

7

Ways to Use Turmeric

BREAKFAST

Add a dash of turmeric to a morning egg, tofu or potato scramble.

BLENDED

Blend up a turmeric smoothie bowl for breakfast or snack. Tropical flavors like mango or pineapple with soy milk or yogurt and cashews are a natural fit.

SOUP OR STEW

Lentil, split pea, and mung bean dals and curries contain turmeric. Select a recipe for chicken turmeric stew or stir a teaspoon into chicken noodle soup.

COMBINATION

Create a turmeric, ginger and garlic sauce for rice, noodles or sautéed vegetables. Use fresh grated root or dried powder.

SANDWICH OR WRAP

Stuff your wrap with turmeric containing curried veggies or bean burger. Stir turmeric into mayonnaise for a spread.

SALAD

Drizzle a turmeric containing salad dressing over greens; mix into egg salad or curried chicken salad.

COOKED

Sprinkle on tofu, tempeh or cod before baking.

