

THYME

Selection Info

Look for vibrant green leaves.
Avoid leaves that are yellow or
have dark spots.

Preparation

Rinse gently in cool stream of
water and pat dry before use.
Remove the leaves from the stem
by gently sliding your finger down
the stem.

Storage

Short-Term Storage: To store
fresh thyme, wrap in a moist paper
towel and place in a plastic bag
in the refrigerator. It will keep for
several days.

Long-Term Storage: Thyme can
be frozen or dried.



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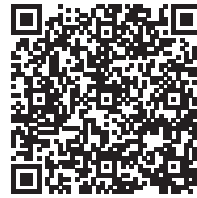
CHICKEN VEGETABLE SOUP WITH KALE

Ingredients

- 2 teaspoons vegetable oil
- 1/2 cup onion (chopped)
- 1/2 cup carrot (chopped)
- 1 teaspoon thyme (ground)
- 2 garlic clove (minced)
- 2 cups water or chicken broth
- 3/4 cup tomatoes (diced)
- 1 cup cooked chicken (skinned and cubed)
- 1/2 cup cooked brown (or white) rice
- 1 cup kale (chopped, about one large leaf)

Directions

1. Cook and cut up chicken; cook rice.
2. Heat oil in a medium sauce pan, then add onion and carrot. Saute until they are tender (5-8 minutes).
3. Add thyme and garlic. Saute for one more minute.
4. Add water or broth, tomatoes, cooked rice, chicken, and kale.
5. Simmer for 5-10 minutes, and serve.



Learn more about **THYME** by scanning the QR code above or by visiting <https://extension.purdue.edu/foodlink/food.php?food=thyme>.



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Nutrition Information

Serving Size	1/3 of recipe
Nutrients	Amount
Total Calories	180
Protein	17g
Carbohydrates	16g
Dietary Fiber	3g
Total Fat	5g
Saturated Fat	1g
Cholesterol	40mg
Sodium	85mg