

Health Tip of the Month

Spice it up with Turmeric

Turmeric is a spice with impressive health benefits.



Turmeric has powerful antioxidant and anti-inflammatory properties. Turmeric may have a good effect on people with edema, rheumatoid arthritis, osteoarthritis, H. pylori infection, and irritable bowel syndrome.

Turmeric is a yellow spice that can be found as powder in most supermarkets.

Try adding turmeric to roasted vegetables, sautéed greens, cooked whole grains, soups, or any favorite dish.

Black pepper can help the body absorb more turmeric. When adding turmeric to a dish, try also adding black pepper.



Turmeric Baked Kale Chips

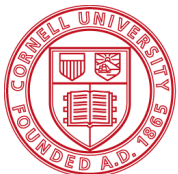
Serves 4

Ingredients

- 1 head kale, washed and dried
- 2 tablespoons olive oil
- ½ teaspoon turmeric
- ½ teaspoon black pepper

Instructions

1. Preheat the oven to 275 degrees F.
2. Remove the ribs from the kale and cut into 1 1/2-inch pieces.
3. Lay on a baking sheet and toss with the olive oil, turmeric, and black pepper.
4. Bake until crisp, turning the leaves halfway through, about 20 minutes.



Cornell University
Cooperative Extension
New York City

Worksite Wellness Initiative: by Lela Swartz, Dietetic Intern

Teachers College, Columbia university 74:12/16

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