

Basil

Storage

Wrap in slightly damp paper towels and refrigerate for up to five days.

Preparation

Wash in tepid water and pat dry, then drop to desired size. Eat raw in salads and sandwiches. If used in cooking, use a light touch to preserve flavor. A favorite method to enjoy basil is to make pesto in the food processor

Nutrition

Basil is a good addition to other dishes either dried or fresh. It has anti-inflammatory benefits that helps to boost cardiovascular health. It also helps to prevent things going bad.

