

# 【Molokhia】

## Packed with nutritional value. The king of summer vegetables!

Now in  
season

Mar. Apr. May. Jun. Jul. Aug. Sept. Oct. Nov. Dec. Jan. Feb.



People say it was named “molokhia” (or “the king’s vegetable” in Arabic) because it is said that an ancient Egyptian king drank molokhia soup and was cured of an incurable disease! As a vegetable with high nutritional value, it has come to be cultivated in Japan and has joined the ranks of summer vegetables!

\*Officially called “shima tsunaso” in Japanese



### How to Choose and Store

- **Leaves:** Choose those that are vivid in color and firm to the tip.
- **Stem:** Choose those that are newly cut and not discolored.
- Pick off the leaves and **thin** stems, and store in a plastic bag.
- When freezing, after quickly boiling it, squeeze well and then chop it to store.

### Recommended Dishes

- Boil the stems for about 40 seconds and the leaves for about 20 seconds, then chop them to bring out their stickiness. Be careful not to overcook them, as this will cause the vitamin C to leach out!
- It can be arranged in many ways other than blanching.

### Nutritional Content

- Beta-carotene, calcium, vitamin C, vitamin E, vitamin K, dietary fiber, etc.

It has more than twice the beta-carotene and calcium than spinach! In addition, the “slimy” characteristic of molokhia is thought to suppress the rise in blood sugar and cholesterol levels.



There’s no need to parboil it when stir-frying!



Topping for chilled tofu



Chinese-style soup with molokhia

References: Website “Toretate Daihyakka” (Encyclopedia of seasonal food) JA Group / Website “olive-hitomawashi,” General Link Inc. / App “ehealthyrecipe,” Daiichi Sankyo Co., Ltd. / Standard Tables of Food Composition in Japan - 2020 (Eighth Revised Edition)

[Note] When they are in season was roughly determined using statistical data from the Tokyo Metropolitan Central Wholesale Market as a guide.

Sony Health Insurance Society Information

See Sony Kenpo's Health Service website  
(English version)!

The website is available in English. Please be sure to read it.



Click “English”  
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