

In the Kitchen With Sage



Americans associate sage with turkey and dressing. The Italians love it mixed with veal. The French add it to stuffings, cured meats, sausages, and pork!

It can easily overpower a dish, so use with a light hand when experimenting!

Complimentary flavors include *onion, garlic, thyme, oregano, parsley, bay leaf, and rosemary.*

Fresh sage has a milder flavor than dried.

1 Tbsp chopped fresh = 1 Tsp dried

Try using this herb in beans, potatoes, cheeses, and tomato sauces!

Beneficial Bites

SAGE

The “Healthy, Healing, Herb”

This fast-growing perennial herb is often seen growing in gardens making it readily available for cooking. Not only is its flavor wonderful and contains vitamin K, but folklore history of sage includes it being used for many medicinal purposes such as treating sore throats and coughs.

DID YOU KNOW that a few studies have shown that compounds found in sage may be beneficial in improving memory in those with *Alzheimer’s Disease??*



Beneficial Bites

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Dry your Sage

- Simply tie together a fresh bunch and store in a brown paper bag for two weeks.
- Remove the stems and place the leaves in-between two paper towels and microwave on low for 2 to 3 minutes.
- Preheat the oven to 100 degrees and spread the leaves on a cookie sheet with the door open for several hours.



Beneficial Bites

...Or Keep it Fresh!

- Wrap your fresh sage leaves in slightly damp paper towels and store in a resealable bag in the crisper drawer of your refrigerator. These should last 4 to 5 days.
- Cover your fresh leaves with olive oil and refrigerator and keep up to 3 weeks!
- Pack loosely in a freezer bag and keep up to one year!

