

LOVE STARTS IN THE KITCHEN!™ AND THE BEST DOCTOR IS THE COOK!™

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RITA ON THE WEB!

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RITA'S ITALIAN RESTAURANT'S HERB DIPPING OIL

You know that great Italian herbed oil that Italian restaurants pour with a little balsamic vinegar as a great appetizer? Well, you can make your own, and you know what? It's a great way to use those dry herbs that are just about ready to be replaced with fresh!

Now go to taste on this. Add more, or less, of any herb.

Wonderful paired with balsamic vinegar.

½ cup extra virgin olive oil

1 tablespoon minced garlic

1 teaspoon each dry herbs: rosemary, thyme, oregano, basil

Dash red pepper flakes (opt but good)

Pour olive oil into small saucepan or skillet. Add herbs and spice. Slowly cook until garlic is golden but not brown. Pour into shallow bowl and surround with French, whole grain or Italian bread. Store leftovers in frig and use within a few days.

Tips from Rita's kitchen and garden: Why this recipe is good for you:

- Olive oil is a healthy fat, one we should be using frequently. Extra virgin is from the first cold pressing of the olives, and this oil has the most flavor and the least amount of acid.
- Rosemary is full of antioxidants. Also it's great for your memory.
- Thyme is like a medicine chest in a plant. It's antibacterial and is wonderful for your respiratory system.
- Oregano, well that's about the most healing herb on the planet. Good for your joints, and the immune system.
- Basil has potassium and iron.
- Whole grains have a lower glycemic index and your body absorbs them slower, so you don't get a surge of carbs/sugar in your system.
- Cayenne pepper is actually good for your tummy and is used in some topical creams for sore muscles.

SEE RITA! Visit me at local Macy's stores (if you smell garlic, then I'm in the Housewares Department cooking up something good!). Also look for my live cooking segments on local ABC 9 and Fox 19.

READ RITA!

My books *Gifts without Ribbons*, *Culinary Herbs that Heal Body and Soul*, *The Official Snack Guide for Beleaguered Sports parents and Sports Nutrition for Dummies* (I developed the recipes) are available at Jungle Jims

RITA'S YUMMY BREAD BLENDS!

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