Beneficial Bites







Health Benefits:

- > Anti-inflammatory properties
- ➤ Contains nutrients essential for cardiovascular health
- ➤ Basil's violate oils provide protection from unwanted bacterial growth
- Contains flavonoids that provide DNA protection

Interesting Facts:

- > Over 60 different varieties of basil
- ➤ In India, basil was cherished as an icon of hospitality, while in Italy it was a symbol of love.
- > In Rome, basil was seen as immunity to a fire breathing dragon.
- Once believed that scorpions would grow under pots of basil & smelling basil would cause scorpions to grow in the brain.
- ➤ Is also used in perfumes, soaps, shampoos and dental preparations

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Check out the September menu for these "Basil" foods



Featured Recipes:

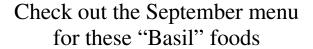
- Roasted Vegetables in Basil
 Butter Sauce
- > Basil Butter Fingerling Potatoes
- > Tomato-Basil Risotto
- ➤ Italian Sausage in Marinara
- Roasted Garlic & Basil Mashed Potatoes
- Minestrone Soup
- Baked Basil Chicken

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Written and Created by Laurelyn Harper UW-Stout Dietetic Intern, 11/2009