

Food Focus: Sprouts

In the spring season, seeds flaunt their vitality and energy by sprouting. Sprouts of all varieties contain the building blocks of life in the form of vitamins, enzymes, amino acids and simple sugars. In their early growth state, sprouts are very easy to digest, allowing our bodies to access many wonderful nutrients. Recent research by the American Cancer Society has backed what holistic nutrition has known for years—that sprouts contain anti-cancer properties, high levels of active antioxidants, concentrated amounts of phytochemicals and significant amounts of vitamins A, C and D.

In their raw form, sprouts have a cooling effect on the body, and therefore are best consumed in warm weather or by robust, warm body types. Those who tend to feel cool can try steaming sprouts or adding them to warm dishes such as stir fries and soups. This reduces their cooling effect. There is a wide variety of edible and delicious sprouts, each with a different texture and flavor: alfalfa, mung bean, lentil, radish, clover, sunflower, broccoli, garbanzo and adzuki.

Here are some great ways to serve up sprouts: add to salads; combine with other vegetables in wraps, roll-ups or stir-fries; use as garnish on top of soups, stews, omelets or scrambled eggs; add to rice or whole grain dishes; use in sandwiches instead of lettuce.

When spring has arrived, eat sprouts and feel alive!

Featured Recipe Spring Sprouting Steamer

Prep Time: 3 minutes

Cook Time: 5 minutes

Serves: 4

Ingredients:

1 zucchini

1 summer squash

1 package mixed crunchy sprouts (lentil, adzuki, mung, garbanzo)

3 tablespoons of freshly chopped tarragon

1 tablespoon of ghee (clarified butter) or butter

4 lemon wedges

Sea salt to taste

Directions:

1. Slice zucchini and summer squash in circles, about 1/4 inch thick and steam with sprouts for about 5 minutes or until desired tenderness.

2. Toss with tarragon, ghee and salt in bowl.

3. Serve with lemon wedge.

Try fresh herbs like parsley, dill, cilantro, or mint for a totally different taste.

Amy Coughlin, a Certified Wellness Coach, educates individuals to make better healthy food and lifestyle choices. By creating awareness and balance, she empowers people to make significant, long-term choices which leads to living an energized and passionate life. Ultimately, her life experiences and education, coupled with her expertise in corporate training and recruitment, has inspired her to coach individuals and corporate groups in wellness education programs.

Amy can be found on fastloop as "ABC815". Contact her today to get a complimentary health history and to sign up for her monthly newsletter.
www.amysinteriorgardens.com