

Summer'06

# Recipes

## Spinach-Ricotta Pie

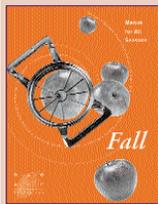
1 serving/ 190 Calories

- 1 TBSP Extra Virgin Olive Oil
- 1 Cup Onions, Diced
- 2 Cloves Garlic, Minced
- 1 Pound Spinach, Chopped
- 1 Pound Fat Free Ricotta Cheese
- 1/4 Cup Mozzarella Cheese, Part Skim, Shredded
- 1/4 Cup Parmesan Cheese
- 2 Egg Whites
- 1 Whole Egg
- 1 TSP Salt
- 1/4 TSP Black Pepper, Ground
- 1/8 TSP Nutmeg, Ground
- 1 TSP Oregano, Ground
- 1/2 Cup Plain Bread Crumbs
- Paprika, to taste

### Instructions:

- 1 In a heated pan, add the olive oil and saute onions and garlic until golden; remove and place in a large bowl.
- 2 Saute the spinach just enough to wilt and add to the onion mixture. Add the ricotta cheese and the next eight ingredients (through oregano) to the sauteed vegetables; mix just enough to combine all ingredients.
- 3 In a lightly oiled 9-inch pie pan, sprinkle 1/4 cup bread crumbs. Add the spinach-cheese mixture and top with the remaining bread crumbs. Sprinkle top with paprika.
- 4 Bake at 375 degrees for 40 minutes or until firm in the center.

Order your Seasonal Cookbook(s) today for the low price of \$20.00 each, or \$60.00 for the complete set. Call 800-682-4348



## NUTRITION NOTES

### Green Veggies - Why?

By Brenda Jaek, Nutritional Counselor

We always read about them, hear about them. But WHY are green vegetables so good for us? Green leafy vegetables provide so many important aspects of good nutrition - vitamins, minerals, fiber and so much more. They are also very cleansing.

Nutritionally, greens are very high in calcium, 120 -190 mg per cup. They're high in magnesium, iron, potassium, phosphorous, zinc, and a power house for Vitamin A, C, E and K. Additionally, they are crammed high with folic acid, chlorophyll and many other micro-nutrients and phyto-chemicals.

They are fiber rich - assisting in good digestive health. And giving our overall meal staying power. The more fiber, the longer the food we eat stays with us and the better it is able to sweep our colon.

Additional benefits from eating dark leafy greens are: blood purification, cancer prevention, immune strengthening, promotes healthy intestinal flora, improves liver, gall bladder and kidney function, lifts the spirit, fights depression, clears congestion, especially in lungs, reduces mucus, improves circulation.

What "qualifies" as a green leafy vegetable? Broccoli, bok choy, nappa, Chinese cabbage, green cabbage, kale (my personal current favorite), collards, watercress, mustard greens, broccoli rabe, arugula, spinach\*, Swiss chard\*, beet greens\*, endive and chicory, lettuce, mesclun, wild greens and dandelion.

\* These are best eaten in moderation.

They contain oxalic acid which depletes calcium from your bones and teeth leading to osteoporosis or kidney stones. Eat them with something rich like tofu, seeds, nuts, beans and oil to balance the effect.

How do I eat them?

Raw, cooked - steamed sautéed, stir-fried, roasted - anyway you want - just eat them! We grow so many of them here at New Age in our greenhouses and serve them everyday. In fact, see the recipe for spinach Ricotta Pie in this newsletter. ■

## JUICE FAST MINI WEEK

July 16th - 21st, 2006

Clear your mind, cleanse your body and strengthen your spirit. Fasting at New Age can be a truly transformational experience. Our 6-day program will allow time for preparation, 3 days of fasting and 2 days to break the fast in a caring, stress-free environment. Refreshing vegetable and fruit juices and vegetable broth flood the body with the vital nutrients needed to facilitate detoxification and repair. Our experienced staff will provide you with the education and support you need to achieve your goals. Enjoy a variety of classes, lectures and personal treatments designed to compliment your fasting experience. Two free treatments valued at \$170. are included in this mini week package. ■

## YOGA/FASTING WEEKEND

September 15th-17th, 2006

Practiced for centuries in most religious and cultural traditions, fasting can bring about mental clarity, spiritual strength and physical purification. Our fasting weekend offers a cleansing liquid diet of fresh juices and vegetable broth with lots of yoga and other spiritual classes designed to deeply relax and heal you, body and soul. Call our Nutrition office at x111 for program details. ■