Fold the long sides of each piece of foil up toward the center, then fold the two shorter ends toward the middle, overlapping them at the top and then folding down to seal each packet.
5. Place packets on the grill, away from direct heat. Close cover and cook 13 to 16 minutes. Check that fish is cooked by unwrapping one of the foil packets and checking the fish with a fork; it should be opaque throughout. When done, transfer packets to a baking sheet. Let rest for 2 minutes.
6. Place packets on individual plates and instruct diners to open them, being careful of escaping steam.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
330 CALORIES, 7G CARBOHYDRATES, 28G PROTEIN,
21G FAT (4.5G SATURATED), 70MG CHOLESTEROL,
200MG SODIUM, 2G FIBER



(SAGE-ALMOND
GREEN BEAN SAUTÉ)

SAGE-ALMOND GREEN BEAN SAUTÉ

★★★

SERVES 4

ACTIVE TIME: 22 MINUTES

TOTAL TIME: 22 MINUTES

A simple treatment is all that's needed to showcase the fragrant fresh sage and crisp green beans. This dish is equally good warm or served at room temperature; just garnish with the almonds at the last minute so they stay crunchy. Recipe may be halved.

- 1/2 cup water
- 1 lb. fresh green beans, ends trimmed, and cut into 2-inch lengths
- 1/4 cup sliced almonds
 - 1 Tbsp. Taste of Inspirations® Garlic Dipping Oil
 - 2 shallots, halved and thinly sliced
- 1/4 tsp. kosher salt
- 1/8 tsp. freshly ground black pepper
- 3 Tbsp. thinly sliced fresh sage leaves (about 15)

1. Add water to a medium nonstick skillet and bring to a boil over medium heat. Add green beans and cook, stirring occasionally, until beans are bright green but still crisp, about 5 minutes.

- 2. While beans are cooking, toast almonds in a small skillet over medium heat, stirring frequently, until they're golden brown and fragrant, about 4 to 5 minutes (watch closely, because they'll burn quickly). Transfer almonds to a small bowl and set aside.
- 3. Drain beans in a colander. Return skillet to medium heat and add oil. When hot, add shallots and cook, stirring, until shallots are softened, about 2 minutes. Return beans to skillet and season with salt and pepper. Cook, stirring frequently, until beans are tender and shallots are lightly browned, 5 to 7 minutes. Stir in the sliced sage, then remove from heat.
- 4. Transfer bean mixture to a serving bowl and garnish with almonds just before serving. Serve warm or at room temperature.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:
90 CALORIES, 7G CARBOHYDRATES, 4G PROTEIN,
6G FAT (5G SATURATED), 0MG CHOLESTEROL,
135MG SODIUM, 3G FIBER

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Creamy Caribbean Shrimp Salad

- 1 cup Mayonnaise
- 1/2 cup cocktail sauce
- 1/2 cup Coca-Cola®
- 1 teaspoon lime
- 1/2 teaspoon black pepper
- 1 lb. shrimp cooked & cleaned
- 1 pkg. mixed salad greens
- 1 ripe mango peeled, pitted and sliced
- 1/2 cup chopped walnuts

Tip: Shrimp can also be grilled prior to placing on your salad.

COMBINE mayonnaise, cocktail sauce, Coca-Cola®, lime juice, salt and pepper in small jar with tight-fitting lid. Shake well. Refrigerate until ready to use.

COMBINE shrimp, salad greens, mango and walnuts in large bowl. Divide mixture onto plates. Drizzle with dressing over salads.



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COOKING WITH THE STARS

SIRLOIN TIP STEAKS WITH ROSEMARY MUSHROOMS

★★★

SERVES 4

ACTIVE TIME: 20 MINUTES

TOTAL TIME: 20 MINUTES

Lean, thin-cut sirloin tip steaks (not to be confused with steak tips) are made to be cooked quickly. If you want to get a head start, the steak can be seasoned ahead of time and refrigerated for up to 8 hours. Brighten up your plate with a cool green salad if desired.



(SIRLOIN TIP STEAKS WITH ROSEMARY MUSHROOMS)

- 1 lb. Inspirations Angus Thin-Sliced Sirloin Tip Steak
- 1 Tbsp. Inspirations Garlic Dipping Oil, divided
- 1/4 tsp. salt, divided
- 1/2 tsp. freshly ground black pepper, divided
- 2 cloves garlic, minced
- 2 (8 oz.) pkgs. sliced baby bella mushrooms
- 2 tsp. minced fresh rosemary leaves

1. Place steak in a gallon-size resealable plastic bag. Add 1 tsp. of the oil, 1/8 tsp. of the salt, 1/4 tsp. of the pepper, and garlic to the bag. Squeeze out the air and seal the

bag. Turn the bag a few times to coat the meat with the seasoning (you may have to massage the meat through the bag in order to distribute the seasoning). Set the meat aside, or refrigerate for up to 8 hours.

2. When ready to cook, heat remaining 2 tsp. oil in a large nonstick skillet over medium heat. Add mushrooms and rosemary. Cook, stirring frequently, until mushrooms have softened and start to release their liquid, about 5 to 7 minutes. Sprinkle with remaining 1/8 tsp. salt and 1/4 tsp. pepper and continue to cook until further softened, about 5 minutes. Transfer mushrooms and any liquid to a bowl and set aside.

3. Return skillet to heat. Add steaks to the pan and cook 2 minutes, then turn them over and cook an additional 1 minute.

4. Return the mushrooms and any accumulated liquid to the skillet for 30 seconds to warm, and check steak for desired doneness; cook another 1 to 2 minutes if needed. (Steaks will be more tender if cooked only until they're a little pink in the center. Cooking until well done will yield a tougher steak.) Divide meat and mushrooms among 4 plates and serve immediately.

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shelves (or in one of our recipes) stacks up. Foods that merit stars offer the most nutritional value for the calories: one star is good, two is better, three is best. So just follow the stars for easier shopping and healthier cooking.

GUIDING STARS KEY:

- ★ = good nutritional value
- ★★ = better nutritional value
- ★★★ = best nutritional value

APPROXIMATE NUTRITIONAL VALUES PER SERVING: 220 CALORIES, 5G CARBOHYDRATES, 21G PROTEIN, 14G FAT (4G SATURATED), 60MG CHOLESTEROL, 200MG SODIUM, 2G FIBER ●