

Tip of the Week

Make way for 2012—start with an organized kitchen and pantry.

It's time to reassess your immediate food environment. Studies out of Cornell University show that the proximity of indulgent treats is directly related to how often and how much cake, cookies, chocolates, etc are consumed. That is, if the cookies are at home, the chances of you resisting the extra calories, fat, and sugar they provide are nil. In the face of a constant tug-of-war between choosing the apple over the Chips Ahoy! cookies, the apple will always win if the cookies aren't in the pantry at all.

The holidays are riddled with small indulgences. Choose your battles wisely in order to truly appreciate and savor the cake or cookie when you do allow yourself a small sampling...at someone else's house or holiday party. Create and maintain the food environment at home to be one that nourishes and promotes positive eating habits every day.

Here are some suggestions for building a healthy pantry:

- Canned beans (black, cannellini, garbanzo, etc)
- Dry lentils
- Bulk quinoa
- Bulk brown or wild rice
- 32 oz boxes low-sodium vegetable broth
- Bulk rolled oats
- Whole wheat pasta
- Jars unsweetened applesauce
- 32 oz boxes of non-dairy beverages
- Canned diced tomatoes
- Bulk sundried tomatoes
- Jars pasta sauce
- Versatile spices: basil, cinnamon, onion or garlic powder, crushed red pepper, cumin, vanilla extract.

Recipe of the Week

A Healthy Twist on French Toast

Nothing says winter quite like a hot and cozy weekend breakfast. Try this recipe for a healthy take on a traditional favorite. YUM!



Ingredients

- 1 cup fresh oat milk
- 2 Tbsp oat flour
- 3 Tbsp date paste
- 2 tsp golden flax meal
- 2 tsp cinnamon
- 1 Tbsp nutritional yeast
- 1 ½ Tbsp vanilla extract
- 6 slices of 'Health Starts Here bread' – cinnamon raisin bread preferred

Preheat oven to 350 degrees. Leaving the bread aside, in medium bowl, whisk all remaining ingredients together well. Dip bread in liquid and allow sitting and soaking it for a minute on each side. Once all bread is dipped, and flipped, place evenly on a non stick sheet pan.

Allow to bake for 8-10 minutes, carefully flip and bake for 8-10 more minutes or until golden and crisp on each side. Serve hot with fresh berry puree and fresh fruits.

Upcoming Events

Dec 7th—

Nutrition Movie Night

6-7:30pm. Pre-registration is required as light snacks will be served.

Dec 9th—

Shop like a Dietitian Store Tour

9-10:30am. FREE with pre-registration. Tours begin in the produce foyer.

Dec 10th— *NEW*

Kids Club: Healthy Gift Ideas!

10am-12pm. FREE. Visit the community table on the patio to create recipe mix jars with your little one(s). Minestrone soup and Yummy Banana Oat Squares packaged and taken to go for a great healthy gift!

Dec 13th—

Lunch with Lara:

Getting vegetables on the table for the whole family.

Lunch is provided FREE with pre-registration.

Dec 15th—

Cooking Class:

Winter's best soups, stews, & casseroles!

6-8pm. \$20 at guest services. Class is both hands-on and demonstrative.

Menu:

Miso Soup
Curried Lentil, Squash, & Apple Stew
Cajun Cornbread Casserole
Turkey & Wild Rice Casserole
Peanut butter & Chocolate brownies

Go GREEN!

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