



HERB BUTTER

By Dr. Cindy Tanzar
(Standard)

Herb butter is a fantastic ingredient that can turn an ordinary meal into something special with very little effort. Herb butter is softened butter that is usually mixed with fresh or dried herbs, garlic and/or lemon then refrigerated. It can be formed into a log and sliced or placed in a bowl. You can use herb butter to top beef, chicken, turkey, fish or vegetables, creating a decadent sauce in a matter of minutes. For an even quicker recipe, substitute fresh herbs with dried herbs by using 1/3 of the amount required (instead of 3 tsp., use 1). [Click here](#) for eight more variations of herb butter using fresh herbs – just be sure to use Kerry Gold butter.

Makes 8 servings. One tablespoon of this recipe covers your fat for one meal.



INGREDIENTS

8 Tbsp. (1/2 cup) Kerry Gold Butter, softened
1 tsp. dried Herbs de Provence or Dill Weed (not powdered)
1/4 tsp. garlic powder or 2 cloves fresh minced garlic (or more to taste)
Pink Himalayan salt, to taste, if butter is unsalted



INSTRUCTIONS

Place the softened butter into a bowl. Using a spoon or fork, mash it together with the herbs and garlic until thoroughly combined. Scoop the herb butter into a small bowl and refrigerate, or place onto a piece of parchment paper and shape into a log by rolling it in the paper. You may need to refrigerate is slightly first. Wrap tightly and twist or fold ends to seal. Refrigerate for 2 hours, then cut into slices for serving.