



## 3 Ways to Enhance the Flavor of Real Foods

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If you are new to eating real foods or are just trying to eat less processed foods, you may have initially thought that real food is bland. But I promise, eating real food doesn't have to mean plain chicken breast and steamed broccoli. There are plenty of great, easy ways to enhance the wonderful flavors of real, whole foods! Below are 3 of my favorite ways!

### Vinegars!

With vinegars, the options are pretty endless. Not only are vinegars the main ingredient for vinaigrettes which can be used on salads, over cooked vegetables, as marinades, or even over whole grains, vinegar can add also flavor and a brightness to many dishes! There is also a wide variety of vinegars out there now- everything from your usual apple cider vinegar, white wine vinegar or regular balsamic vinegar to specialty vinegars like fig balsamic or tarragon white balsamic. You can even [make your own](#) fruit infused vinegars!

One of my favorite ways to use vinegar is Balsamic Vinegar Roasted Veggies (especially broccoli or Brussels sprouts), like this recipe: [Balsamic Roasted Brussels Sprouts](#).

Vinegars I typically use the most include: apple cider vinegar, balsamic vinegar, and red wine vinegar.

### Citrus!

Citrus fruits are another option for adding a note of acidity or brightness to your food. Besides the obvious lemons and limes, you'll want to experiment with others citrus fruits like grapefruit. Both the juice and the zest can add amazing flavor, but that zest is like gold! The outermost, colored layer of the skin (not the white pith underneath) contains the citrus oils that make the fruit so fragrant. That white pith can be bitter, so avoid grating that far down. Use a micro plane grater to remove the zest and toss it in everything from dressings and marinades to desserts, or even over fresh fruit!

I use the juice and zest from lemons and limes the most, like with this [Pan Roasted Lemon Chicken](#) recipe, but I also love using orange zest with seafood! **Quick tip:** If you are using both the juice and the zest, zest it first!

### Fresh Herbs!

Fresh herbs can add some powerful, bold flavor to foods. Most herbs are also really easy to grow yourself, even in a windowsill. Heartier fresh herbs like rosemary hold up well to cooking while more delicate leaves like cilantro or fresh basil do better in cold applications or to finish a dish. Fresh herbs can be used in many ways from salads and marinades to dressings and soups. They can add another layer of flavor or to brighten up the flavors of a dish. I love adding fresh herbs to salads or using them to create simple, flavorful meals.

Some of my favorite fresh herbs are thyme, flat leaf parsley, rosemary and fresh basil.

A favorite, super-fast weeknight dish around my house is this [5 Minute Brown Butter Chicken and Crispy Sage](#).