

BASIL

Types

There are many types of basil, but they all come from the mint family. Almost all basil varieties are cultivated as culinary herbs. Sweet basil is the most common variety found in most U.S. grocery stores. Basil can be green or purple. Different varieties may also include different flavors, such as camphor, lemon, and cinnamon.

Selection Info Sources

Look for leaves that are smooth and whole, that have a strong aroma, and that are bright in color.

Preparation

Gently wash leaves under a cold stream of water and pat dry.

Remove leaves from stems, then tear or cut the leaves into desired size.

Storage

Short-Term Storage: Wrap basil in a damp paper towel and place it in a loosely closed plastic bag and store at 50-65°F. You can store basil this way for several days.

For plants with stems, trim the base of the stem, and place it upright in a glass of water in a cool location (about 50 to 65°F). Make sure to change the water daily to maintain freshness.

Long-Term Storage: Basil can be stored in the freezer or dried. To freeze, rinse basil with cold water, gently pat dry, place in a freezer bag, and place in freezer.



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ROASTED HERBED ARTICHOKES WITH LEEKS

Ingredients

- 6 medium to large artichokes
- 1/3 cup lemon juice or white wine vinegar (divided)
- 1/4 teaspoon salt
- 3 tablespoons olive oil (divided)
- 2 medium leeks (trimmed, cleaned, and sliced)
- 1/2 cup fresh basil (chopped)
- 1/2 cup fresh mint (chopped)
- 1/2 cup fresh Italian parsley (chopped)
- 1/4 teaspoon salt
- 1/2 teaspoon black pepper

Directions

1. Rinse artichokes. Trim off and discard the ends of the stems and the top third of petals. Cut stems off at base, and set aside.
2. Stand artichokes in large pot stem side down. Add water to fill pot almost halfway.
3. Add reserved stems, 3 tablespoons of the vinegar, and 1/4 teaspoon salt to the pot.
4. Bring water to a boil, then cover. Simmer until a petal pulls out easily (about 30-35 minutes).
5. Drain water (being sure to keep cooked stems) and allow to cool slightly.
6. Chop cooked stems, and set aside.
7. Heat oven to 425°F.
8. Heat 2 tablespoons of the olive oil in a large skillet over medium-high heat. Add leeks and cook until tender (about 7 minutes).
9. Remove from heat. Stir in chopped artichoke stems, herbs, salt, and pepper.
10. Use a spoon to remove and discard fuzzy center of artichokes.
11. Sprinkle remaining vinegar into center of artichokes. Divide leek-herb mixture among artichoke cups.
12. Stand in 9x9-inch pan or baking dish. Brush with 1 tablespoon olive oil. Bake 10 minutes.
13. To eat, pull off outer petals and dip bases into herb mixture in center of artichokes, then cut the heart into bite-sized pieces.



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Nutrition Information

Serving Size 1/6 of recipes

Nutrients	Amount
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Total Calories	174
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Protein	8g
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Carbohydrates	27g
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Dietary Fiber	11g
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Total Fat	7g
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Saturated Fat	1g
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Cholesterol	0mg
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Sodium	459mg
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