



Sage

Preparation

Wash well in cold water and trim stems, then chop to desired size. Sage can be added as a seasoning in soups, stews, breads, grilled veggies and meats, eggs, salads, dressings, and sauces.

Storage

Wrap in loose paper towel and store in refrigerator for up to five days.

Nutrition

Sage has antioxidant and anti-inflammatory benefits and helps to improve brain function. It is rich in vitamin K.

