June 3, 2015

Release Date: June 10, 2015

Deborah Rhoades, MA, RD, FAND
Extension Educator, Family & Consumer Sciences

DILLICIOUS

Years ago a chef and colleague told me about the magic of dill, proper name - *anethum graveolens*. How it could turn a mediocre dish into something “dillicious,” and I began experimenting with it in the kitchen. It can flavor fish, lamb, pork, poultry, cheese, cream, eggs, vegetables, popcorn, salads, soups, sauces, dips, and spreads.

Fresh dill is the preferred choice but be aware it loses its flavor quickly after cutting. Consequently you might want to plant it from seeds in your garden so you can have it whenever a recipe calls for it. If substituting dried dill use the proper conversion ratio - 1 teaspoon of dried dill equals 3 teaspoons of fresh. Enjoy the variety of recipes that follow!

**DILL DIP**

- 1 cup light sour cream
- 1/3 cup light mayonnaise
- 1 teaspoon Season All seasoned salt
- 1 teaspoon dried parsley
- 1 tablespoon dried minced onion
- 2 teaspoons dried dill weed

Combine ingredients and refrigerate. To serve, cut out an interior section of round bread like pumpernickel, sourdough, or 7-grain. Place dip inside bread for an attractive display. Cut removed bread into bite-size pieces and put in a bowl for dipping.

**FRESH DILL CARROTS**

- 1 pound of carrots*  
- 1 teaspoon dried dill  
- 1 tablespoon butter  
- 1/2 teaspoon salt

Wash and grate carrots. Slice and sauté in butter with dill and salt.

*I prefer to use organic carrots for this recipe noting the flavor is far superior.*
POTATO SALAD WITH DILL AND CHIVES
4 medium potatoes
1 tablespoon chopped onion
1 tablespoon chopped parsley
1 tablespoon chopped chives
1 flowering head of dill finely chopped OR 1 teaspoon dill seed
3 tablespoons mayonnaise
1 tablespoon plain yogurt

Boil potatoes in their skins until tender. Cool, peel and slice potatoes. Add onion, parsley, chives and dill. Mix together the mayonnaise and yogurt and add to potato mixture, stirring gently. Place in refrigerator a few hours for flavors to mingle.

LEMON-DILL SAUCE
1/4 cup low-fat mayonnaise
1/4 cup low-fat milk
2 tablespoons chopped fresh dill
1 teaspoon grated lemon rind
1 tablespoon lemon juice
2 teaspoon Dijon mustard

Place mayonnaise in a small saucepan. Gradually whisk in milk. Set saucepan over medium-low heat and cook, whisking constantly, until mixture is smooth and heated through but not bubbling, about 2 minutes. Remove from heat and stir in dill, lemon rind, lemon juice, and Dijon mustard. Serve warm with salmon or your favorite fish. Make about 3/4 cup.

TUNA DILL SPREAD
1 can (6 1/8 ounce) water packed tuna, drained and flaked
1 package (3 ounces) cream cheese, softened
1/3 cup finely chopped seeded cucumber
2 tablespoons lemon juice
1 to 2 tablespoons minced fresh dill
1/2 teaspoon salt
1/4 teaspoon pepper

In a bowl, combine all ingredients; mix well. Use as sandwich filling or spread on crackers. Yield: 1 1/4 cups.

For more information about the University of Maryland Extension Frederick County Office check out our website http://extension.umd.edu/frederick-county
University of Maryland Extension programs are open to all persons and will not discriminate against anyone because of race, age, sex, color, sexual orientation, physical or mental disability, religion, ancestry, or national origin, marital status, genetic information, or political affiliation, or gender identity and expression.

Deborah Rhoades, MA, RD, FAND, is a licensed Registered Dietitian, Fellow of the Academy of Nutrition Dietetics, and Extension Educator in Family and Consumer Sciences. DHR:ls