

Fall '05

Recipe

Chicken Provençal

4 servings, 174 calories/serving

Ingredients:

1 tbs. Flour
 ¼ tsp. Oregano
 1/8 tsp. Garlic
 1/8 tsp. Black Pepper
 1/4 tsp. Basil
 1/8 tsp. Salt
 4- 4oz. Chicken Breasts, skinless/boneless
 2 tsp. Oil
 3/4 cup Mushrooms, sliced
 3 tbs. Onions, chopped
 1/2 cup chopped Tomatoes
 1/8 tsp. Salt
 1/8 tsp. Black Pepper
 2 1/4 tsp. Capers
 1 cup Water
 3 tbs. Black Olives, sliced

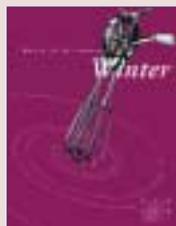
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 complete set of four.



Paulina Tracz

Instructions:

- 1 Combine flour, oregano, basil, garlic, black pepper, and salt.
- 2 Dredge chicken breasts in seasoned flour.
- 3 Preheat oven to 350 degrees. Sear the chicken breasts in an oiled skillet for about 2 minutes on each side, then place in a baking pan.
- 4 Sauté mushrooms, onions, tomato, salt, pepper, and capers for 2 minutes. Add water and black olives to pan.
- 5 Pour vegetable mixture over chicken. Cover the baking pan with foil and bake at 350 degrees for 15 minutes, or until chicken is done.



JUICE FAST MINI WEEK: OCTOBER 23 -28, 2005

Renew, release and restore! Join us for a juice fast mini-week. Juicing allows our digestive system to rest and rejuvenate, while our mind experiences a sense of peacefulness and focus. Our trained staff and the other fasters will act as your guides and comrades during this excursion into better health and balance. The environment of the spa and many relaxing activities also aid in the process. At each meal you can order a custom blended juice, choosing from a variety of seasonal vegetable and fruit juices. Also available is a balancing potassium broth, wheatgrass juice and a special fasters soup. The mini-week package includes your choice of two spa treatments, valued at \$150. If you have questions, contact our Nutrition Department at ext. 111.

NUTRITION NOTES

Quality Vs Quantity

By Brenda Jaeck, Nutritional Counselor

You've heard the expression - less is more? Well, let's apply that to nutrition and healthy eating. People who consume less food live longer. If you live longer you can eat more food. Therefore, less IS more. The better quality the food, the less food you need. Higher quality foods provide more nutrients and flavor. Consider the following:

Organic Food - Organic food tastes better, more vibrant and alive. Organic food contains less chemicals and as such your body does not have to work so hard to dispose of these useless materials. Rather, your body can concentrate on using the nutrients contained in the food.

Whole Food - Food that is closest to its natural form has the most nutrients and fiber. It fills us up faster and takes longer to digest; therefore we are satisfied and our nutritional needs are met with fewer calories. Compare how you feel eating a serving of brown rice (a whole food) to a serving of pasta (a processed food).

Freshly Prepared Food - Consuming food close to when it is prepared allows us to garner more energy and nutrients from it. Think about the energy in food that is lost during processing, storage and transport.

Water - We drink water to hydrate our bodies and to allow the elimination of toxins. If you are drinking water that contains toxins - it is defeating the purpose. It is best to drink bottled, fresh spring or filtered water.

Chocolate - I bring this topic up since it is near and dear to so many people's hearts. When you are in desperate need of chocolate (and who hasn't been) - it is better to have one SMALL piece of good quality chocolate than to continue to obsess about it. One piece of nice quality chocolate (one where the % of cocoa is greater than 57%) will satisfy the craving better than a whole bar of very diluted commercial chocolate.

In summary always remember to stop and think about the quality of food that you are eating. Eat the highest quality food possible. Your body, mind and waistline will thank you for it. ■