

Health Tip of the Month

Give Ginger a Go

Ginger brings delicious flavor and powerful benefits to food.



Ginger is a both an antioxidant and an anti-inflammatory spice that can lower the risk of heart disease and cancer. Ginger has been shown to relieve muscle pain after exercise, lower menstrual pain, and reduce blood lipid levels.

Ginger can alleviate or take away nausea caused by seasickness, pregnancy, surgery, and chemotherapy.

Ginger can be bought in powder form or as a fresh root. Fresh ginger can be sliced or grated into dishes or be made into fresh ginger tea.



Bok Choy with Ginger and Garlic

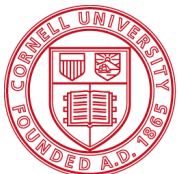
Serves 4

Ingredients

- 2 teaspoons olive oil
- 2 cloves garlic, minced
- 1 tablespoon fresh ginger, minced
- 8 cups bok choy, chopped
- 1 tablespoon reduced-sodium soy sauce

Instructions

1. Heat oil in a large skillet over medium heat.
2. Add garlic and ginger and cook 1 minute.
3. Add bok choy and soy sauce and cook 3 to 5 minutes, until greens are wilted and stalks are tender but still crisp.



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