

## Cooking with Good-for-You Ginger

If you've puzzled over uses for those knotty-looking ginger roots in the produce department, just put one into your shopping cart. Then check your cookbook for recipes that begin with the word "ginger."

Ginger's slightly pungent natural taste adds a touch of flavor to cakes, cookies, breads, and beverages, and enhances all other flavors in a recipe. It's also good in sauces, fruit dishes, and Asian cooking. Ground ginger has a different flavor and isn't interchangeable with fresh ginger.

In China and many other parts of the world, ginger is well-known for its power to calm an upset stomach. Common anti-nausea medications work through the central nervous system, causing drowsiness. Ginger acts directly on the digestive tract. In one study, people who took one gram of ginger before surgery had less nausea afterward. It's useful for chemotherapy patients and for pregnant women having morning sickness because it won't harm the fetus. Ginger's reputation as a remedy for motion sickness and seasickness is also well documented.

When shopping for a ginger root, look for smooth skin with a fresh, spicy fragrance. They should also be firm and feel heavy.

The next time you're feeling a little queasy, brew a cup of ginger tea. Slice some ginger root. Put it in a tea ball and place in a teapot. Pour boiling water over the tea ball and let it sit for 10 minutes. Sweeten with honey.

*Pamela Smith is a Registered Dietitian and nationally known radio and TV host. For more information, call 1-800-896-4010 or visit her website at [www.pamsmith.com](http://www.pamsmith.com). Her new book, *When Your Hormones Go Haywire*, provides natural solutions for women over 40.*



## Fill Up on Fruits

According to the U.S. Department of Agriculture, eating fruit provides an abundance of health benefits. In fact, people who eat more fruits and vegetables as part of an overall healthy diet are more likely to have a reduced risk of some chronic diseases.

### Here are ways to fill up on fruits:

- Keep a bowl of whole fruit on the table, counter, or in the refrigerator.
- Consider convenience when shopping. Buy pre-cut packages of fruit (such as melon or pineapple chunks) for a healthy snack in seconds. Choose packaged fruits that don't have added sugars.
- Select fruits with more potassium, such as bananas, prunes and prune juice, dried peaches and apricots, cantaloupe, honeydew melon, and orange juice.
- When choosing canned fruits, select fruit canned in 100 percent fruit juice or water rather than syrup.
- At breakfast, top cereal with bananas or peaches; add blueberries to pancakes; drink 100 percent orange or grapefruit juice. Or, try a fruit mixed with low-fat or fat-free yogurt.



- At lunch, pack a tangerine, banana, or grapes to eat, or choose fruits from a salad bar. Individual containers of fruits like peaches or applesauce are easy and convenient.
- At dinner, add crushed pineapple to coleslaw, or include mandarin oranges or grapes in a tossed salad.
- Try meat dishes that incorporate fruit, such as chicken with apricots or mango chutney, for your holiday meal.

- Add fruit like pineapple or peaches to kabobs as part of a barbecue meal.

- For dessert, have baked apples, pears, or a fruit salad.

- Snack on dried fruits. Keep a package of dried fruit in your desk or bag. Some fruits that are available dried

include apricots, apples, pineapple, bananas, cherries, figs, dates, cranberries, blueberries, prunes, and raisins.

- Eat frozen juice bars (100% juice) as a cool snack.

- Serve fruits like strawberries or melons along with low-fat yogurt or fat-free pudding as a dip for appetizers.

*For more information a balanced diet, visit the U.S. Department of Agriculture at [www.mypyramid.gov](http://www.mypyramid.gov).*

### GINGERED PEACH MELBA

Makes 4 servings

- 1/2 cup all-fruit raspberry spread
- 2 Tbsp. orange juice
- 1/2 tsp. ground ginger
- 4 ripe peaches, cut in half and pitted (or canned, unsweetened)

4 gingersnaps, crushed

Preheat oven to 425 degrees. In a small microwavable bowl, whisk together the all-fruit spread, orange juice, and ginger.



Microwave for two to three minutes until thinned. Place the peaches, cut side up, in a shallow 1-quart baking dish. Pour the gingered jam over the peaches and sprinkle with gingersnap crumbs. Bake for 15 to 20 minutes or until the peaches are tender when pierced with a knife and the syrup has thickened. Serve warm or at room temperature, with the sauce spooned over.

*From Pamela Smith's Eat Well, Live Well. Visit [www.pamsmith.com](http://www.pamsmith.com) for more information.*

*Each serving contains: 123 calories, 1 g. protein, 1 g. fat, 0 mg. cholesterol, 27 g. carbohydrates, 54 mg. sodium. Calories from fat 7 percent*

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