Take-Away Tip: Soothing Spice

Add some ginger to your diet. Ginger is not only affordable, easy to use and great tasting, but it may even benefit your health. Its great flavor and spicy kick complement stir-fries perfectly.

Gourdian Angel Soup

Ingredients
2 tsp olive oil
1 cup chopped onions
1 tsp minced garlic
1 tbsp grated gingerroot
1 tsp curry powder
1/2 tsp ground cumin
4 cups chicken broth
2 cups peeled, chopped Granny Smith apples
2 cups canned pure pumpkin (not pumpkin pie filling)
1 cup chopped carrots
1/2 tsp salt
1/4 tsp freshly ground black pepper
3/4 cup evaporated 2% milk

1. Heat olive oil in soup pot on stove and add onions and garlic. Cook for about 3 minutes until onions begin to soften.
2. Add gingerroot, curry powder and ground cumin. Mix well and cook for 30 more seconds.
3. Add broth, apples, pumpkin, carrots, salt and pepper, and bring mixture to a boil.
4. Reduce heat to low and simmer, covered for 12-15 minutes or until carrots are tender. Stir occasionally.
5. Working in two batches, transfer soup to a blender and puree until smooth. Soup will be very thick. Return pureed soup to pot and stir in evaporated milk. Serve hot.

Recipe taken from: Eat, Shrink and Be Merry Cookbook by Janet & Greta Podleski

What is it?
Ginger is considered both an herb and a spice, and is known for its aromatic and pungent, yet spicy flavour. Fresh ginger is the root of the ginger plant, which is often covered with a brownish skin. The flesh can be yellow, white, or red depending on the variety, and it has a firm striated texture.

Potential Health Benefits
Ginger is extremely low in calories and only a small amount of ginger is needed for cooking. Additionally, ginger has been studied for the potential health effects it may have. For example, the National Medicines Comprehensive Database rates ginger as possibly effective for:

Ginger is highly concentrated with an anti-inflammatory compound called gingerol, which also has antioxidant effects. It is safe for most of the healthy population.

1) Reducing dizziness and nausea; 2) Reducing pain associated with arthritis; 3) And reducing menstrual pain.

Other benefits may include reduction in muscle pain after exercise.

(*See references below)

How to Select and Store Ginger

- Available year-round in grocery stores in the produce section
- Select fresh pieces that are firm, smooth, and free of mold
- Store in the refrigerator for up to 3 weeks, or in the freezer up to 6 months

How to Prepare and Cook Ginger

- Remove skin with a paring knife
- Slice, mince, or julienne the ginger
- Add into stir-fries to boost the flavor of your dish

*References: