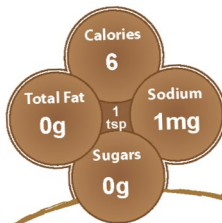


Harvest of the Month

Ginger Root



FUN FACTS:

Fresh ginger is a knobby tan root with ivory flesh.

It grows in southern China, Japan, West Africa, and other tropical countries. Jamaican ginger is considered the best of all!

It has a peppery, spicy and slightly sweet flavor, and is an essential ingredient in Asian and Indian cookery.

Peel ginger before you use it. You can refrigerate ginger for up to 3 weeks or freeze it for up to 6 months.

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#NationalNutrition Month

National Nutrition Month® is an annual campaign created in 1973 by the Academy of Nutrition and Dietetics.

During the month of March, everyone is invited to learn about making informed food choices and developing healthful eating and physical activity habits.

Throughout the month, Taher will promote National Nutrition Month. Watch for tips, tricks, and promotions surrounding everything from healthful habits and sustainability to celebrating everyone's unique needs.

*Melanie Wirth, RDN, LD, MBA
Corporate Dietitian, Taher, Inc.*

HARVEST OF THE MONTH RECIPE—MARCH

~featuring ginger~

Fresh Ginger Cookies

Yield: 24 cookies

- 2 1/2 cups all-purpose flour
- 1 tsp baking soda
- 1/2 t salt
- 1 1/4 cups white sugar, divided, or more to taste
- 3/4 cup unsalted butter, softened
- 2 Tbs grated fresh ginger
- 1/4 cup molasses
- 1 large egg

1. Combine flour, baking soda, and salt in a large bowl.
2. Beat 1 cup sugar, butter, and ginger in a large bowl with an electric mixer until light and fluffy. Beat in molasses and egg. Gently fold in flour mixture until just combined. Chill for 1 hour.
3. Preheat the oven to 350°F.
4. Roll chilled dough into 1 1/2-inch balls. Roll balls in remaining sugar, then place 2 inches apart onto ungreased baking sheets.
5. Bake in the preheated oven until mostly (but not fully) set in the centers and edges are starting to brown, about 15 minutes. Let stand for 1 minute on the baking sheets, then remove to wire racks and let cool completely. **ENJOY!**

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NUTRITION SNAPSHOT ~ 1 Cookie

143 calories, 5.5g total fat, 3.5g saturated fat, 23mg cholesterol, 90 mg sodium, 13g sugar, 21g carbohydrate, 10g fiber, 1.5g protein

