

Thyme



Preparation

Strip leaves from stems then chop to desired size. Best to add near the end of a recipe, goes well with salads, egg dishes, sauces, dressings, soups, and stews.

Nutrition

Thyme is nutrient dense and is an excellent source of vitamin C. It has many antioxidant benefits and helps to keep things from going bad.

Storage

Wrap fresh leaves in a paper towel and refrigerate, will keep up to four days.

