

# Design your Own Herb



We have learned a lot about herbs. How they smell, what they are used in, what they look like, etc. Now it is your turn to create your dream herb. Would it be a mix of other herbs? Would it have its own unique flavor? What kind of dishes would it be used in?

Draw your herb here:

What does it  
smell like?

What does it  
taste like?

What meal is  
it used in?



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# Luxury Scrambled Eggs with Parsley



## Ingredients

- 1 garlic clove
- 4 large eggs
- Salt and black pepper to taste
- 1 pinch of grated fresh nutmeg (optional)
- 1 Tbsp. butter
- 3 Tbsp. cream or milk
- 2 Tbsp. chopped fresh parsley
- 2 pieces of toast (optional)



## Instructions

1. Peel and mince garlic. Break the eggs into a large bowl, and whisk until light and frothy. Season with salt and pepper. Stir in the nutmeg (if using).
2. Melt the butter over low heat in a small heavy saucepan. Add the garlic and cook gently for about 20 seconds, or until softened but not browned.
3. Add the eggs to the pan, and stir rapidly with a fork for 3 - 4 minutes or until almost scrambled.
4. Stir in the cream and parsley. Remove from heat and continue to stir until eggs are just set. Allow to stand for about 1 minute.
5. Serve on toast, if desired.