

## BASIL

[All Recipes: Ham and Fresh Basil Pinwheels](#) (4oz)

[All Recipes: Peppers Roasted with Garlic, Basil, and Tomatoes](#) (1/2 cup)

[All Recipes: Roasted Mushroom Salad](#) (1/2 cup)

[All Recipes: Spicy Basil Chicken](#) (1 bunch)

[CHG/Cooking Light: Fresh Tomato Lasagna](#) (2/3 cup + 1 tablespoon)

[CHG/Weight Watchers: Light Pesto](#) (2 cups)

[CHG/Cooking Light: Light Tomato Sauce](#) (2/3 cup)

[CHG/Jamie Oliver: Tomato and Bread Soup](#) (1 large bunch)

[Cooking Light: Garlicky Pasta with Fresh Tomatoes and Basil](#) (1/3 cup)

[Cooking Light: Risotto with Fresh Mozzarella, Grape Tomatoes, and Basil](#) (1/4 cup)

[Cooking Light: Tomato, Basil, and Mozzarella Salad](#) (1-1/2 cups)

[Cooking Light: Tomato Basil Soup](#) (1/3 cup + more)

[Dottie's Weight Loss Zone: Basil Vinaigrette](#) (1/4 cup)

[Eating Well: Basil-Cinnamon Peaches](#) (1/2 cup)

[Eating Well: Green Bean Salad with Corn, Basil & Black Olives](#) (1/3 cup)

[Eating Well: Roasted Corn with Basil-Shallot Vinaigrette](#) (1/4 cup)

[Epicurious: Zucchini Basil Soup](#) (1/3 cup)

## CILANTRO

[All Recipes: Fresco Salsa](#) (1 bunch)

[All Recipes: Green Chutney](#) (1 bunch)

[All Recipes: Roasted Tomatillo and Garlic Salsa](#) (1 bunch)

[All Recipes: Simple Texas Salsa](#) (1/2 bunch)

[Buff Chickpea: Cilantro-Jalapeno Hummus](#) (1/2 cup)

[CHG/Weight Watchers: Black Bean Salad with Fresh Corn](#) (2/3 cup)

[CHG/Gourmet Sleuth: Cactus Chili](#) (1/2 cup)

[CHG/Spring Street Natural Foods: Daikon \(Jicama\) Mango Slaw](#) (1 bunch)

[CHG/Mark Bittman: Falafel](#) (1 cup)

[CHG/Beyond the Great Wall: Grasslands Herb Salsa](#) (2 cups)

[CHG/Weight Watchers: Guacamole-Bean Dip Mashup](#) (1 cup)

[CHG/Beyond the Great Wall: Napa Cabbage and Red Onion Salad](#) (1/2 cup)

[Cilantro, Cilantro: Brown Rice Salad](#) (1/4 cup)

[Cooking Light: Fresh Corn-Cilantro Salad](#) (2/3 cup)

[Cookworm: Chickpea and Tomatillo Soup](#) (1 cup)

Note: ease up on the olive oil.

[Eating Well: Chilled Tomato Soup with Cilantro Yogurt Swirl](#) (6 tablespoons)

[Eating Well: Cilantro-Lime Vinaigrette](#) (1 cup)

[Eating Well: Grilled Chicken Tenders with Cilantro Pesto](#) (2 cups)

[Epicurious: Sirloin Steak with Tomato and Cilantro Sauce](#) (1 cup)

[Simply Recipes: Mango Salsa](#) (3 tablespoons)

[YumSugar: Cilantro-Lime Rice](#) (1/2 cup)

## DILL

[101 Cookbooks: Vibrant, Tasty Green Beans](#) (1/3 cup)

[All Recipes: Dill Gazpacho](#) (1/4 cup)

[All Recipes: Garlic Dill New Potatoes](#) (1 tablespoon)

[All Recipes: Maple Dill Carrots](#) (1-1/2 tablespoons)

[Cooking Light: Cucumber Soup](#) (2 teaspoons & multiple sprigs)

[Eating Well: Chicken Noodle Soup with Dill](#) (3 tablespoons)

[Eating Well: Lemon and Dill Chicken](#) (2 tablespoons)

[Farmgirl Fare: Beyond Easy Beer Bread](#) (2 tablespoons)

[Kitchen Parade: Lemon Asparagus Pasta](#) (1/3 cup)

[Recipe Girl: Red Pepper Confetti Asparagus](#) (1/2 cup)

[Slashfood: German Potato Salad with Fresh Dill](#) (1/4 cup)

[A Veggie Venture: Chard & Chickpeas with Feta](#) (1/4 cup)

## MINT

[101 Cookbooks: Fresh Pea Salad](#) (1 cup)

Note: ease up on the pumpkin seeds.

[All Recipes: Mint Tea Punch](#) (12 sprigs)

[All Recipes: Tomato, Cucumber, and Red Onion Salad with Mint](#) (1/2 cup)

[CHG/Epicurious: Cranberry Relish with Grapefruit and Mint](#) (2 tablespoons)

[CHG: Limeade](#) (1 medium bunch)

[CHG/Mojito Company: Mojitos](#) (6 leaves per drink)

[CHG/Cook's Illustrated: North African-Style Chickpea Salad](#) (2 tablespoons)

[Christine Cooks: Watermelon, Cucumber, and Mint Salad](#) (1/4 cup)

[Cooking Light: Chocolate-Mint Pudding](#) (1/2 cup)

[Cooking Light: Fresh English Pea Salad with Mint and Pecorino](#) (1/4 cup)

[Cooking Light: Peas and Pods](#) (2 tablespoons)

[Cooking with Amy: Zucchini Mint Soup](#) (1/4 cup)

[Eating Well: Minted Peas with Rice and Feta](#) (1/4 cup)

[Ellie Krieger: Shrimp Salad with Cucumber and Mint](#) (1 cup)

[Epicurious: Eggplant with Tomato-Mint Sauce and Goat Cheese](#) (3 tablespoons)

[Epicurious: Mango in Ginger and Mint Syrup](#) (1/3 cup)

[Epicurious: Mint Dressing](#) (1/2 cup)

[Epicurious: Quinoa with Corn, Scallions, and Mint](#) (1/2 cup)

[Israeli Kitchen: Pink Grapefruit-Mint Sorbet](#) (1 cup)

[Kalyn's Kitchen: Cannellini Beans in Mint Marinade](#) (1/2 cup)

[Noble Pig: Limoncello Lemonade](#) (1/2 cup)

[Once Upon a Feast: Blueberry Mint Granita](#) (1/2 cup)

[Smitten Kitchen: Broiled Eggplant with Capers and Mint](#) (1/4 cup)

Note: cut olive oil a bit.

## OREGANO

[Cooking By the Seat of My Pants: Tomato Basil Soup with Zucchini, Bell Peppers, and Oregano](#) (1/4 cup)

[Gluten Free-Bay: Cabbage Salad with Lime and Fresh Oregano](#) (3 tablespoons)

[Epicurious: Herb-Roasted Eggplant with Tomatoes and Feta](#) (~3 tablespoons)

[Ellie Krieger: Marinated Lamb Chops](#) (2 tablespoons)

[Kalyn's Kitchen: Cucumber and Tomato Salad with Marinated Garbanzo Beans](#) (1/2 cup)

## PARSLEY

[CHG: Curried Chickpeas and Black Beans](#) (2/3 cup)

[CHG/Ellie Krieger: Parsley Shallot Sauce](#) (1/2 cup)

[Delicious Dishings: Israeli Couscous with Parsley and Shallots](#) (1/2 cup)

[Eating Well: Parsley-Olive Relish](#) (1/2 cup)

[Fearless Kitchen: Fennel, Parsley and Caper Salad](#) (1/4 cup)

[Food for Life: Whole Wheat Linguine with Artichoke Hearts, Feta, and Pine Nuts](#)

Note: use low-fat feta.

[Kalyn's Kitchen: Middle Eastern Bean Salad](#) (1 cup)

Note: ease up just a little on the dressing for less fat.

[Use Real Butter: Turkey Burgers](#) (1/2 cup)

## ROSEMARY

[All Recipes: Black Olive and Rosemary Focaccia](#) (~1/3 cup)

[All Recipes: Roast Chicken with Rosemary](#) (1/4 cup)

[All Recipes: Rosemary Roasted Pork Tenderloin](#) (1/4 cup)

[Eating Well: Pork Tenderloin with Mustard, Rosemary, & Apple Marinade](#) (2 tablespoons)

[Eating Well: Rosemary Red Wine Marinade](#) (2 tablespoons)

[Edible Therapy: Rosemary Lemonade](#) (1 cup)

[Epicurious: Garlic-Rosemary Roast Chicken](#) (3 tablespoons & garnish)

[Kalyn's Kitchen: Roasted Sweet Potatoes with Red Onions, Rosemary, and Parmesan](#) (2 tablespoons)

Note: go a little easy on the oil and cheese.

[Martha Stewart: Rosemary Balsamic Marinade](#) (6 sprigs)

[Orangette: Chickpea-Tomato Soup with Fresh Rosemary](#) (2 sprigs)

[Pink Bites: White Beans with Rosemary](#) (2 tablespoons)

[Simply Recipes: Rosemary Chicken Skewers](#) (2 tablespoons)

## SAGE

[All Recipes: Creamy Polenta with Roasted Corn and Fresh Sage](#) (3 tablespoons)

Note: to keep fat down, use low-fat milk and cut a little of the olive oil

[Andrea's Recipes: Risotto with Onions and Sage](#) (20 leaves)

[CHG: Pumpkin Orzo with Sage](#) (30 leaves)

[Epicurious: Butternut Squash and Sage Soup with Sage Breadcrumbs](#) (~2 tablespoons)

[Green Lite Bites: Lemon Sage Chicken Packs](#) (25 leaves)

[The Kitchn: Pasta with Butternut Squash, Sage, and Pine Nuts](#) (1/2 cup)

Note: cut the pine nuts by at least 1/4 cup.

[Whipped: Sweet Potatoes with Kale, Caramelized Red Onions, and Fresh Sage](#) (1 tablespoon)

[Yum Sugar: Sage Lady](#) (3 leaves per drink)

## TARRAGON

[101 Cookbooks: Baked Peas with Tarragon Yogurt and Pistachios](#) (1/2 cup)

[Alton Brown: Tarragon-Chive Vinegar](#) (24 sprigs)

[CHG/Kitchen Diaries: White Bean and Tarragon Soup](#) (1/4 cup)

[Eating Well: Lemon-Tarragon Bean Salad](#) (1/4 cup + 4 sprigs)

Note: follow directions for salad only (not the fish).

[Eating Well: Warm Quinoa Salad with Edamame and Tarragon](#) (2 tablespoons)

[Epicurious: Green Pea Soup with Tarragon and Pea Sprouts](#) (3 tablespoons)

[Epicurious: Carrot Soup With Orange and Tarragon](#) (2 teaspoons plus sprigs)

[Kalyn's Kitchen: Grilled Chicken with Tarragon-Mustard Marinade](#) (2 tablespoons)

Note: the oil's only in the marinade, so much of it won't be consumed.

[Simply Recipes: Chicken Salad with Tarragon](#) (2 tablespoons)

Note: use low-fat mayo

[Simply Recipes: Grilled Chicken with Tomato Tarragon Sauce](#) (3 tablespoons)

## THYME

[Andrea's Recipes: Chicken with Sun-dried Tomatoes, Shallots, and Thyme](#) (4 sprigs)

Note: ease up on the oil.

[The Bitten Word: Raspberry-Thyme Smash](#) (2 sprigs per drink)

[CHG/Bobby Flay: Parmesan Crusted Portobello Mushrooms](#) (2 tablespoons)

[Cooking Light: Turkey-Mushroom Casserole](#) (1-1/2 tablespoons)

[Epicurious: Thyme-Roasted Sweet Potatoes](#) (1/3 cup)

[Figs with Bri: Carrot Leek Soup with Fresh Thyme](#) (2 tablespoons)

[Joy the Baker: Honey Roasted Plums with Fresh Thyme and Greek Yogurt](#) (1/2 cup)

[Kalyn's Kitchen: Roasted Butternut Squash with Lemon, Thyme, and Parmesan](#) (2 tablespoons)

[Martha Stewart: Thyme, Shallot and Lemon Marinade](#) (16 sprigs)

[Pinch My Salt: Sweet Potato Biscuits with Bacon and Thyme](#) (1 heaping tablespoon)

#### MULTIPLE HERBS

[All Recipes: Fresh Mint and Cilantro Melon Salad](#) (3 T cilantro & 1/3 c mint)

[Andrea's Recipes: Parsley Cilantro Marinade and Dipping Sauce](#) (1 c parsley & 1 c cilantro)

[Dottie's Weight Loss Zone: Creamy Herb Dressing](#) (3 T dill & 1 T parsley)

[Cooking Light: Catfish with Dill Sauce](#) (1/2 c dill & 1/2 c parsley)

[Cooking Light: Chicken Salad with Peas and Fresh Herb Vinaigrette](#) (1/2 c parsley & 2 t thyme)

[Cooking Light: Fusilli with Green Beans and Oregano](#) (1/2 c parsley & 2 T oregano)

[Cooking Light: Lemon-Herb Grilled Chicken, Corn on the Cob, and Onions](#) (1 T oregano & 1 T rosemary)

[Cooking Light: Roasted Cauliflower with Fresh Herbs and Parmesan](#) (1 T parsley + 2 t thyme + 2 tarragon)

[Cooking Light: Sauteed Brussels Sprouts with Thyme](#) (1/4 c parsley & 2 t thyme)

[DLife: Tilapia with Fresh Herbs and Lime](#) (1/2 c parsley & 1 t rosemary & 1 t thyme)

[Eating Well: Mint Pesto](#) (1-1/2 c basil & 3/4 c mint)

[Eating Well: Parsley Tabbouleh](#) (2 c parsley & 1/4 c mint)

[Ellie Krieger: Green Herb Dip](#) (2 t thyme & 2 t mint & 1/3 c parsley)

[Ellie Krieger: Tuscan Vegetable Soup](#) (1 T each thyme & sage)

[Epicurious: All Star Herb Salad](#) (2 oz. each parsley, dill, tarragon, & mint)

[Epicurious: Butter Lettuce and Radish Salad](#) (1/2 cup assorted herbs)

[Epicurious: Green Goddess Dressing](#) (2 T dill & 2 T basil & 1 T mint)

[Epicurious: Grilled Red Onions with Balsamic Vinegar and Rosemary](#) (1-1/2 t rosemary & 1/2 cup parsley)

[Epicurious: Spicy Cilantro Sauce](#) (1/2 c parsley & 1/2 cup cilantro)

[Fine Cooking: Grilled Pork Chops with Herb Rub](#) (1 T sage & 1 T rosemary)

[Fresh Catering: Fattoush](#) (1/2 c parsley & 1/2 c mint)

[A Fridge Full of Food: Chicken Noodle and Fresh Thyme Soup](#) (1 T thyme & 2 t rosemary)

[Garden of Eating: Cider-Glazed Delicata Sauce with Sage](#) (1/4 c sage & 1 T rosemary)

[Juan Carlos-Cruz: Herbed Zucchini Noodles](#) (1 T each parsley, thyme, & oregano)

[Kalyn's Kitchen: Chicken Soup with Oregano and Garbanzo Beans](#) (2 T oregano & 1/2 c parsley)

[Kalyn's Kitchen: Sage, Rosemary, and Garlic Dried Herb Rub](#) (1 c rosemary & 3 c sage)

[Kalyn's Kitchen: Sausage and Basil Marinara](#) (1/4 c oregano & 1/2 c basil)

[Simply Recipes: Watermelon Salad with Feta](#) (1/2 c mint & 1/2 c parsley)

[A Veggie Venture: Lentil Salad with Tomatoes, Dill, and Basil](#) (1/4 c dill & 1/4 c basil)

[Wasabi Bratwurst: Fresh Tarragon Salad Dressing](#) (1/2 c parsley & 3 T tarragon & 1 t rosemary)