



Basil

Plant: Basil grows best in warm, tropical climates and 80-90 degree weather. Basil needs 6-8 hours of sun, and benefits from afternoon shade. Basil plants are very frost sensitive.

Grow: A fully-grown basil plant reaches about 40 inches in height. Basil leaves vary from light-green to purple, smooth and silky, about 1 to 2.5 inches long and 0.5 to 1 inch wide. Many varieties of basil exist including; Mediterranean, Asian, Thai, lemon, etc.

Harvest: Harvest basil leaves early in the morning or in late afternoon by pinching them from the stems anytime after the young plants have reached a height of 6-8 inches. Pinch the leaves above the leaf pair, from the tips of the stems to encourage the plant to branch and make more leaves. At the first sign of frost, harvest all of your basil because it will quickly turn black in the cold weather.

Nutrition Facts	
Serving Size 2 tbsp, chopped 5g (5 g)	
Amount Per Serving	
Calories 1	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 0g	
Vitamin A 6%	Vitamin C 2%
Calcium 1%	Iron 1%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Nutrition Information:

Basil contains *polyphenolic flavonoids* containing anti-oxidant properties. Basil also contains many essential oils that are known to have anti-inflammatory and anti-bacterial properties. Basil also contains vitamin A, B=beta-carotene, calcium and iron.

How to Prepare:

Basil is commonly used fresh in cooked recipes, but can also be used dry. In general, basil is usually used as a garnish but can be added to many dishes including soups and sauces. Basil pairs particularly well with tomato-based sauces and is the key ingredient in pesto. A fresh, fun way to use basil is to try it in different beverages! Wash fresh basil in cold running water or rinse for few minutes to remove any dirt. Fresh basil can be kept for a short time in plastic bags in the refrigerator, or for a longer period in the freezer, after being blanched quickly in boiling water. Basil leaves should be free from dark spots and yellowing.



Lemon-Basil Vegetable Kebabs

Yields: 4 kebabs

Serving size: 1 kebab

Ingredients

- 2 small eggplants or 1 large
- 2 cups sliced yellow squash, cut into 1-inch-thick pieces
- 6 tablespoons chopped fresh basil
- ¼ cup fresh lemon juice
- 2 teaspoon olive oil
- ½ teaspoon salt
- ½ teaspoon pepper
- 2 medium red bell peppers, cut into 1 1/2-inch pieces
- 2 small onions, cut into 4 wedges
- Cooking spray

Preparation

1. Cut eggplant in half lengthwise. Cut each half crosswise into 1/2-inch-thick slices. Combine eggplant and next 8 ingredients (eggplant through onion) in a large zip-top plastic bag; seal, and marinate at room temperature 45 minutes, turning bag occasionally. Remove vegetables from bag, reserving marinade.
2. Thread vegetables alternately onto 4 (10-inch) skewers. Prepare grill or broiler. Place kebabs on grill rack or broiler pan coated with cooking spray; cook 6 minutes on each side or until done, basting occasionally with reserved marinade.

Nutrition Facts per Serving:

88 calories, 3 g fat, 15 g carbohydrates, 4 g fiber, 2.5 g protein