



Local PICK OF THE MONTH

July 2023

Bountiful Basil

Watermelon basil salad

Ingredients

- 4 cups watermelon, cubed.
- 1/4 cup basil leaves, cut.
- 2 teaspoons lime juice.
- 1/4 teaspoon salt.
- 1/4 teaspoon chili powder (optional).

Directions

- Slice basil leaves into ribbons by stacking them on top of one another, rolling tightly into a log and slicing lengthwise.
- Combine basil and watermelon in a large bowl.
- Top with lime juice, salt and chili powder. Toss to combine.
- Chill in the refrigerator for at least 30 minutes before serving to allow flavors to blend.

Yields 4, 1 cup servings.

Nutrition information per serving: 45 calories, 0 g fat, 1 g fiber, 12 g carbohydrates, 1 g protein

Recipe adapted from allrecipes.com.

What's so great about basil?

- An aromatic herb that adds flavor to dishes without added sodium or fat.
- Imparts notes of licorice, cinnamon, clove, lemon and thyme.
- A good source of antioxidants which help to reduce the risk of chronic diseases.



What's the best way to eat basil?

- Use basil in pesto, bruschetta and sauces or dips.
- Add to salads, sandwiches, soups, pasta and pizza.
- Pairs well with tomato, fish or bean, vegetable and egg dishes.

Selection and preparation

Selection	Storage
Select vibrant green leaves free from dark spots, yellowing or wilting.	Place stems in a glass of water at room temperature or wrap in a dry paper towel and store in the refrigerator.
Preparation	Cooking
Rinse leaves in cool water prior to eating.	Add dried basil early in the cooking process and add fresh basil towards the end.



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