

## ROSEMARY

### Selection Info

Look for fresh green leaves. Avoid rosemary with wilted, yellow leaves.

### Preparation

Rinse rosemary under a cool stream of water just before you use them and pat dry.

You can use rosemary whole — just remove stems before serving — or you can use just the leaves. You can easily remove the leaves by gently running your finger down the stem.

### Storage

**Short-Term Storage:** You can store rosemary rolled up in damp paper towel in the refrigerator or in its original package until use.

Store dried rosemary in a sealed container in dark, cool, dry place. Dried rosemary will keep for about six months.

**Long-Term Storage:** Rosemary can be frozen or dried. To freeze, fill ice cube trays rosemary, then fill with oil or water and place in freezer.



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# CAULIFLOWER HERB SOUP

## Ingredients

- 1 pound cauliflower florets (washed and trimmed)
- 4 medium potatoes (peeled and cubed)
- 1 large onion (chopped)
- 3 cups low-sodium chicken broth
- 2 cups low-fat (2%) milk
- 1/2 teaspoon black pepper
- 1/2 teaspoon hot sauce
- 1-1 1/2 tablespoons balsamic vinegar
- 2 teaspoons fresh rosemary leaves (chopped), or dried rosemary (crushed)
- 2 teaspoons thyme (dried or fresh)
- 1/2 cup diced smoked cooked ham (optional)
- salt and pepper to taste (optional)
- 1 1/2 cups toasted croutons (optional)
- 1 1/2 tablespoons salted butter (garnish)
- 1 tablespoon chopped chives (garnish)

## Directions

1. Place cauliflower in a large deep saucepan, cover with water, and bring to full boil over medium heat.
2. Reduce heat, cover, and cook cauliflower until it is barely tender. Drain immediately.
3. Add potatoes, onion, chicken broth, milk, ground pepper, and hot pepper sauce, then return mixture to simmer.
4. Cook for about 20 to 25 minutes until all vegetables are fully cooked (you should be able to easily pierce a potato with a fork).
5. Remove from heat and cool briefly. Carefully place 1 1/2 cups hot soup mixture into a blender and blend on low, then increase the speed to high until the mixture is smooth. Pour the blended mixture in another pan.
6. Blend remaining cooked soup as described above.
7. Heat blended soup in pan over low heat. Add 1 tablespoon of the balsamic vinegar and all the rosemary, thyme, and ham (if using). Bring to a simmer and cook for about 15 minutes. Adjust seasonings to taste with additional vinegar and optional salt and pepper.
8. To serve, place 1/4 cup (optional) croutons in the bottom of soup bowl or large mug. Ladle in hot soup and garnish with 1 teaspoon butter and chopped chives.



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### Nutrition Information

Serving Size 1 1/2 cups

Nutrients	Amount
Total Calories	222
Protein	9g
Carbohydrates	37g
Dietary Fiber	6g
Total Fat	5g
Saturated Fat	3.1g
Cholesterol	17mg

### Minerals

Sodium 167mg

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