Single-serving Oatmeal Pancakes

LIVE WELL UTAH
OATMEAL
PANCAKES
-FOR ONE-

No more leftover pancakes forgotten in the fridge! Try this single-serving oatmeal pancake recipe, and increase the recipe if you need to feed more people.

Here is a great single serving pancake recipe, packed with **protein** and **fiber** to keep you full all morning; ***and*** only **215 calories** for the entire batch!

This recipe uses only six ingredients, and you likely already have them in your pantry.

It is super simple to make, simply place all the ingredients in a bowl, and mix just until combined.

Then pre-heat your pan on medium-high heat with a little cooking spray to keep it from sticking.

Flip once the pancakes starts to set. Be careful not to overcook them; you don’t want the pancakes to get too dark and dry out.

All three pancakes are one serving, only 215 calories, 12.5 grams of protein and 3 grams of fiber!

Try avoiding sugary syrups and top your pancakes with yogurt and fresh fruit.

Oatmeal Pancakes

1 serving, 215 calories

Ingredients:

- 1 package instant oatmeal
- 1/4 cup flour (wheat flour preferred)
- 1 egg
- 1/4 cup milk (low-fat preferred)
- 1 tsp baking powder
- 1 tsp sugar
- dash cinnamon (optional)

Directions:

1. Place all six ingredients into a small mixing bowl.
2. Mix until just combined.
3. Pre-heat a skillet on medium-high with a little cooking spray to keep it from sticking.
4. Scoop batter into three medium-sized pancakes.
5. Flip when the bottom of the pancake is set and lifts easily. Repeat on other side.
6. Serve with yogurt and fresh fruit for a flavorful, fresh taste!

For more delicious recipes like this one visit http://kanecountyfoodsense.blogspot.com/

This article was written by Brittney Johnson, Certified Nutrition Education Assistant, USU Extension, Kane County

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Healthy Desserts for July Fourth

HEALTHY DESSERTS FOR JULY 4TH

LIVE WELL UTAH

Summer berries provide the perfect color palette for patriotic desserts. Try one of these healthier dessert options at your Fourth of July celebration this year.

There will be plenty of hot dogs, hamburgers, chips and potato salad to celebrate America during the month of July. But what's for dessert? Dessert can be an opportunity to introduce a few healthier options to a meal.

These recipes still have plenty of yummy about them, but are lighter in calories and higher in nutrients. Give one or more of them a try!

Cheesecake Stuffed Strawberries

If you haven't made these before, they are a must-try! Picture a beautiful red strawberry stuffed with cheesecake filling and topped with a blueberry! Can you think of anything more patriotic than a red, white and blue strawberry treat? Find the recipe here.

Red, White and Blueberry Popsicles

July can be a scorcher. Cool off with these pretty and nutritious treats! Layer Greek yogurt, pureed blueberries and raspberries in a popsicle mold, and voila! A cold, patriotic treat. It will take a bit of time to mix and layer the treats, but it is worth it when you see the look of delight on people's faces. Get the directions here.

Patriotic Parfait

Who doesn’t want their very own individual dessert? These super easy parfaits are pretty and colorful, and they have a fraction of the calories of a cake or dessert. It is as simple as layer, layer and layer! Find the recipe here, or try this customizable version.

Try making smaller version, or “dessert shooter.” Smaller portion equals less calories, so it is a no-brainer! Simply layer plain or vanilla Greek yogurt with red and blue berries, topped with your favorite granola in small cup (this blogger uses beer flight cups). Try it with our homemade crispy granola.

Red, White & Blue Fruit Kabobs

Want to keep it even simpler? Make fruit kabobs with strawberries, raspberries, blackberries, and blueberries. Alternate with white marshmallows, cubes of angel food cake, or a white fruit like dragonfruit, banana, honey dew or casaba melon. Try it with this chocolate orange dipping sauce.

What are your favorite patriotic desserts?

This article was written by Darlene Christensen, USU Extension associate professor, 435-277-2406, darlene.christensen@usu.edu

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Ten Easy Snacks for Summertime Fun

LIVE WELL UTAH

10 EASY SUMMER SNACKS

Skip the pre-packaged unhealthy snacks, and try these 10 easy and nutritious summer snack ideas.

It’s that time of year again. School is out, and kids are making plans for summer adventures – which will naturally include snacks.

Check out the 10 fun, summertime snack ideas below. Some will take a little more prep time, but once they are done, they will be easy for kids to grab out of the freezer so they can be on the way to their next adventure.

1. Frozen grapes **–** This is a simple yet tasty snack, and red grapes tend to work best. Pull grapes off the vine, toss them into a freezer bag and freeze. When your kids ask for a popsicle or snow cone, give them a handful of frozen grapes in a cup instead. Better yet, fill an ice-cream cone with grapes, and they can also eat the container!
2. Watermelon balls – Eating watermelon in the summer is always refreshing, not to mention, it has water to keep your kiddos from getting dehydrated. Rather than just giving a slice or a chunk of watermelon to your kids, grab a melon baller and make little balls. Let them help you so they can take part in making a healthy snack. They can even put them on a skewer for serving.
3. Homemade fruit roll-ups – Nearly every kid loves fruit roll-ups. Homemade roll-ups are even better AND are very simple. Choose 4 cups of your favorite fruit and puree. You can add a little sugar if desired. This will make enough for two pans. Spread half of the puree until it is about ⅛-inch thick in a 9×13-inch pan lined with parchment paper and sprayed lightly with cooking spray. Spread the other half in the second pan. Bake at 175 F for 3-4 hours. Make sure the fruit doesn’t become burned or too crispy. Once done, pull the parchment paper with

the dried fruit out of the pan. Transfer the dried fruit to wax paper, roll up and cut into 1 to 2-inch strips. Store in an air-tight container or freeze.

4. Ants on a log – This classic treat has always been an easy “go to” for parents. It is also fun for children to eat. All it requires is celery, peanut butter and raisins or dried cranberries. Cut the celery into 3-inch long sticks, fill the center with peanut butter, place the dried fruit along the peanut butter and *Voila!* A healthy snack.
5. Cheese, olives and crackers – This may be the simplest snack out there. Grab a plate and cut some cheese sticks, slices or cubes, open up a can of olives and a sleeve of crackers. Kids can combine the three into a sandwich or eat them individually. Or use toothpicks as a skewer and put small chunks of cheese and olives on them.
6. Strawberry yogurt popsicles – These are a healthy alternative to popsicles filled with sugar. To make this treat, cut tops off the strawberries, and puree the fruit. Using a popsicle mold, layer pureed strawberries with vanilla yogurt. Put in the freezer overnight and freeze. The next day you have a healthy and refreshing frozen treat.
7. Ham and cheese pretzel bites – Kids can help with this hearty snack. Roll cheese up into ham, cut into 1-inch long “bites,” and push a straight pretzel through the side of the roll to hold it all together.
8. Butterfly quesadillas – This snack gets in many of the food groups and is as cute as a button to make. Start by making a simple quesadilla. Cut the quesadilla into quarters. Using two of the quarters, turn them so the points touch. Use grapes lined up to make the body of the butterfly and straight pretzels for the antennae.
9. Baked apple chips – This snack requires a bit of preparation, but it stores easily for later snacking. Core an apple and cut it into thin slices (the thinner

the better – preferably 1/16-inch thick). Place apple slices so they are not overlapping on parchment paper on a cookie sheet. Bake at 200 F for 2 hours. After one hour, turn the apple slices over and bake for another hour. Once they are done, let cool and enjoy.

10. Peanut butter and chocolate chip oatmeal energy balls – These energy balls are simple, easy to make, easy to store and require no baking! The recipe below makes about 12 oatmeal energy balls.

Ingredients:

- 1 cup dry oats
- ¼ cup peanut butter
- ¼ cup honey
- ½ cup mini chocolate chips
- Dash of salt
- ½ teaspoon vanilla, optional

Instructions:

In a medium bowl, add all of the ingredients, and stir to combine well. The mixture should be a bit sticky. Refrigerate for at least 30 minutes.

Use a spoon to scoop about a tablespoon of the cookie ball mixture into your hand. Roll into a ball. Repeat with remaining mixture.

Store the balls covered in the fridge for up to a week, or in the freezer for much longer.

So there you have it. Ten easy, fun snacks that will keep your children healthy and happy. Have a great summer, and happy snacking!

This article was written by Summer Hansen, USU Extension intern, Box Elder County

Resources: https://www.blessthismessplease.com/2017/03/8-no-bake-oatmeal-energy-balls.html?m

Whole Wheat Almond Toaster Waffles

WHOLE WHEAT ALMOND
TOASTER WAFFLES
LIVE WELL UTAH

Convenient and nutritious? It is possible with these tasty whole wheat toaster waffles.

My mornings are always super busy, and it can be hard to fit in a nutritious breakfast. Recently I've been obsessed with making homemade toaster waffles. On Sunday morning I make a big batch of waffles, freeze what we don't eat, and put the rest in the freezer. Then on weekdays, I grab one out, pop it in the toaster, and eat it on the run. Or, if I have a few minutes, I can sit and eat it with fresh fruit and syrup.

I love this recipe because it has a great nutty flavor and crisp, light texture. It really sticks with me! The whole-wheat flour means I am getting plenty of fiber and phytochemicals. The almond flour adds a wonderful nutty flavor, and some healthy fats, protein, and fiber. I hope you will try and it and let me know what you think!

Almond Whole Wheat Toaster Waffles

Makes 6 small waffles or 3 large waffles

Ingredients:

- 1 ½ cup whole wheat flour
- ½ cup almond flour
- 1 teaspoon salt
- 2 teaspoons baking powder
- 2 tablespoons sugar
- 2 large eggs
- 1 ½ cup milk
- 1/3 cup canola oil

Directions:

1. In a large bowl, whisk together the dry ingredients

(whole wheat flour, almond flour, salt, baking powder, and sugar).
2. In a medium bowl, beat the two eggs, and then stir in the milk and oil.
3. Add the wet mixture to the dry ingredients and stir just until combined. It is okay if it is a little lumpy, and you don't want to stir too much or the waffles will be tough.
4. Cook the waffles using a waffle iron, according to the manufacturer's instructions.
5. Freeze the waffles flat on a cookie sheet and then transfer to a Ziploc bag and put back in the freezer.

Notes:

You might need to experiment a little to figure out how much batter to use in your iron to make waffles that fit in your toaster. In my iron (it makes thin waffles), I use about ¼ cup of batter and this makes a waffle of the right diameter to fit in my toaster.

I find almond flour in the natural section of my grocery store. If you can't find it, or it is too expensive, the waffles are really good without it too. If you leave out the almond flour, only use one egg.

This recipe is very flexible for people with food allergies or restrictions. Try using soy or almond milk instead of cows milk, substitute a gluten-free flour mixture for the whole wheat flour, or leave out the almond flour if you can't have nuts (only use 1 egg if you leave out the almond flour).

Right after you pour the batter into your waffle iron but before you close the lid, you can sprinkle in some chopped pecans if you like a little extra crunch in your waffle.

This article was written by Carrie M. Durward, PhD,

RD, Extension Nutrition Specialist and Assistant Professor

Recipe adapted from King Arthur Flour

Put Your Best Fork Forward!

PUT YOUR BEST FORK FORWARD!

CELEBRATE NATIONAL NUTRITION MONTH WITH LOW-SUGAR CHOCOLATE AVOCADO FROSTING

LIVE WELL UTAH

You can make healthier food choices for yourself and your family. Take the leap this month to celebrate National Nutrition Month, and try to decrease the amount of added sugar in your diet.

March is National Nutrition Month and now is the time to go back to the basics of healthy eating. “Put Your Best Fork Forward” is the theme for National Nutrition Month 2017 and reminds us that we each have the tools to help us make healthier food choices. One way make to put your best fork forward this month is to reduce the amount of added sugar you consume. Added sugars have not only been linked to higher dental cavities but also type 2 diabetes, heart disease, and obesity.

Here are some tips to reduce the amount of added sugars you and your family consume:

1. Check food labels and avoid foods with added sweeteners. Instead, fill your grocery cart with naturally sweet foods like fruits and vegetables (think bell peppers, carrots, and sugar snap peas).
2. Avoid high sugar beverages and drink beverages like milk and water instead.
3. Cook from scratch. Try making your own granola or homemade baked goods. By cooking from scratch you are more in control of the ingredients and amount of added sugar. For example, try chocolate avocado frosting on your favorite cupcakes or brownies for a low sugar recipe that uses a healthy fat (recipe below).
4. Ditch the sweetened yogurt– a common source of added sugars. Eat plain yogurt flavored with naturally sweet fruit. You can also try mixing half flavored yogurt with plain, unsweetened yogurt. This will allow for you and your family to adjust your taste buds, eventually using less sweetened varieties.

5. Develop a healthy relationship with food instead of focusing on completely removing sugar. Save the sweet treats for special occasions!

Chocolate Avocado Frosting

- 2 very ripe avocados
- ¼ cup chopped baking chocolate (around 65% cacao)
- ¼ cup unsweetened cocoa powder
- ¼ cup agave
- 1 teaspoon vanilla
- ¼ cup almond milk/soy milk
- pinch of salt

Instruction

Melt the baking chocolate in the microwave (careful not to burn it). Let it cool slightly. In a food processor mix all ingredients together. Taste and adjust. Let chill in the fridge for at least 15 or so minutes.

This article was written by Jaqueline Neid- Avila, RDN, CD, Nutrition Faculty

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Fresh Take on Salad: Look Beyond the Lettuce

A FRESH TAKE ON SALAD

GREEN BEANS | CARROT RIBBONS SESAME CUCUMBER SALAD

LIVE WELL UTAH

Did you resolve to eat more vegetables this year? Check out these fresh salad recipes from Eat Well Utah!

Fresh Green Bean Salad

Carrot Ribbon Salad

Sesame Cucumber Salad

10 Tips for Better Tasting Fresh Produce

10 TIPS FOR BETTER TASTING FRESH PRODUCE

LIVE WELL UTAH

How do you like your vegetables? If you're looking for some delicious ways to get your family to eat more fruits and veggies, look no further! We've got ten tips to help you pump up the flavor of your fresh produce.

We all know that fruits and vegetables are an important part of a healthy diet. We've learned ways to make them less expensive and more convenient, but what if you or your family members just don't like the taste? This week we offer 10 tips to help everyone learn to love the taste of fruits and vegetables.

1. Try fresh fruits or vegetables with a healthy dip or dressing. Try hummus, salad dressing or yogurt.
2. Increase the amount of vegetables in flavorful, well-liked foods. Try extra tomatoes and beans in chili, carrots in tomato sauce, broccoli mixed into mac and cheese and peas in minestrone soup.
3. Add shredded carrots or zucchini to meatloaf, casseroles and quick breads.
4. Try eating your vegetables first, when you are most hungry. Things really do taste better when you are hungry! Put out fresh vegetables with dip before dinner, or start the meal with a salad or vegetable soup.
5. Shop in season—fruits and vegetables that are in season taste better. Think of a wonderful tomato from the garden in summer vs. the ones you can buy from the store in January. Farmers markets, roadside stands and your local grocery store are great places to get seasonal produce.
6. Try preparing vegetables in different ways: raw, steamed, roasted, etc. The flavor and texture can be very different, depending on how you cook them. If you don't like them one way, you might like them another!
7. I especially recommend roasting or grilling vegetables. You get wonderfully sweet vegetables that are soft and

creamy on the inside and crisp on the outside.

8. Make eating vegetables fun by playing with your food. Try ants on a log, rainbow salad or pizza faces.
9. Use a small amount of sugar when cooking bitter vegetables like kale or Brussels sprouts. This will help you become more familiar with the taste of vegetables, and you will learn to like the flavor more, even without the sugar!
10. Just keep trying! We tend to like foods that we eat often or have at least tried multiple times. If you don’t like the taste of a vegetable today, it doesn’t mean you won’t like it the next time you try it!

This article was written by Carrie Durward, Extension Nutrition Specialist

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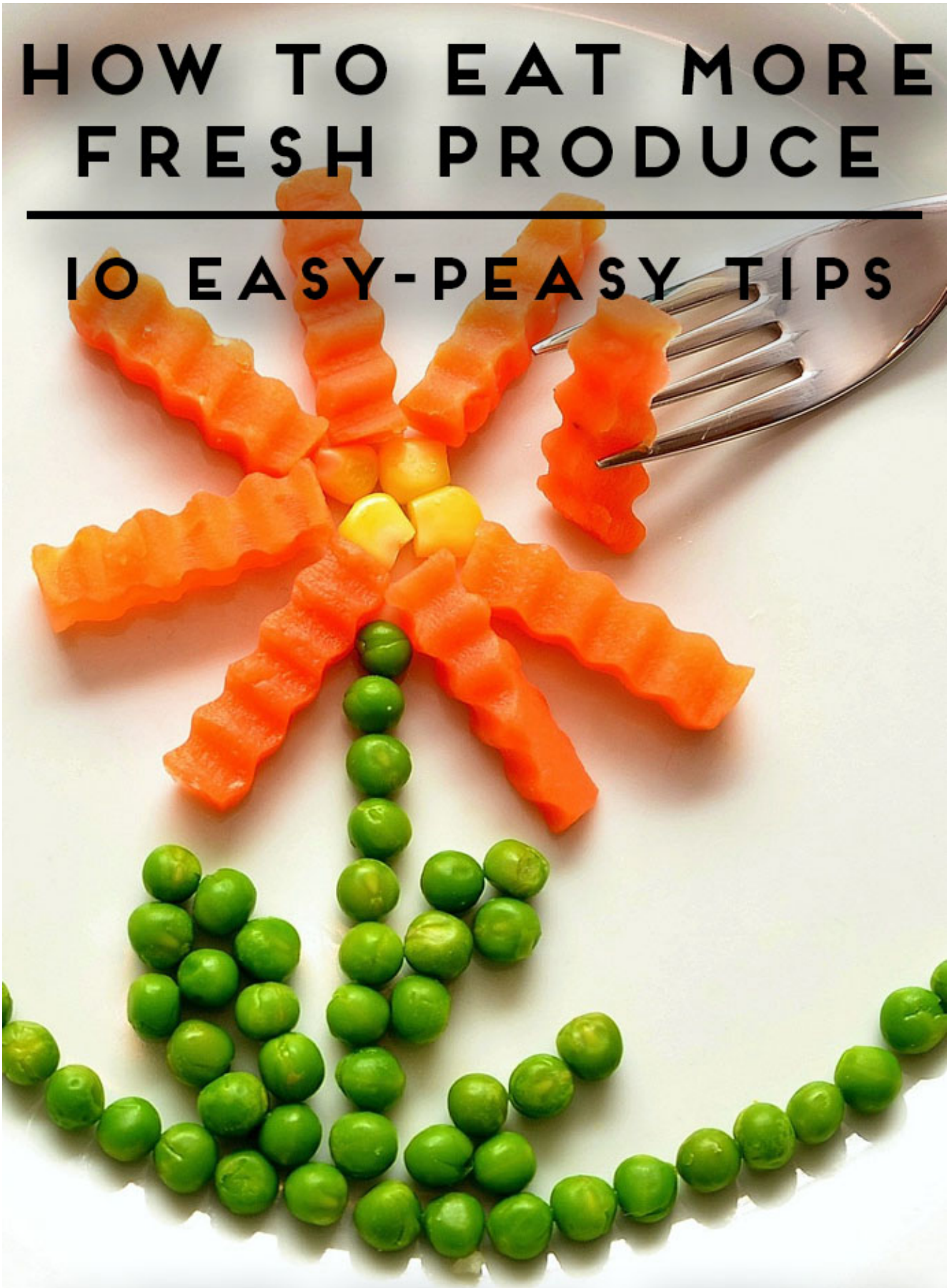
How to Eat More Fresh Produce // 10 Easy-Peasy Tips

HOW TO EAT MORE FRESH PRODUCE

10 EASY-PEASY TIPS



LIVE WELL UTAH

Looking for some easy ways to eat more veggies and fruits? We have 10 tips to help you do just that.

In the last article, we learned about ways to make fruits and vegetables part of your diet on a budget. This is important, because fruits and vegetables are full of essential vitamins and minerals. They are also low in calories, but they have lots of fiber and water. This means that when we eat fruits and vegetables, they fill our stomachs, but don’t add a lot of calories. Besides cost, another reason people often don’t get enough fruits and vegetables is time or convenience. Read on for 10 tips to make eating fruits and vegetables fit into your busy lifestyle:

1. Keep frozen fruits and vegetables on hand. They have the same amount of nutrition as fresh, and they are all ready to go—no cleaning or chopping needed!
2. Cook fresh or frozen vegetables in the microwave with a little water for a quick side dish.
3. Make extra vegetable soup and freeze it for days when you don’t have time to cook. Then just defrost in the microwave.
4. Don’t have time to defrost soup? Open a can of low-sodium soup, add a bag of frozen veggies and serve as soon as it is warm.
5. Plan ahead—clean and chop fresh vegetables when you have time so they are ready to go. Then you can use them in recipes, eat them with dip or add them to a salad or wrap. Just be aware that chopped veggies may go bad faster, but most chopped veggies will keep for a few days or a week.
6. Pre-package those chopped veggies in small bags, and then you have an instant snack ready to grab on the way out the door. Think beyond carrot and celery sticks—try bell peppers, cucumbers, broccoli, cauliflower and zucchini slices.

7. Fruits like oranges, apples and bananas make great food on the go without any additional work from you.
8. Just like with the vegetables, you can also clean and chop fruit ahead of time. I like to do this with berries, melons and stone fruits like peaches. Add a little lemon juice to sliced fruit, and package them in small containers so they don’t get squashed in your purse or bag.
9. Dried fruit makes a great on-the-go snack, and since it keeps for a long time, you can stash some in your car, desk or bag for when you are hungry and don’t have a snack packed. Just make sure you stick to the portion size—you only need ¼ cup.
10. Fruits and vegetables can also be a great part of a quick breakfast—try fresh fruit on your cereal, or pack fresh fruit, yogurt and granola in a container or glass jar for breakfast on the go. Most people don’t think of vegetables at breakfast, but many vegetables are great with eggs in an omelet, scrambled or even just on the side. My favorite is avocado and salsa!

This article was written by Carrie Durward, Extension Nutrition Specialist

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Calcium // Look Beyond the Milk Jug

CALCIUM

LOOK BEYOND THE MILK JUG

LIVE WELL UTAH

Need more calcium in your diet? You don't have to get it from a glass of milk– try our Green Eggs and Ham for a calcium boost!

A favorite Dr. Seuss story, "I Do Not Like Green Eggs and Ham," has a great ending with Sam I Am deciding that he does like green eggs and ham. You may also find that green eggs and ham can be a great addition to your health.

Calcium, the most abundant mineral in the body is an important component to daily health. Although it is an essential mineral for our bodies, the majority of Americans do not take in enough calcium for their body's daily use. Calcium is a key factor in maintaining good health. It is essential for building and maintaining bones and teeth, for keeping a regular heart beat and reduced blood pressure, for the transmission of nerve impulses and muscle contraction and the maintenance of cell membranes. New research shows that calcium can protect against colon cancer. Adequate calcium intake may reduce your overall risk of colon cancer and suppress the growth of polyps that can lead to cancer.

Most Americans realize that calcium builds strong bones and helps in keeping them strong later in life to prevent osteoporosis. Yet most Americans only consume half of the daily amount of calcium they need from their diet.

Calcium is excreted every day through sweat and body waste. To prevent bones from taking calcium from the blood and body, replenish your body daily with foods rich in calcium and vitamin D. Such foods high in calcium are dairy products, kale, almonds, sardines and canned salmon with bones, oranges, broccoli and sweet potatoes. If you do not get enough calcium from the foods you eat, change your diet or take calcium and vitamin D supplements. Your body needs vitamin D to help

absorb calcium. Vitamin D comes from the ultraviolent sun rays and from fortified foods such as eggs, liver, oysters and fish.

The best ways to increase calcium are with increased dairy products (3-4 servings a day), additional dark green vegetables and foods with added calcium.

As we age, our metabolism and ability to absorb nutrients decreases. It is critical that we increase the amount of calcium we intake daily. Women over 50 and men over 65 need to consume 1,200-1,500 milligrams of calcium daily. Additional Vitamin D is also needed for absorption of calcium since many people do not get enough sun and skin no longer absorbs the vitamin D as it did in younger years.

Calcium intake is a global concern – especially in countries that do eat many dairy products. New research being conducted by USDA Children's Center is adding calcium to carrots and other veggies. Watch for calcium-boosted carrots in the grocery store.

Now you can see how important it is to begin to like our "Green Eggs and Ham."

Green Eggs and Ham

3 eggs
1 tablespoon all-purpose flour
2 tablespoon butter, melted
1 cup 2% reduced-fat cottage cheese
1 1/2 cups shredded sharp cheddar cheese
1/8 teaspoon hot pepper sauce, or to taste
1 cup spinach leaves, loosely packed
12 thin slices ham

Instructions

1. Preheat oven to 350F. Prepare muffin tins.
2. Combine eggs, flour, butter, cottage cheese, cheddar and hot sauce in a food processor or blender. Process until well blended. Add spinach and pulse briefly. Do not over-process; green flecks should be visible.
3. Line muffin tins with ham slices, pressing down with fingertips. Pour about 1/3 cup egg mixture into each tin.
4. Bake 20 to 25 minutes, or until a wooden toothpick inserted in the center comes out clean. Serves 8-12 people

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This article was written by Carolyn Washburn, Utah State University Extension associate professor, carolyn.washburn@usu.edu.

Using Herbs and Spices // Keep the Flavor, Lose the Calories

HERBS & SPICES
KEEP THE
FLAVOR
LOSE THE
CALORIES
LIVE WELL UTAH

Charlemagne, Emperor of Rome, known for his good health, said, “An herb is the friend of physicians and the praise of cooks.” Try these tips for using herbs as a healthy and flavorful alternative to fats, sugar and salt.

If you are trying to find ways to lower the amount of sugar, fat, and salt in your diet, you may find that herbs and spices are a good solution.

Using Herbs to Reduce Fat, Sugar and Salt

Fat, sugar and salt all add flavor to the foods we eat and enjoy. They also add calories and cholesterol. We can add flavor to many foods and decrease the fat, sugar and salt by using herbs and spices in many recipes.

One tablespoon of fat can equal 100 calories. A great substitute is to purchase fat-free salad dressing, margarine, yogurt, sour cream and cream cheese, then add flavorings of your choice with herbs such as thyme, rosemary or tarragon. You will be surprised at the great flavor they provide without adding calories.

Herbs and spices can also reduce the amount of sugar you may need in foods. Ginger, whether fresh or dried, is an excellent sweetener. Keep a little ginger root in your freezer and grate off the desired amount when cooking. Carrots, sweet potatoes and other foods combined with a little ginger root are sweet and tasty.

Herbs and spices can complement nearly all cooking. Using them will help reduce the amount of salt your recipe may need. You will find that you can flavor with the herb, then leave out some of the salt.

Experiment with spices and herbs in your sauces, vegetables, drinks or desserts. Keep in mind that the amount you use and when you add it to your ingredients will depend on if you are using fresh or dried herbs. If using fresh herbs, you will add three times the amount of dried. Dried herbs are added at the beginning of cooking, and fresh herbs are added at the end of the cooking time. Store fresh herbs in the refrigerator and dried herbs in the cupboard out of direct sunlight. If you add a little too much seasoning when cooking, throw in a piece of potato and let it absorb the extra flavor. Remove before serving.

These herbs are some that I wouldn't want to be without. They add flavor to many foods:

- **Basil** is absolutely essential for Italian cooking. I can't imagine a summer without fresh pesto.
- **Chives** are prized for both their extensive cooking applications and their gorgeous silhouette in the garden.
- **Cilantro** is used liberally in Latin American cooking, and its cool flavor is one of my year-round favorites. I love pomegranate and cilantro salsa.
- Tall **dill** plants waving in the breeze are a welcome sight in any garden. The seeds *and* herb are used in all sorts of vegetable recipes and bottled pickles.
- Although **mint** has the tendency to take over wherever it is planted, the aromatic herb adds pizzazz to summertime lemonade, smoothies and is refreshing in teas and many recipes.
- **Oregano** is another Italian food staple, and it's also wonderful in egg recipes such as omelets.
- Don't just use the little sprigs of **parsley** as plate garnish: toss it into salads, soups and vegetable recipes.
- **Rosemary** grows wonderfully in St. George. On the patio, it is sheltered from the winter cold and the summer

heat. Once your taste buds have experienced fresh rosemary, they will go on strike if you serve the dried variety.
- **Thyme**, growing in a garden, has an enticing aroma. It's also a favorite in fish recipes.

Try growing your favorite herbs in the yard, garden boxes, flower pots or even in the house. They add beauty, flavor, aroma and are a wonderful conversation piece.

Minted Cucumber Salad

- 4 cucumbers, peeled, halved, seeded and sliced
- ½ cup fresh mint, chopped
- ¼ cup fresh parsley, chopped
- 1 orange rind, grated
- ½ cup olive oil
- 1 cup red wine vinegar
- ¼ cup sugar substitute

Toss cucumbers in bowl with mint, rind and parsley. Whisk oil, vinegar and sugar substitute. Pour over cucumbers and chill for 4 hours.

This article was written by Carolyn Washburn, Utah State University Extension associate professor, carolyn.washburn@usu.edu.