



WellBeingMD's
Mindful Kitchen



Lemon Tarragon Peas

Adapted from Better Homes and Gardens Veggie Full

Yield: 6 servings

Preparation Time: 15 minutes

Ingredients:

1/2 cup water

3 1/2 cups English (shelled) peas

1 1/2 cups snap peas or snow peas

1 tablespoon butter, softened

1 tablespoon fresh tarragon leaves

2 teaspoons of lemon zest

Sea salt and pepper to taste

Instructions:

1. Bring the water to a boil in a medium saucepan. Add the English peas and return to boiling; reduce heat. Simmer, covered, for 8 minutes, or until cooked through.
2. Add whole snap peas. Cook, covered, about 4 minutes or until just crisp-tender; drain.
3. Add butter, tarragon, lemon zest, pepper and salt to the peas. Toss gently until butter melts and serve immediately.



Health Benefits of Tarragon

Tarragon, also known as estragon, is a species of perennial herb in the sunflower family. It is widespread in the wild across much of Eurasia and North America, and is cultivated for culinary and medicinal purposes. This exquisite herb is rich in numerous health benefiting **phyto-nutrients** that are indispensable for optimum health. The main essential oils in tarragon are estragole (methyl chavicol), cineol, ocimene and phellandrene. Traditionally, tarragon has been employed as a traditional remedy to **stimulate appetite** and **alleviate anorexic symptoms**. Scientific studies suggest that **poly-phenolic compounds** in this herb help **lower blood-sugar levels**. Fresh tarragon herb is one of the highest **antioxidant value** food sources among the common herbs. Laboratory studies on tarragon extract shows certain compounds in them **inhibit platelet activation, preventing platelet aggregation and adhesion to the blood vessel wall**. It, thus, helps **prevent clot formation** inside tiny blood vessels of heart and brain protecting from heart attack, and stroke. The herb is very rich source of vitamins such as **vitamin-C, vitamin-A as well as B-complex group** of vitamins such as folates, **pyridoxine, niacin, riboflavin**, etc., that function as antioxidant as well as co-factors for enzymes in the metabolism. Tarragon is a notably excellent source of minerals **like calcium, manganese, iron, magnesium, copper, potassium, and zinc**. Manganese is utilized by the body as a co-factor for the antioxidant enzyme, superoxide dismutase. Iron is essential for cellular respiration (co-factors for cytochrome-oxidase enzyme) and blood cell production.

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Home of "The Mindful Kitchen"

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