

Boost Flavor with Veggies



Cynthia Lopez-Pettorino, a registered dietitian, certified diabetes educator, and nutrition coordinator, asked us to delve deeper into the world of aromatic veggies, citing their budget friendliness and huge flavor-boosting properties.

So, what is the definition of **aromatic vegetables**?

Generally, **aromatic vegetables** are used as a flavor base when cooking. Many cuisines in Europe and the Mediterranean use a base of garlic, carrots, onions, celery, and peppers as aromatics. But you don't have to stop there! You can also scan the produce aisles for appetizing in-season vegetables to get a flash of great flavor while cooking and preparing salads.

Consider these options:

- **Onions:** Choose from sweet, red, yellow, or white, then mix and match. Experiment with shallots for a milder flavor. Scallions are a fresh way to add a mild onion flavor too. Plus, these are easy to chop with no peeling and no crying
- **Garlic** has a great shelf life and adds a classic taste that is utterly unique to itself.
- **Mushrooms** often contribute a meaty flavor and texture called umami to dishes.
- **Hot peppers** come in all varieties of heat and spice and often you can use one to pep up dishes for the whole week! Think salads to salsas to grilled items.
- **Fennel:** This bulb adds a sweet and rich licorice essence to dishes.
- **Sorrel:** These greens add a rich bitter flavor wherever you put them. You can find sorrel in the freezer section of your store or use spinach.
- **Tomatoes** are sweet and acidic at the same time and they have the versatility to be used raw or cooked. Use them early in the week for snacks/salads, then later roasted with chicken or fish.