Swap it!

Herb Cubes

Herb cubes are frozen portions of fresh herbs, sometimes blended with olive oil, lemon juice, garlic, or spices. They're often stored in ice cube trays for easy use. Herb cubes can help lower sodium in cooking by adding intense, natural flavor without the need for extra salt.

Ingredients:
Fresh herbs (like basil, parsley, cilantro, thyme, rosemary, dill, or chives)
Olive oil, or water/broth (your choice)
Optional: minced garlic, lemon zest, or a pinch of salt for added flavor

Equipment:
Ice cube tray or silicone mold
Sharp knife or food processor
Freezer-safe container or bag for storage

Instructions:
Wash and Dry the Herbs:
Rinse herbs thoroughly and pat dry to remove excess moisture.

Chop the Herbs:
Finely chop herbs by hand or pulse in a food processor.
Use single herbs or mix combos, such as parsley + thyme + rosemary

Fill Ice Cube Trays:
Add about 1–2 tablespoons of chopped herbs per cube slot.

Add Liquid:
Pour in enough oil, broth, or water to cover the herbs in each slot.
For cooking/sautéing: use oil or melted butter.
For soups or steaming: use water or broth.

Freeze:
Place the tray in the freezer and let it freeze solid (several hours or overnight).

Store:
Pop the cubes out and transfer them to a labeled freezer safe bag or container.
Label with herb type and date.
Use within 3–6 months for best flavor.

Herb	Best Used In
Basil	Pasta, tomato sauce, pizza, scrambled eggs
Cilantro	Tacos, rice, salsas, soups, stir-fries
Parsley	Potatoes, grains, soups, stews
Dill	Fish, potatoes, yogurt sauces, egg salad
Chives	Eggs, mashed potatoes, dips, savory oats
Thyme	Roasted meats, vegetables, soups, stuffing
Rosemary	Roasted chicken, bread dough, potatoes
Mint	Tea, lemon water, fruit salads, couscous

How to Use:
Add 1 cube directly to a hot pan, soup, rice, pasta, eggs, or sauce.
No thawing needed—just drop and go.