

## double your antioxidants

# COOK with tea

In the spirit of the New Year, many of us will resolve to live healthier lifestyles. Is eating healthier on your list of things to do? If so, celebrate National Hot Tea Month by cooking with tea!

We have all heard of techniques used to prepare healthier foods. It is recommended that you substitute low fat ingredients for high fat ones, such as evaporated skim milk for heavy cream in cream soups. Or, add whole grains, beans, and vegetables to your favorite recipes for an extra dose of fiber. But what if we could infuse our favorite comfort foods with an extra dose of antioxidants? This got me thinking about my favorite beverage, TEA! After a little research I found that tea, the world's most beloved healthy beverage, is not just for drinking anymore. As a matter of fact, infusing food with tea is one of the biggest trends in cooking today.

It's a well-known fact that tea is good for you. Drinking just two cups of tea a day is equal to the antioxidant properties of 7 glasses of orange juice and 20 glasses of apple juice! Cooking with tea is just another great way to infuse your diet with more antioxidants. Tea has been used as a key ingredient in cooking for centuries. It makes savory dishes more interesting by increasing the depth of flavor, it adds interest as a spice, and the tannins in tea make a wonderful natural tenderizer for meat.

Here are a few guidelines and ideas to get you started:

- Use FRESH loose tea; like cooking with wine, the quality matters!
- Use steeped green or white teas for light dishes such as chicken, seafood, and rice.
- Choose black tea or rooibos for savory dishes such as stews, soups, and sauces.
- Use tea infusions to replace the liquid in your favorite recipes.
- Use dried tealeaves in marinades.
- Try poaching or braising meat in your favorite tea!
- Use ground tealeaves as a spice, or spice rub.
- Use green tea in place of a dried herb, such as parsley.
- Infuse tea with dessert! Try a Spiced Chai milkshake.
- Add Earl Grey to a truffle recipe - Ooh la la!
- Use flavored Rooibos as the base for a savory bowl of oatmeal.

Remember to experiment and don't be afraid to get creative! Celebrate National Hot Tea month by infusing your diet with a few more cups of tea. Your body will thank you for it and so will those you are cooking for!



### Tealightful Chicken Soup Healthy Comforts® Recipe

- |                                   |   |
|-----------------------------------|---|
| 6 tsp. TT Apricot Tea             | 1 cup diced carrot                                      |
| 6 cups spring water               | 1 cup diced turnip                                      |
| 4 cups chicken broth              | 1/2 cup diced onion                                     |
| 2 chicken bouillon cubes          | 1/4 tsp. sage   |
| 2 split chicken breasts - skinned | 1/8 tsp. pepper   |
| 3/4 cup Granny Smith Apple        | 1 package long grain & wild rice mix -(omit seasoning). |
| 1 cup diced celery                |   |

Bring water to boil in soup pot, add TT Apricot tea. Steep four minutes. Remove tea leaves and add chicken breasts. Bring chicken and tea to a slow boil, simmer 20 minutes. Remove chicken and chop. Add all remaining ingredients and simmer 25 minutes. Return chopped chicken to pot and serve immediately.

ABOUT THE AUTHOR Charlene Phillips is the founder of the Rochester company Tealightful Treasures, a national home party company featuring teas and associated products. Visit their website, [www.tealightfultreasures.com](http://www.tealightfultreasures.com), to get more great ideas on making tea a part of your life.

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