

# New Year New You



## The Food: Ginger Root



The start of a new year signals a time for change. For those looking to kick off 2017 with a better diet of clean, detoxifying and restorative foods, fresh ginger root is the perfect ingredient. Not only does ginger root provide an assertive flavor and spicy kick, the knobby spice is highly prized for its health benefits such as its ability to relieve nausea and indigestion, as well as aid in treating colds, inflammation and muscle pain. Whether grated, sliced, chopped or pickled, ginger is a flavorful and healthy addition to almost any dish – especially broths, teas, juices, and smoothies. It's also inexpensive and easy to find at most supermarkets, so there's no reason not to incorporate it into everyday meals.

## Use with the New Microplane® Ginger Tool

The Microplane 3-in-1 Ginger Tool simplifies the task of prepping ginger. Designed to peel, grate and slice, this multi-functional kitchen helper features a peeler on the side to quickly whittle away the ginger root peel. Located on the front panel of the rasp-style tool is Microplane's top-selling Fine blade to effortlessly grate ginger, as well as an angled, razor sharp blade to thinly slice ginger. The efficient tool features a soft-grip handle and a non-slip base. Thanks to its space-saving and narrow profile, it can be stored easily. Beyond ginger, the Ginger Tool easily tackles garlic and shallots. Available nationwide for \$14.95 suggested retail.



### Unique Attributes and Characteristics

- Surgical grade stainless steel blade
- Designed to peel, grate and slice
- Non-slip base; narrow, space-saving profile
- Comfortable, soft-grip handle with loop
- Top rack dishwasher safe

## Kitchen Inspiration



- Storing fresh ginger: <http://bit.ly/2i9aleW>
- Ginger health benefits: <http://bit.ly/1jjbl45>

### Recipes:

- Best Homemade Ginger Tea: <http://bit.ly/M4GS0G>
- Ginger Honey Lemon Tonic: <http://bit.ly/1ua2uHX>
- Ginger-Soy Tilapia: <http://bit.ly/2iqanLD>
- Ginger Chicken Bone Broth: <http://bit.ly/2jyPkdW>
- Banana Ginger Smoothie: <http://bit.ly/2je16H9>

## Find out more

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