



## Ask the Nutritionist

Sandy Sarni, MS, RD,  
MIIA's Integrative Nutrition Coordinator



### “What is Kimchi and why should I eat it?”

*question submitted by Alex Garlow, Town of Winchester*

#### Answer:

Kimchi is a traditional Korean side dish prepared with fermented vegetables such as cabbage, radishes, carrots, and onions. It can be found in soups or served alongside most meals in Korean restaurants here in the U.S.

Traditional kimchi is a good source of healthy bacteria that helps to promote a good balance of bacteria in the gut. Research supports this, suggesting that eating probiotic foods such as kimchi may help restore a balance between healthy and unhealthy bacteria in the gut. This may result in lower inflammation and a reduced risk for certain chronic diseases. Also, a paper published in March 2018 in Medicine noted that kimchi is high in fiber, vitamins, minerals, and other healthy properties.

Kimchi is delicious when paired with brown rice for a quick, healthy lunch or dinner. Look for kimchi in the refrigerated section of the produce aisle in your grocery store.

Here is a delicious kimchi recipe for you to try.

## Kimchi Fried Rice

1-2 tablespoons oil (peanut oil gives this great flavor!)

1/2 medium onion, diced

2 teaspoons finely chopped fresh ginger

1 cup chopped veggies of your choice (mushrooms, red bell pepper, zucchini, peas, carrots)

1/2 cup kimchi, chopped

2 cups cooked brown rice

Salt to taste

1/2 teaspoon reduced sodium soy sauce (optional, only if necessary)

Pepper to taste

1/4 cup chopped scallions

In a large skillet, heat the oil over medium-high heat. Add onion and saute for 2 to 3 minutes, stirring, then turn heat down to medium. Add ginger and veggies. Saute until ginger is fragrant and veggies are tender, stirring often, about 5 to 7 minutes. Add chopped kimchi, and cook until heated through, about 1 to 2 minutes. Add rice, and continue cooking until warm and combined, about 3 minutes more (add a bit more oil or a little water if too dry). Add salt, taste and adjust. Note: Kimchi adds a lot of saltiness, so add salt sparingly and to taste, as each kimchi is different. Add pepper to taste. If tasting bland, add soy sauce. Stir in scallions.

**Submit your nutrition and food questions to Sandy Sarni, RD, at [ssarni@mma.org](mailto:ssarni@mma.org)**