

Fruit and Veggie Connect



Basil



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Tips

Choosing:

- Basil leaves should be 2 to 3 inches in size with a vibrant green color. The plant should be 6 to 8 inches tall with at least four sets of leaves.
- For the best flavor harvest the basil before it begins to flower.

Storing :

- In the fridge: Wash the basil, pat it dry with paper towels. Wrap in a new paper towel and place it in an airtight container or plastic bag.
- Countertop: Wrap the basil leaves in a dry paper towel and keep in a loose plastic bag.

Benefits:

- Basil is an excellent source of vitamin K, with only two tablespoons of basil covering 25% of your daily needs. Basil also contains vitamin A and magnesium.

Did you know?

- The origin of the word basil comes from ancient Greek "basileus", meaning king. Basil lives up to its name as it is one of the most widely used herbs.

Want basil all year long?

Try drying your basil leaves.

- Step 1: Wash and pat the basil leaves dry.
- Step 2: Preheat the oven to 200 degrees and evenly line the basil leaves on a baking sheet.
- Step 3: Place the basil in the oven for 20 minutes. After the timer goes off turn the oven off. Leave the basil in the oven for 12 hours to let dry.
- Step 4: Once dry, crumble the leaves. Store dried basil in an airtight container.

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Healthy Recipes

Caprese Pasta Salad

Yield: 6 servings
Serving size: 1 cup

Ingredients

For the Salad:

8oz small pasta of choice
1 ½ cups cherry tomatoes, quartered
1 heaping cup of fresh basil
8oz mozzarella balls
Salt and pepper
Balsamic glaze (optional)

For the Dressing:

1/3 cup olive oil
¼ cup white balsamic vinegar
1 lemon, juiced
1 tsp Italian seasoning
1 tsp crushed garlic
Salt and pepper, to taste

Instructions

1. Place all salad dressing ingredients into a bowl, whisk until combined
2. Cook the pasta according to package directions. Drain and rinse with cold water.
3. Add the cooked pasta, cherry tomatoes, and mozzarella balls to a large bowl. Pour the dressing on top and toss to combine.
4. Optional drizzle balsamic glaze on top. Serve and enjoy!

Recipe from:

<https://krollskorner.com/recipes/salads/caprese-pasta-salad/>



Nutrition Facts

6 servings per container	
Serving size	1 Serving
Amount Per Serving	360
Calories	
	% Daily Value*
Total Fat 21g	27%
Saturated Fat 4g	20%
Trans Fat 2g	
Cholesterol 15mg	5%
Sodium 35mg	2%
Total Carbohydrate 32g	12%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 12g	24%

Not a significant source of vitamin D, calcium, iron, and potassium
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.