

Herb of the Month: Basil

October 2018



How to eat:

- Basil is a wonderful way to add another layer of flavor to your dishes. It is most commonly used fresh, as overcooking can lead to loss of flavor. However, dried basil is also a great option because it is cheaper, has a long shelf life, and compliments many hearty recipes.
- There are 2 basil varieties that can be used in different types of cuisines. Sweet basil typically goes well with Mediterranean dishes and tomato flavors, while spicy basil is typically found in Asian dishes in Thai, Vietnamese, & Indian cuisine.



- Fresh and dried basil, in combination with other herbs and spices, are a terrific substitute for reducing your salt intake.

Basil is an herb that contains a variety of different vitamins and minerals. At virtually no calories per serving (1/2 cup = <5 calories) basil is a nutrient dense herb rich in vitamin K and manganese. Vitamin K is a key nutrient in forming blood clots and prevents excessive bleeding. Basil



contains 98% of the daily recommended intake of vitamin K. Manganese is an essential mineral that our bodies use in many different processes including metabolism, bone health, wound healing, and also has antioxidant properties. Basil is also a very good source of copper, vitamin A, and vitamin C; all of which have antioxidant properties and are important in a number of different processes in the body.

Tossed Basil Heirloom Tomatoes

Makes: 4 servings
Serving size: 1 cup

Ingredients:

1/4 cup olive oil
3 tablespoons red wine vinegar
2 teaspoons sugar
1 garlic clove, minced
3/4 teaspoon salt
1/4 teaspoon ground mustard
1/4 teaspoon black pepper
2 large heirloom tomatoes, cut into 1/2-inch pieces
1 medium sweet yellow pepper, cut into 1/2-inch pieces
1/2 small red onion, thinly sliced
1 tablespoon chopped fresh basil

Directions:

Prepare garlic, onion, tomatoes, yellow pepper, and basil in large bowl.
Add olive oil, red wine vinegar, salt, sugar, mustard, and black pepper in a separate bowl and mix together.
Add dressing to vegetables and toss. Serve and enjoy!

Vegetable of the Month: Bok Choy

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How to eat:

- Bok choy is a unique member of the of the cruciferous vegetable family in that it doesn't resemble typical cabbage. It can be eaten raw or cooked in a variety of different ways. Raw bok choy can be served like celery, with the stems being used to dip in peanut butter or a Greek yogurt spread.
- Bok choy is wonderful in savory dishes in a variety of different cuisines as well. Roasted, bok choy pairs well with olive oil and balsamic vinegar, whereas stir fried bok choy compliments many Asian dishes.



- Bok choy can also be spiced, pickled, added to stews, and used as added texture to salads.

Bok choy is an extremely nutrient dense vegetable. It only contains 9 calories in 1 cup and is an excellent source of vitamins A, B6, folate, C, and K which are all powerful antioxidants that aid in immune defense, healing, and various cell functions.

Bok choy also contains an excellent source of calcium, potassium, and



manganese which are important for muscle, bone, and heart health. The good source of omega 3 fatty acids that you find in bok choy can be beneficial for reducing inflammation. In research studies, cruciferous vegetables, including bok choy, have been shown to decrease risk of developing certain cancers due to a unique sulfur-containing compound called glucosinolate. Bok choy is also beneficial in managing Type 2 Diabetes due to its low carbohydrate content and 1.7 grams fiber per serving.

Sautéed Shitake Mushroom & Bok Choy Stir fry with Shrimp

Makes: 4 servings (1 cup each)

Ingredients:

- 1 pound fresh or frozen large shrimp, peeled and deveined
- 1 tablespoon toasted sesame oil
- 1½ cups sliced shiitake mushrooms
- 2 cloves garlic, minced
- 1 tablespoon oyster sauce
- 2 teaspoons reduced-sodium soy sauce

Directions:

In an extra-large skillet, heat sesame oil over medium-high heat. Add Shrimp, mushrooms, and garlic and stir for 4-6 minutes. Add bok choy; cook for 2 minutes more. Add oyster sauce, soy sauce, and black pepper to skillet; cook and stir for 1 more minute. To serve, sprinkle with sesame seeds.