Like sauerkraut, kimchi is cabbage that’s been fermented in a sealed container. But this Korean staple, usually made with Napa (Chinese) cabbage, is also infused with heat from red chili flakes, and it finishes with a zip of ginger and it’s finished with a splash of kimchi juice.

Kimchi is loaded with calcium, carotenoids and capsaicin, not to mention probiotics and live cultures, and the gut is having a moment. — starting with the fact that your probiotics naturally live in fermented foods like yogurt, sauerkraut, kimchi, and kombucha, are fermented cultures, the kind of good bacteria that turn milk into yogurt."

Kimchi Fried Rice

Serves 4

2 Tbsp olive oil
1 cup kimchi, chopped
1 cup green beans
1 cup edamame
1 cup fried rice
1 cup kimchi juice
1 cup rooster sauce (optional)

PREPARATION
Heat large skillet over medium heat. Add 1 Tbsp olive oil. Add green beans and edamame to skillet. Pour sauce mixture over the top and stir to coat rice. Cook another 3 to 5 minutes, allowing rice to crisp up on bottom. Sprinkle with green onion tops. Serve immediately.

This recipe is easily adaptable; use whatever vegetables are left in the fridge and adjust to your family’s preferences. It also pairs well with most proteins, such as chicken, beef or shrimp.

428 calories, 13g fat, 66g carbs, 11g protein

"Probiotics naturally live in your digestive tract. Among an important part of what’s called the “microbiome” or the collection of various tiny organisms that keep you healthy,” says Yikyung Park, ScD, a Washington University Cancer Center. “Sometimes the microflora is damaged, usually by the use of antibiotic medications or through an unhealthy diet. You can help maintain a healthy microbiota by taking probiotic supplement pills, but the safest way to consume probiotics is through food.”

Fermented foods like yogurt and kimchi are enjoying unprecedented popularity these days, but yogurt has been mainstream for so long it’s easy to forget that it’s a fermented food, too. There’s some evidence that yogurt made with live cultures can help treat all kinds of digestive issues, including lactose intolerance, IBS, constipation and diarrhea. Yogurt is also a herculean source of calcium, magnesium and potassium, all of which contributes to bone health and increased immunity.

KOMBUCHA
Sauerkraut — German for “sour cabbage” — resulting probiotics fermented cabbage. The resulting probiotics may help improve the gastrointestinal system and skin conditions. Sauerkraut is high in iron, fiber, antioxidants and vitamin C for a low 1 Tbsp per cup. This tangy taste makes it a perfect counterpoint for heavy meat dishes, and it lends a satisfying texture to sandwiches. To add calcium, carrots and capsaicin, not to mention probiotics and live cultures, and the gut is having a moment. — starting with the fact that your probiotics naturally live in fermented foods like yogurt, sauerkraut, kimchi, and kombucha, are fermented cultures, the kind of good bacteria that turn milk into yogurt.

KIMCHI
Kimchi

Sauerkraut

Although many Americans have only recently come to know kohlrabi, it’s been a part of Chinese culture for more than 2,000 years. Any kind of tea can be used as the basis for this tart, bubbly beverage. Kombucha’s fermentation kicks off with a starter called SCOBY (symbiotic culture of bacteria and yeast), and the tea will be ready to drink anytime from a week to a month later, depending on taste preference. Whether homemade or store bought, kombucha is a fermented product, too.

Kimchi can be made with other vegetables such as napa, cucumbers, scallions and mustard greens, which also have lots of good nutrients.