

NUTRITION TIPS AND TRICKS

THE BENEFITS OF GINGER ROOT

Did You Know?

Ginger has been used for more than a thousand years for medicinal, therapeutic, and culinary purposes all around the world! It's a common remedy for nausea and motion sickness, but ginger root offers so much more! Extensive research has confirmed the many benefits of the unassuming root. So, head to your local grocery store and pick up some ginger root! It is easy to prepare, and we have some simple recipes below to get you started.

The Many Benefits of Ginger Root

- ✓ Reduces nausea and motion sickness
- ✓ Soothes migraines
- ✓ Settles stomach issues
- ✓ Reduces joint pain and relieves arthritis
- ✓ Soothes menstrual pain
- ✓ Lowers blood sugar
- ✓ Regulates blood pressure and flow
- ✓ Strengthens immune system
- ✓ Provides powerful antioxidants

Source: ishafoundation.org



How to Choose, Store, and Prepare Ginger

- 1 Choose fresh over dried ginger.
- 2 Make sure it's firm and smooth.
- 3 To peel, scrape the thin skin with the back of a spoon.
- 4 Store unpeeled ginger in the fridge for up to 3 weeks or 6 months in the freezer.

Ginger Lemon Tea

Makes 2 servings



Ingredients

- 2 cups water
- 1 tbsp fresh grated ginger
- Half a lemon, juiced
- 1 tsp honey
- 1 cinnamon stick (optional)
- Fresh mint leaves (optional)

Directions

1. In a small pot, bring water to a boil. Add ginger and turn off the heat. Cover and let steep for 10 minutes.
2. Strain water. Add lemon juice, honey, cinnamon, and mint. Enjoy!

TIP: Only ginger on hand? Add water to sliced ginger, and steep for 1-2 minutes for a quick and simple tea.

Ginger Garlic Shrimp

Makes 4 servings



Ingredients

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| 1½ lbs. peeled, deveined shrimp with tails | 1½ tsp salt |
| 8 quarter-size slices of ginger, peeled | 2 tbsp oil |
| 4 green onions, ends trimmed and finely sliced (including greens) | 3 tbsp minced garlic |
| | 3 tbsp Chinese rice cooking wine |

Directions

1. Add shrimp to a bowl and sprinkle with salt. Stir gently and let stand 1 minute. Pour shrimp into a colander and rinse well with cool water.
2. Add oil to a frying pan over medium-high heat. Add ginger and garlic and stir until they sizzle (30 seconds).
3. Add shrimp and rice wine. Stir constantly until shrimp are almost pink (about 2 minutes). Add onions and cook until shrimp are opaque. Remove from heat and serve warm with a side of vegetables or a fresh salad.