

# 7 Ways to Use Ginger

## BREAKFAST

Stir ginger and cinnamon into baked or sauced apples or oatmeal. Sprinkle generously into plain or vanilla Greek yogurt. Sip ginger tea for a mid-morning pick-me-up.

## BLENDED

Add a 1/2 to 1-inch slice of fresh ginger to your smoothie for a spicy kick (try with frozen banana, berries, yogurt, and greens).

## SOUP OR STEW

Ginger stars in dal made with lentils, split peas or mung beans as well as curried pumpkin, carrot or squash soup.

## COMBINATION

Sauté ginger and garlic with stir-fried onions, pea pods, mushrooms and broccoli.

## SANDWICH OR WRAP

Enjoy pickled ginger with sushi, or try it on your favorite sandwich for a zesty twist.

## SALAD

Enhance a carrot and beet or cabbage slaw with fresh grated ginger and orange dressing.

## COOKED

Curries include ginger. Make your own curry blend or buy a pre-made powder.

