



LUXURY OF FREEDOM

Benefits of Chives



Chives are part of the allium family of vegetables and herbs, which includes garlic, scallions, onions and leeks. They are nutrient dense food, meaning that they are high in nutrients like vitamins, minerals and antioxidants while they are very low in calories

Prevent cancer

There are a lot of studies showing chives prevents cancer, especially colorectal and stomach cancer, due to their high concentration of organosulfur compounds. Also there are that show that men with highest intake of allium vegetables had the lowest risk of prostate cancer.

Sleep better and keep your good mood

The choline in chives is an important nutrient that helps with sleep, muscle movement, learning and memory. Folate, also found in chives, may help with depression by preventing an excess of homocysteine from forming in the body, which can prevent blood and other nutrients from reaching the brain. Excess homocysteine interferes with the production of the feel-good hormones serotonin, dopamine, and norepinephrine, which regulate not only mood, but also sleep and appetite as well.

Fresh Chive Vinaigrette

Ingredients

1/2 small garlic clove, finely chopped

Salt and pepper

2 teaspoons white wine vinegar or fresh lemon juice

2 tablespoons extra-virgin olive oil

1 tablespoon chopped fresh chives



Preparation (10 mins)

Combine garlic and a pinch of salt in a large salad bowl. Mash to a paste with a fork. Mix in vinegar, then oil and chives; season with salt and pepper. Add greens and herbs and toss to coat.