

**kitchen tip****HOW TO KEEP
HEALTHY
HERBS HAPPY**

With aromatic herbs always on hand, you can use less cream, oil, and salt in marinades and sauces. Here's how to keep these natural flavor boosters at the ready.

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**Treat fresh herbs just like
fresh flowers.**

Trim the stems at a 45-degree angle, and place in a glass with two inches of water. Refrigerate for up to two weeks (cover the leaves with an unsealed plastic bag to minimize odor absorption), replacing the water if it gets cloudy.

**Dry hardy-leaf herbs like
thyme, oregano, rosemary,
and bay leaves.**

Working with one herb variety at a time, wash thoroughly, blot dry, and spread the leaves in a single layer on a paper towel. Microwave

in 30-second intervals, turning leaves over for even drying, until crisp and brittle. Microwave times will vary, but the whole process should take no more than two to three minutes total.

**Freeze soft-leaf herbs
like dill, mint, parsley, basil,
and chives.**

Place whole sprigs, chopped leaves, or whole leaves in a tightly sealed plastic bag for up to six months. When cooking, defrosting is unnecessary—just break off leaves and add them to the skillet.