**Don’t skip the Bay Leaves in that recipe!**

Have you ever wondered what the purpose of a Bay Leaf in a recipe is? Have you ever intentionally skipped it in a recipe when preparing a food because you thought it wouldn’t make a difference? Think again!

 Bay Leaves can make or break your recipe by leaving hints of its unique flavor in your food. The Bay Leaf on its own is pungent with a sharp bitter taste. However the scent is more noticeable than the taste like most spices. A dried Bay Leaf has a fragrance that is herbal with a hint of floral, a taste similar to oregano and thyme.

 Recipes that call for Bay Leaves are endless but they are usually used in roasts, pasta dishes, fish, various soups, tea and more! Bay Leaves truly add that missing flavor that you are always looking for if you have ever felt your dish was missing something. Just don’t forget to remove the leaf when you are done cooking. Because the leaf is so ridged it can actually puncture the esophagus and GI tract if ingested.

 Bay Leaves not only complete your dish, they also have plenty of health benefits packed into one little leaf. In on leaf, there is 1% of calcium and 2% of vitamin A of your daily values. Bay Leaves also contain antioxidants, which can help you fight cancer. There is also some research that discusses the topical benefits of Bay Leaves.

The vapor effect of the leaf is said to help break up mucus and phlegm from the common cold. It is also discussed in research that Bay Leaves can aid in inflammation, pain and arthritis by placing the leaves on the skin of the area in pain. Join us for our February presentation to learn more on the wonder of Bay Leaves!

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