



# Basil



Basil is an herb. It is a staple in many cuisines, mostly in Italian and Southeast Asian dishes.

## Used in:

As a garnish or as a seasoning in soups, stews, pasta dishes, casseroles, sauces, or pesto

## What does it taste like?

Basil has a sweet and earthy taste with a slight peppery flavor.

## How do I store, save, and freeze it?

Store unwashed basil in an airtight plastic bag in the refrigerator for 3-5 days or place stems in a glass of water at room temperature and use within a few days. Change water and remove wilting leaves to keep it lasting longer.

To Freeze: Wash, drain and pat dry. Remove stems if you want. To prevent basil from freezing together, place on tray and freeze. Once frozen, store in a freezer bag. Label and date. Use within 12 months. Tip: Frozen basil is best used in cooked dishes.

## How do I prepare it?

1. Rinse the basil under cool running water. Pat dry with a clean towel.
2. Remove leaves from the stem.
3. Chop, slice, or leave whole depending on your recipe.



## How do I cook it?

Basil is most commonly used fresh. Add it at the last moment to hot dishes to preserve its flavor. It pairs well with tomatoes, garlic, and olive oil.

**Cooking Tip:** To substitute dried basil for fresh, use one-third of the amount of fresh basil. Dried herbs have a more concentrated flavor.

For recipes and tips to save time, save money, and eat healthy, visit:  
[www.SNAPEdNY.org](http://www.SNAPEdNY.org)

### Connect with us!



*This guide has been adapted from the University of Rhode Island SNAP-Ed Program.*

## Recipes using Basil from SNAP-Ed NY:



Basil Pesto



Spaghetti Squash



Pasta & Roasted Vegetables



To find these recipes & more on our website.



To find more produce guides on our website.



SNAP-Ed is funded by USDA's Supplemental Nutrition Assistance Program or SNAP.

This institution is an equal opportunity provider.