

Fun Food Feature of the Week!

Fresh Basil

- Basil is an easily grown annual herb that is most commonly known for its spicy, peppery, mint flavor.
- It comes from the mint family called *Lamiaceae*. There are over 40 varieties of basil and sweet basil is the most abundantly grown.
- Basil does have a slightly sedative effect and has been suggested to ease digestion, reduce stress/anxiety, and eliminate headaches.
- Basil is a traditional herb in Italian, Mediterranean, and Thai dishes.
- Basil is easily grown at home from a seed or seedling. Place in a 2 inch pot in a sunny location with adequate drainage. Can be planted in the ground as well. Basil is sensitive to extremely cold temperatures and frost.
- Fresh basil can be frozen or dried but the best flavor is obtained from fresh basil leaves. (Ohio State University Ext. Service)



Lemon-Basil Vegetables and Noodles

- 2 cups chopped broccoli flowerets
- 2 cups chopped cauliflower flowerets
- 1 large onion chopped (1 cup)
- 1 teaspoon grated lemon peel
- 1 cup chicken or vegetable broth
- 2 cups cooked whole wheat vermicelli noodles
- 2 Tablespoons chopped fresh basil
- 2 Tablespoons lemon juice
- 1 teaspoon olive oil
- 1/4 teaspoon pepper
- One large zucchini (2 cups chopped)
- 1 9 ounce package frozen artichoke hearts (thawed)

Cook broccoli, cauliflower, onion, lemon peel, and half the broth in a 12" skillet for 7-10 minutes until tender. Stirring frequently. Stir in remaining ingredients and cook 5 more minutes or until tender.

6 Servings; Exchanges per serving : 1 starch, 2 vegetable, 1/2 fat

