

# FEEL-GOOD FLAVOR

Capers give this month's dish its distinct tang, but they're more than just a flavor lender—they contain important antioxidants and vitamins. Other condiments that will boost your meal:

## DOUCHI

This Chinese staple, also known as fermented black beans, is actually made from black soybeans, and the fermentation creates gut-friendly bacteria that can improve digestion, says Laura Lu, R.D., a certified intuitive eating counselor in New York City. Used as a sauce base, douchi are also rich in powerful antioxidants. You can order douchi or jarred black bean sauce from Amazon or umamicart.com.

## ACHAR

"This is the Hindi name for a pickled food, commonly made from

mango, lime, green chile, carrot, and turmeric," says Vandana Sheth, R.D.N., author of *My Indian Table: Quick & Tasty Vegetarian Recipes*. Achar delivers bold flavor, antioxidants, anti-inflammatory ingredients, and probiotics. Some of Sheth's favorite brands include Mother's Recipe, Rani, and Patak's, all available from Amazon.

## CALABRIAN CHILE PASTE

This condiment is made from hot Calabrian chile peppers, olive oil, salt, and vinegar. The capsaicin in chiles supports digestion and circulation,

Sheth says, and the paste is tasty on meat, veggies, pizza, eggs, you name it. Browse supermarketitaly.com or try TuttoCalabria or Firelli hot sauce from Amazon.

## DUKKAH

"Every culture has a condiment that dates back centuries; the history is as rich as the flavor and health benefits," Lu says. This Egyptian spice mix is a perfect example: Each blend is different but features nuts, sesame seeds, and spices. Check out Skordo, Good & Gather, or the dukkah-inspired topping Ami Ami.