

Spring '05

Recipe

Saffron Chickpea Stew

Yields 6 servings, 329 calories and 10.5 grams of fiber per serving

Ingredients:

- 2 tsp. olive oil
- 1 medium onion
- 3 garlic cloves, chopped
- 1 cinnamon stick
- ¼ tsp. saffron
- ¼ tsp. red pepper flakes
- 1 bay leaf
- Pinch ground cloves
- ½ large fennel bulb (6 oz) sliced thinly
- 1 red bell pepper, large dice
- 1 yellow bell pepper, large dice
- 1¾ cups red tomato, large dice
- ½ cup basic vegetable stock
- ½ cup water
- 3 cups chick peas, cooked, drained and rinsed
- 3 tbsp. parsley, chopped for garnish
- 3 cups cooked brown rice

Instructions:

- 1 Add 2 tsp. of olive oil to a hot saucepan.
- 2 Cook the onion, garlic, cinnamon stick, saffron, pepper flakes, bay leaf and cloves over a low heat until the onions are soft (about 6-8 minutes).
- 3 Add the fennel, red and yellow peppers, and cook for 5 more minutes.
- 4 Add tomatoes, stock, water and chickpeas. Cover and simmer for about 5 more minutes or until peppers are tender.
- 5 Garnish with parsley and serve over rice.



Paulina Tracz

SEE HOW IT'S DONE

Come take a peak behind the scenes and learn about our culinary secrets in these two special demos.

Spa Cuisine Demo

Meet spa chef, Alex Gonzalez, and learn some of his trade secrets on how to prepare simple yet essential spa cuisine recipes. Discover some user friendly tips on how to cook delicious yet healthful food for you and your family and give them a taste test.

Juice Preparation Demo

Join dining room manager, Paul Kocabay, and learn how whole fruits and vegetables are transformed into delicious beverages, the staple meal for guests participating in the spa juice fast program. Enjoy a samples and help us to develop new flavors along the way.

Look for both demos on the activities schedule when you visit. ■

SPRING CLEANSE

The concept of fasting is ancient, but its purpose and benefits are still relevant today. Maybe even more necessary in our modern, fast-paced and toxic world. How many of us would benefit from an introspective retreat that allows rest, rejuvenation and cleansing? If you need a fresh start, join us for our spring juice fast mini week. You will have an orientation the day of arrival, fast for three days and break your fast while here at the spa. You'll enjoy group activities, the daily support of our staff and two free treatments valued at \$150. If you have any questions call the nutrition department at 845-985-7645 ext. 111. ■

May 1st-6th

NUTRITION NOTES



Why is Fiber Important?

By Brenda Jaeck, Certified Holistic Health and Nutritional Counselor.

We often hear that fiber is important - but do we know why? It is crucial for many reasons.

Metabolism of food: fiber controls the speed at which food is assimilated into our system. The higher the fiber content the slower the food is absorbed into the body and therefore it gives us nutrients and energy over a longer period of time. It also keeps us satisfied longer. Slower metabolism also helps to control blood sugar levels thereby assisting in weight loss.

Elimination: fiber creates a "scrub brush" to help drag undigested food and toxins out of the digestive system. This helps in proper elimination, which create more energy, clearer skin and more effective processing of food. Aliments that can be caused by poor elimination include colon disorders (including colon cancer), acne, hernias and hemorrhoids.

So how do we get fiber in our diet? By eating foods closest to their natural state; most notably fresh fruits and vegetables, whole grains, beans and legumes and nuts and seeds. In most cases, 25-30 grams of fiber are recommended daily. If you eat a healthy, whole-food diet rich in fruits, vegetables, whole grains, nuts, seeds and beans you will have no problem getting there. And in the mean time, use the table below to help give you an idea of fiber content in everyday natural foods. ■

Fiber Content of Foods grams fiber/serving

Fiber Content of Foods grams fiber/serving	
Vegetables	
Broccoli	7
Spinach	7
Yams	6.8
Fruits	
Apple	4
Raspberries	4.6
Beans	
Kidney	9.7
Chickpeas	6
Nuts	
	3
Whole Grains	
Brown Rice	3
Oatmeal	4



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