

Recipes



Lemon Thyme, *Thymus pulegioides*

Tips for Use:

- Harvest for use fresh or dry and store in a sealed container away from direct sunlight.
- Use alone or with other herbs in herb vinegars, butters, salad dressings, and syrups.
- Use in sweet dishes like baked goods or savory dishes like sauces and seasoning blends for vegetables, poultry and fish.

Fresh Tuna Salad Pita

8-ounce tuna fillet, cooked and chopped
2 tablespoons mayonnaise
2 tablespoons light yogurt
1 teaspoon fresh lemon juice
1 teaspoon capers

2 teaspoons toasted pine nuts, chopped
¼ cup chopped fresh dill
1 teaspoon chopped fresh lemon thyme
4 whole-grain pitas

Blend all ingredients together. Serve on a warmed whole-grain pita with green-leaf lettuce and thinly sliced tomatoes.

Kathy K. Schlosser, HSA North Carolina Unit
The Herb Society of America's Essential Guide to Growing and Cooking with Herbs

Lime Chicken with Thyme

4 boneless, skinless chicken breast halves	1 tablespoon butter
3 tablespoons flour	1 cup chicken broth
½ teaspoon salt	3 tablespoons fresh lime juice
¼ teaspoon pepper	1 tablespoon fresh lemon thyme
3 tablespoons olive oil	¼ cup red wine
1 large onion	1 package (16. oz.) angel-hair pasta, cooked

Combine flour, salt, and pepper and dredge chicken in the seasoned flour. Reserve remaining flour.

Heat olive oil in a large skillet and brown the chicken till golden (about 5 minutes per side). Remove chicken and set aside. Add butter to the skillet and sauté onion until soft and transparent. Stir in reserved flour until well blended.

Add chicken broth lime juice, thyme, and wine. Heat to boiling, stirring constantly. Return chicken to skillet, cover, and reduce heat to medium-low. Cook chicken until done.

Gladys Denham, HSA North and Central Texas Unit
The Herb Society of America's Essential Guide to Growing and Cooking with Herbs

Wild Strawberry Ginger Jam

2 cups crushed wild strawberries (use small, sweet domestic strawberries if wild are not available)
2 tablespoons crystallized ginger, cut into small pieces
2 teaspoons fresh lemon thyme
3 ½ cups sugar
½ of 1 pouch liquid pectin

Prepare home canning jars and lids according to manufacturer's instructions. Combine strawberries and ginger in a large saucepan. Add sugar, stirring to dissolve. Bring to a rolling boil over medium-high heat, stirring constantly. Stir in thyme, then stir in liquid pectin. Boil hard 1 minute. Remove from heat. Skim foam if necessary. Ladle hot jam into hot jars, leaving ¼ inch headspace. Wipe jar rims clean, adjust caps, and process 10 minutes in a boiling-water canner.

Remove jars from canner and allow to sit for 1 hours. Check seals and store in a dark place. Any unsealed jars should be refrigerated. Yields about 4 8-ounce jars.

Kathy K. Schlosser, HSA North Carolina Unit
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**Do you have a recipe using lemon thyme to share?
Please send it to Educator@herbsociety.org**