

# healthy tiffin

A MONTHLY NEWSLETTER

ISSUE #2 ✨ OCTOBER 2009

IDEAS FOR  
HEALTHY  
HOME-COOKED  
FOODS

## It's Apple-Picking Time

I love the fall in the Northeast because of all the beautiful colors but also because of the wide variety of apples which come in season. And, it's true what they say: An apple a day keeps the



doctor away! Apples are loaded with antioxidants which help our bodies get rid of toxins in our food and the environment. According to Jonny Bowden, PhD, CNS, Apples have the second highest level of antioxidant activity of any other commonly consumed fruit in the US. One of those antioxidants is quercetin, a flavonoid which helps prevent the growth of cancer cells. But, beware, be sure to buy organic apples. According to the Center for Food Safety, non-organic apples have the highest concentration of pesticides.

Okay, so you went apple-picking, you have way too many apples and some are starting to turn a little mushy. Don't worry, just make some applesauce or a delicious apple crisp like the one on the right.

## Apple Crisp

- 1/3 cup maple sugar
  - 1/2 vanilla bean, split with seeds scraped into apple mixture
  - 2 1/4 lbs. apples, peeled, cored and cut into 8 wedges
  - 1 1/2 Tbsp. oat flour
  - 1 Tbsp. lemon juice
  - Pinch of ground nutmeg
  - 1 cup oat flour
  - 2/3 cup maple sugar
  - Pinch of ground cinnamon
  - Pinch of salt
  - 1 stick butter, cut into small pieces
1. Preheat oven to 400 degrees.
  2. Place apples, sugar, seeds from vanilla bean, flour, lemon juice and nutmeg in an 8x8 baking dish. Rub mixture well with your hands so that vanilla seeds are well distributed.
  3. Bake until apples are tender, about 20 minutes. Remove from oven. Stir apples.
  4. Combine flour, sugar, cinnamon and salt in a bowl. Add butter and mix with your fingertips until mixture resembles coarse crumbs. Sprinkle crumbs over apples.
  5. Bake crisp until golden brown, about 20-25 minutes.

*"If you have an apple and I have an apple and we exchange these apples then you and I will still each have one apple. But if you have an idea and I have an idea and we exchange these ideas, then each of us will have two ideas."* — GEORGE BERNARD SHAW

Check out the **ENVIRONMENTAL WORKING GROUP'S GUIDE TO PESTICIDES** at [www.foodnews.org](http://www.foodnews.org).

According to them **the 10 fruits and vegetables with the highest concentration of pesticides** are:

Peaches, Apples, Bell Peppers, Celery, Nectarines, Strawberries, Cherries, Kale, Lettuce, Grapes (Imported), Carrots and Pears.



*Raising Awareness on Eating for Optimal Health*

Rachel Khanna is a Certified Health Counselor and a passionate advocate of organic and local food and a healthy lifestyle. She decided to become a health counselor to fulfill her passion of working with children and parents to improve their health and family life.

With a Master's Degree from Columbia University, she subsequently completed a diploma in Culinary Arts from the Institute of Culinary Education in New York, and received

her training as a Health Counselor at the Institute of Integrative Nutrition in New York City. Rachel owned and operated Tiffin Organic Dinner Delivery Service in Greenwich, CT. Currently, she teaches cooking classes and holds workshops on eating for optimal health. She also offers individual health and nutrition coaching to parents and families.

Rachel is the mother of four daughters and has lived in Greenwich since 2000.

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## Time Management

**Have you ever wished for a few more hours during the day?** Are you frustrated because you feel like you're running around like a headless chicken, even though the kids are back in school and you're supposed to have more time to accomplish all your tasks? Here are some steps you can take to use your time more effectively and efficiently:



- **Allocate time** for planning and organizing.
- **Create to-do lists that are realistic**, not intimidating. Use only one to-do list.
- **Under-schedule your time:** Leave time for the unexpected and for interruptions. When you estimate how long something will take, add on a third of that time.
- **Schedule your time in a way that reduces interruptions** that lower your productivity.
- **Practice the art of intelligent neglect:** Eliminate trivial tasks.
- **Prioritize what is most important** and do that first.
- **Consider your biological prime time:** At what time of day do you work best? Plan to do your most important work at that time.
- If you say yes to everything that comes your way, **learn to say no.**
- **Ask for help** and delegate.
- **In the evening make your to-do list for the next day**, so it will be out of your brain and on a piece of paper. Leave work with a clear head and a clean desk.
- **Acknowledge yourself daily** for all that you have accomplished.

Always be sure to take some time for yourself during the day!  
You can't take care of anyone else if you are not feeling your best.

## UPCOMING EVENTS

### COOKING WITH WHOLE GRAINS

Thursday, October 15  
10am-1pm

Not quite sure what to make of Quinoa, Millet, Amaranth? Whole grains are loaded with vitamins, minerals, fiber and anti-oxidants. They are a great source of energy and help support your immune system.

Join me for a hands-on cooking class where you'll learn quick and easy ways to incorporate whole grains into your diet. Learn how to make Quinoa and Ginger Muffins; Amaranth, Quinoa and Corn Chowder; Bulgur and Chickpea Salad; Millet-Chocolate Crunch.

Fee: \$50/person  
(limit 8 people)

### WHOLE FOODS TOUR

November 12, 9-11am

With the wide variety of foods, super-foods, and foods touted as healthy available on the market today, making sound food choices has become very confusing.

Join me for a tour of Whole Foods to gain a better understanding of what choices to make at the super-market.

Fee: \$20/per person  
(limit 10 people)

### HEALTHY SNACKS FOR YOU AND YOUR KIDS

November 19, 10am-1pm

Are you fed up of the junk food but not quite sure what the alternatives are? Join me for a hands-on cooking class where you'll learn how to make some healthy snacks for you and your children.

You'll learn how to make All-Natural Energy Bars, Fig-Oat Bars, Raisin-Dark Chocolate Granola Bars, and get some ideas of other healthy snacks to make for you and your kids. Workshop includes lunch.

Fee: \$50/per person  
(limit 8 people)

### SUGAR BLUES WORKSHOP

December 3, 9am-11am

Are you constantly craving sweets and want to understand why? Do you want to gain control without deprivation? If you've ever had cravings for sweets, this is the workshop for you. I've designed this class to permanently change your relationship with sugar. You will leave this class understanding the causes of your sugar cravings and you'll receive practical tools for dealing with them.

Fee \$25/per person  
Location to be determined

## DID YOU KNOW?

In addition to the Greenwich Farmer's Market, the Westport Farmer's Market is still going strong.

**Westport Farmer's Market**  
Imperial Avenue Parking Lot  
Westport, CT  
Thursdays, 10am-2pm

Below is a list of local restaurants which use local and/or organic products:

**Boxcar Cantina**  
(Family Friendly)  
The owner has done a great job of reinvigorating the Boxcar Cantina in Greenwich, CT. They serve very good Tex-Mex food,

most of which is sourced from local farms.

**Napa & Co.**  
A little more upscale and trendy and also very good is Napa & Co. in Stamford, CT, which serves contemporary American food. A large portion of their products come from the CT area.



## SPECIAL OFFER:

**Free Initial Consultation with Rachel Khanna, Health Counselor**

This free 45 minute to 1 hour session includes a full discussion of your health history and health goals, a chance to get your questions answered and the opportunity to find out more about a personalized health program, completely catered toward your busy lifestyle and needs.