

## GORGEOUS & GREEN

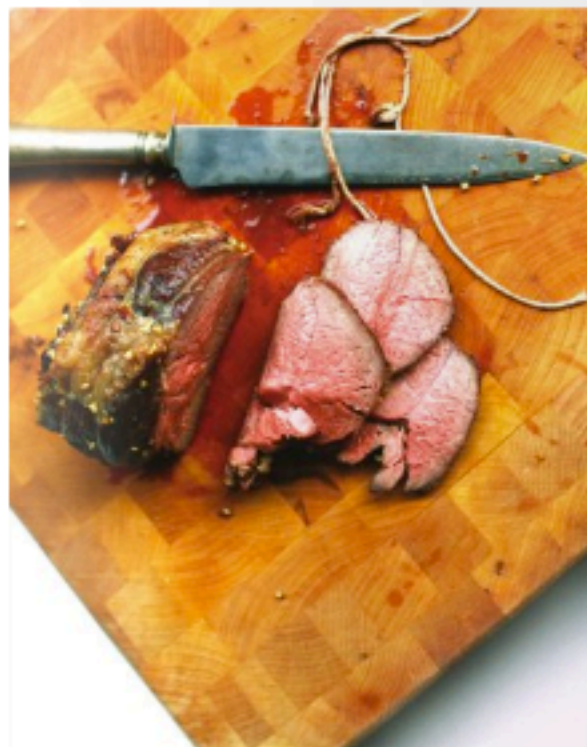
### MINT

PHOTOGRAPHY: JEN ALTMAN  
RECIPES: MARISSA LIPPERT

Livening up your culinary arsenal with new ingredients is never a bad thing, particularly when something so easy as mint can bring incredible flavor, intrigue and health to a dish. Right in tune with seasonal calendars, mint runs rampant in the springtime—literally! Plant a bit of it on a sunny windowsill and you'll have sprouting mint leaves for weeks to come.

As with all herbs and spices, mint adds zero calories, and also aids in digestion and provides a good dose of anti-aging and disease-fighting antioxidants. Refreshing and zippy in scent, it'll even perk you up naturally, without caffeine.

In the kitchen, mint is a gloriously adaptable herb that scatters flavor with ease and in different forms. Straight and simple, chopped into a seasonal salad; pureed into a vibrant pesto and paired with spring lamb; muddled into a sweet syrup for a sparkling light cocktail. So go green. Make mint one of your springtime staples and let your taste buds run wild!



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