



Herb-Infused Recipes

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PARSLEY

Parsley Pistachio Lime Pesto

—HEATHER NICHOLDS—

Parsley is loaded with nutrients — especially Vitamin K, folate, iron, Vitamin C and Vitamin A — so I use it when I can, especially to make a tasty recipe.

I used pistachios in the recipe, but you can easily substitute pumpkin seeds. Both pistachios and pumpkin seeds are high in iron, magnesium, manganese, potassium and phytosterols. Pistachios stand out for energy-supporting B vitamins, while pumpkin seeds are especially high in immune-boosting zinc.

I love to use this pesto spooned on top of a warm soup, as a sandwich spread or as the base for a yummy vegetable pizza.

Makes about 1 cup

1 cup fresh parsley

½ cup pistachios or pumpkin seeds

1 clove of garlic

1 teaspoon lime zest (optional)

2 tablespoons fresh lime juice

Pinch fine sea salt

1 tablespoon olive oil (optional)

1 tablespoon tahini or ¼ avocado
(optional — for a creamy pesto)

Cut off any tough stems from the parsley, put all the ingredients in a food processor and purée until smooth. You'll need to scrape down the sides every so often to keep things combined.



Cilantro Avocado Dressing

—JILL NUSSINOW—

This dressing is best when avocados are ripe and abundant. While this dressing works well on green salad, it also adds another dimension to tofu or tempeh and turns leftover grains or beans into a delicious salad.

Serves about ¾ cup

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| 1 clove garlic | 2 tablespoons lime juice, from 1 lime |
| ¼ cup packed cilantro | 1 medium avocado, in large pieces |
| 2 pitted Medjool, or other, dates | ¼ teaspoon salt, optional |

Add garlic, cilantro and dates to a small food processor. Pulse until well chopped. Add the lime juice, avocado and salt. Process until almost smooth. Add a bit of water if the dressing needs thinning. Will keep for 3–4 days in the refrigerator.



CILANTRO

Tomatillo Black Bean Salsa

—JILL NUSSINOW—

You can use any bean that you have on hand, or no bean at all and just use the vegetables. Get the best tomatillos that you can. Make it hot, or don't. It's up to you. I like to add toasted cumin for the best flavor.

Serves about 1½ cups

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| 1 pound tomatillos, chopped, about two cups of chopped tomatillos | 1–2 teaspoons toasted cumin powder |
| 1 cup cooked black beans, rinsed and drained or freshly cooked | ½ cup cilantro, chopped |
| ½ cup chopped onion | 1 small lime, juiced |
| 2–3 cloves garlic, minced | ¼ cup chopped avocado (optional) |
| 1 jalapeño, seeded and minced (optional) | Salt and black pepper, to taste |

In a medium bowl, combine all of the prepared ingredients except avocado. Stir that in carefully so that it remains intact. Taste and adjust the seasoning if necessary (more lime juice, salt and pepper, etc.).

Herby Italian Dressing

—JILL NUSSINOW—

The artichoke hearts give this dressing some body. Only use frozen, bottled or canned in water, not the marinated ones.

Makes 1 cup

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| 2 tablespoons vinegar | ¼ cup water |
| 2 tablespoons onion, chopped | 2 tablespoons basil |
| 1 small clove garlic, cut in half | Pinch dried Italian seasoning |
| 1 tablespoon apple juice concentrate,
<i>Sucanat</i> , agave syrup or a few
drops stevia | Fresh ground pepper, to taste |
| 2 tablespoons chopped Italian
parsley | 1 teaspoon reduced sodium tamari |
| | ½ cup artichoke hearts, frozen,
thawed and cooked, or canned or
bottled in water |

Combine all ingredients in blender. Blend until smooth. Chill for at least 15 minutes before serving.



BASIL + PARSLEY



With thanks to Linda Askren for sharing

Herbed Tofu Dressing

—JILL NUSSINOW—

Tofu makes a great base for salad dressing as it has very little of its own flavor. Here it's blended with herbs which make it taste very fresh. This is great if you like creamy dressings. Add any other fresh herbs you like.

Makes slightly more than 1 cup

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| 1 (12.3 ounce) box <i>Mori-Nu</i> firm or
extra firm, lite or regular tofu | 3–4 tablespoons vegetable stock or
water |
| 1 clove garlic, roughly chopped | 1–2 tablespoons vinegar, any type
will work |
| 3 tablespoons chopped herbs of any
type, basil and parsley work well | ½ teaspoon salt |

Combine all ingredients in a blender or food processor until smooth. Taste and add vinegar, garlic or salt to taste.

BASIL

Pesto Penne

BY DEL SROUFE, Forks Over Knives Family



Ingredients:

- 8 ounces dried penne pasta
- 2 cups 1-inch broccoli florets
- 1½ cups packed **fresh basil leaves**
- 1 cup water
- 2 to 3 cloves garlic, coarsely chopped
- 1 15-ounce can garbanzo beans, rinsed/drained
- 1 cup unsweetened almond milk
- 1 cup halved cherry tomatoes
- Crushed red pepper, to taste (optional)
- Sea salt, to taste
- Freshly ground black pepper, to taste

Instructions:

1. Cook pasta according to package directions; drain. Meanwhile, in a small saucepan cook broccoli in a small amount of boiling water 5 minutes or until tender; drain.
2. In a blender combine basil, ½ cup of the water, and the garlic. Cover and blend until finely chopped.
3. In a large saucepan mash garbanzo beans with a potato masher, leaving some beans intact. Add milk and the remaining ½ cup water. Bring to boiling. Stir in basil mixture, tomatoes, and, if desired, crushed red pepper. Reduce heat. Simmer 10 minutes or until tomatoes are slightly softened.
4. Stir in cooked pasta and broccoli. Cook over medium-low 2 to 3 minutes or until heated through. Season with salt and black pepper.

DILL

Confetti Rice Salad Prep: 15 minutes Chill: 2 hours Serves:6-8 (source unknown)

Ingredients

- 2 cups cooked brown rice
- 2 cups frozen corn kernels, thawed
- 1 tomato, coarsely chopped
- ½ cup green pepper, chopped
- ½ cup green onions, chopped
- 2.25 oz. can sliced black olives, drained
- ¼ cup **fresh dill weed, chopped**
- ½ tsp Dijon-style mustard
- 2 tbsp water
- 2 T wine vinegar
- 1 T soy sauce (optional)
- several dashes Tabasco sauce

Directions

1. Mix brown rice, corn, tomato, green pepper, green onions, olives & dill weed in a large bowl. Set aside.
2. Place the mustard in a small jar. Add 1 T. water and mix until it is smooth. Add remaining water, vinegar, soy sauce and Tabasco. Mix well. Pour over salad. Toss well to mix.

HINT: Cover and chill for at least 2 hours before serving for best flavor.



PARSLEY + ROSEMARY + THYME

Mixed-Herb Gremolata

A sprinkle of citrus and herbs. From Bon Appetit

Ingredients:

- ¼ c. finely chopped **fresh Italian parsley**
- 3 T. finely grated lemon peel
- 2 garlic cloves, minced
- 1 ½ T. finely chopped **fresh rosemary**
- 1 ½ T. finely chopped **fresh thyme**

Directions:

Mix all ingredients in small bowl.
Can be made a day ahead. Chill.



With thanks to Millicent Novic for sharing

MINT, DILL, CILANTRO, BASIL

Fruity Dressing By Nomi Shannon www.rawgourmet.com

Ingredients:

¼ cup fresh lemon juice

¼ cup fresh orange juice

2 teaspoons chopped **fresh mint**

¾ teaspoon cumin

dash of cayenne



Preparation: Add all ingredients to a small bowl, whisk with a fork, pour over salad immediately. Or, put contents in a jar, shake well, then serve. (makes ½ cup)

Chilled Cucumber Dressing By Nomi Shannon www.rawgourmet.com

Ingredients:

1 large cucumber, peeled. cut in chunks

1 small garlic clove, chopped

½ cup fresh **mint, dill, cilantro** or **basil**

3 Tablespoons chopped onion, or to taste

½ teaspoon sea salt

Preparation: Combine all ingredients in a blender and blend until smooth. Taste and adjust seasonings.

