



## Mint

Mint is used for seasoning lamb and vegetables such as carrots, bell peppers, tomatoes, as well as yogurt dressings and breads. Mint is widely used in commercially manufactured products as well as cooking for its aromatic and flavorsome qualities. It came to the New World with the colonists who used it in tea for medicinal purposes. A versatile herb, mint is good in savory dishes like soups, salads, sauces, meat, fish and poultry. Mint is also extremely good with chocolate or lemon desserts. For the best flavor add at the end of cooking.