



Ground Ginger

Ginger is a flavoring from the tuberous root (rhizome) of *Zingiber officinale*, a plant in the ginger family. The root is often dried and ground or "crystallized" with sugar. Fresh root has a pungent flavor and spicy, peppery taste.

Dried ginger has an earthy flavor that's a natural with other baking spices like cinnamon or nutmeg. It's what gives ginger snaps and gingerbread their familiar warm flavor. Though less potent than its fresh counterpart, ground ginger is also used in savory cooking, often as a component in spice mixes.

Ginger is used in gingerbread, ginger ale, gingersnaps, Asian dishes and has become more popular in American Fusion cooking.



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6/16 oz.

Easy Garlic Ginger Chicken

- 4 skinless boneless chicken breasts
- 3 cloves crushed garlic
- 3 tablespoons ground ginger
- 1 tablespoon olive oil
- 4 fresh squeezed limes

Directions

Pound the chicken to 1/2 inch thickness. In a large, re-sealable plastic bag, combine the garlic, ginger, oil and lime juice. Seal bag and shake until blended. Open bag and add chicken. Seal bag and marinate in refrigerator for no more than 20 minutes.

Remove chicken from bag and grill or broil, basting with marinade, until cooked through and juices run clear. Dispose of any remaining marinade.