

Spring '04

Recipe

Balsamic Strawberry and Spinach Salad

5 servings, 104 calories per serving

Ingredients:

- 1 Pint Fresh Strawberries
- 1 Cup Balsamic Vinegar
- 2 Tsp Ground Black Pepper
- 1/3 Cup Brown Sugar
- 1 Leek, White Portion Only
- 10 Ounces Spinach, Trimmed Leaves

Instructions:

- 1 Rinse and slice strawberries. Combine balsamic vinegar, black pepper and brown sugar. Marinate strawberries in vinegar up to an hour.
- 2 Slice leek in half lengthwise and then chop. Soak in cold water for a few minutes to remove any sand. Drain and set aside.
- 3 Drain strawberries and reserve the liquid.
- 4 Place spinach in salad bowl. Arrange the strawberries over the top of the spinach.
- 5 Garnish with leeks.
- 6 Just before serving, pour the reserved liquid over the salad.

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Patricia Fabie

NUTRITION NOTES

Healthy Dining Out

By Brenda Jaeck, Certified Holistic Health and Nutritional Counselor.

In an age where the number of meals being eaten outside the home is ever increasing it seems important to be able to so mindfully. Eating mindfully is more than half the battle in creating or maintaining a healthy eating plan. Some helpful tips to eating out healthily include venue selection, ordering, portion control and not being afraid to ask for what you want.

► **Venue** When choosing a restaurant it is important to keep all the participants in mind. You want to make sure that all dietary or personal requests can be honored. Also you want to make sure that there will be healthful menu choices as well as limited temptations to sabotage your efforts.

► **Bread** Generally, the first thing that happens after you sit down is the dreaded bread basket arrives. There is generally enough bread to feed at least 2 - 3 times the number of guests at the table. To combat this you can either ask the waiter to NOT leave the bread at your table, or after each guest has one piece ask to have the basket removed. This way no one feels deprived of having bread, yet temptation is limited.

► **Drinks** Be mindful of how many calories are in before-dinner drinks - switching to a sparkling mineral water or even a wine spritzer will save calories that can better be used for food. Use your alcohol calories wisely!

► **Specials** When the waiter brings the menus always ask if there are any specials. Often we are diligent when reviewing the menu and then it all "goes out the window"

when the waiter comes to take the orders and says "can I tell you about our specials today." Everything always sounds so good, we often forget to ask questions.

► **Be Sally from When Harry Met Sally.**

She always asked for the sauce on the side. Don't be afraid to make special requests; including alternative ways of cooking or substituting extra vegetables for another calorie dense option. After all - you are paying for the meal; you may as well have it the way that you want it.

► **Portion Control** To help with portion control you can ask the waitperson to put half of your dinner in a "to go box" before he brings it to the table. If this is not possible you can cut the entrée in half and move it to one side of your plate - then only eat one half. Most restaurant portions are enough for two meals.

► **Dessert** When it comes to dessert, you can split one with your dining companion. This way you are not deprived but are still saving calories.

Dining out used to be reserved for special occasions - since it is now an almost everyday occurrence - more diligence is needed. ■

SPRING CLEANSE

Many people use Spring as a time to renew and cleanse. Why stop with Spring-cleaning your house? The change of the seasons are always a perfect time to conduct a juice fast. Juice fasting gives your digestive system a rest and allows your entire body to cleanse and rejuvenate itself. Our staff is on hand to help guide you through the journey of increased vitality and renewal. Fasting is a complete mind, body and spirit process. Our daily schedule offers many relaxing activities to assist you in your detoxification in all of its aspects. Chose from our delicious fresh fruit and vegetable juices to create your own special meal. A satisfying potassium broth and a variety of herbal teas are available throughout the day. The Mini Week package includes your choice of two spa treatments, valued at \$150. ■

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