

## DILL

### *Types*

Dill leaves are leafy and fernlike with sweet and soft taste.

Dill seeds are light-brown and oval with one flat side. The other side is rigid. The seeds have a citrusy and bitter flavor.

### *Selection Info*

Leaves of fresh dill should be green and feathery. Choose dill that has hardy stems. Avoid stems and leaves that are wilting or yellowing.

### *Preparation*

Just before use, rinse dill under cool stream of water and gently shake dry or pat with paper towel to remove water. Dill can be pulled apart, snipped with clean kitchen scissors, or chopped to add to dishes.

### *Storage*

**Short-Term Storage:** Always store fresh dill in the refrigerator. You can either wrap it in a damp paper towel and placed in a plastic bag, or store it with the stems in glass of water (like cut flowers). Dill kept this way will only last about two days.

**Long-Term Storage:** Fresh dill can be frozen (chopped or whole) and stored in a freezer-proof container. Dill can also be frozen in ice cube trays covered in water and frozen. Dill seeds can be dried and stored for up to six months if kept in a glass airtight container in a cool, dark location.



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# HERB-ROASTED CHICKEN WITH POTATOES AND PEAS

## Ingredients

- 1 1/2 pounds potatoes (about 15, peeled and cut in half — in quarters if large)
- 3 tablespoons olive oil
- 3/4 teaspoon kosher salt
- 3/4 teaspoon black pepper
- 2 1/2 pounds bone-in, skin-on chicken thighs (about 8 thighs)
- 1 teaspoon caraway seeds
- 1 teaspoon dry mustard
- 1 cup fresh green peas
- 2 tablespoons fresh lemon juice (plus lemon wedges for serving)
- 2 tablespoons fresh dill (chopped)

## Directions

1. Heat oven to 450°F with a rack in the highest position. Place the potatoes on a rimmed baking sheet and toss them with the oil and 1/2 teaspoon each of salt and pepper.
2. Season the chicken with the caraway seeds, mustard, and 1/4 teaspoon each of salt and pepper.
3. Nestle the chicken skin side up in the potatoes and roast until the potatoes are tender and an instant-read thermometer inserted in each thigh registers 165°F (about 25-30 minutes). Toss the potatoes once during cooking (about 15 minutes after placing them in the oven).
4. Add the peas to the chicken and potatoes and continue to roast until warmed through (about 2 to 3 minutes).
5. Remove from oven and drizzle with lemon juice.
6. Sprinkle with the dill and serve with the lemon wedges.



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### Nutrition Information

Serving Size	1/4 of recipe	
Nutrients	Amount	% Daily Value
Total Calories	638	
Protein	44g	
Carbohydrates	36g	12
Dietary Fiber	4g	16
Total Sugars	2g	
Total Fat	34g	52
Saturated Fat	8g	40
Cholesterol	140mg	47
<b>Minerals</b>		
Calcium	35mg	4
Sodium	537mg	22
Iron	5mg	28
<b>Vitamins</b>		
Vitamin A	81 mcg RAE	
Vitamin C	25mg	42