

# healthy tiffin

A MONTHLY NEWSLETTER

ISSUE #3 ✨ NOVEMBER 2009

IDEAS FOR  
HEALTHY  
HOME-COOKED  
FOODS

## Know Your Roots

The roots of any plant are its anchor and foundation; they are the essential parts that support and nourish the plant. Root vegetables lend these properties to us when we eat them, making us feel physically and mentally grounded and rooted, increasing our stability, stamina and endurance. Roots are a rich source of nutritious complex carbohydrates, providing a steady source of necessary sugars to the body. Instead of upsetting blood sugar levels like refined sweet foods, they regulate them. Since they absorb, assimilate and supply plants with vital nutrients, roots likewise increase absorption and assimilation in our digestive tracts.



Long roots, like burdock, carrots, parsnips and daikon radish, are excellent blood purifiers and can help improve circulation in the body and increase mental clarity. Round roots, like turnips, radishes, beets and rutabagas, are nourishing to the stomach, spleen, pancreas and reproductive organs and can help regulate blood sugar and moods, and alleviate cravings. In addition, beets, parsnips and rutabaga are full of potassium, which works with water to maintain our body's water balance. All root vegetables are high in antioxidants which help our body fight environmental stresses, and help prevent a whole host of diseases.

## Roasted Root Vegetables

Serves 6-8

- 2 sweet potatoes, peeled and cubed
  - 2 beets, peeled and cubed
  - 2 carrots, peeled and sliced into rounds
  - 2 onions, chopped
  - 2 parsnips, peeled and sliced into rounds
  - ½ butternut squash, peeled and cubed
  - 2 garlic cloves
  - fresh rosemary
  - olive oil
  - salt and pepper
1. Preheat oven to 350 degrees.
  2. Chop vegetables into bite-sized pieces and place in baking pan.
  3. Drizzle with olive oil, toss to coat and season with salt and pepper, and rosemary.
  4. Bake 1 hour, or until tender.

*“I never worry about diets. The only carrots that interest me are the number you get in a diamond.”*

— MAE WEST



### 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.



## 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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## Did You Know?

Garlic will help you fight the flu, as well as vampires! Garlic contains Allicin, a chemical found to deactivate viruses, fungi and bacteria.

As Sally Fallon notes in *Nourishing Traditions*,

"...garlic and onions have long been valued for their use cooking, as picked snacks and for medicinal purposes. Studies have corroborated the beliefs that these foods hinder the growth of intestinal parasites and germs and help fight off infections, both in the digestive tract and in the lungs."

Garlic has also been shown to lower LDL ("bad") cholesterol, and the allicin in garlic helps reduce plaque in the arteries. Finally, garlic helps produce cancer-fighting proteins created by the cells of the immune system.

In her book, *Food and Healing*, Annemarie Colbin notes that, "To prevent infection, even dysentery when traveling, take a raw clove, cut into a few small pieces, and swallow with a little water or juice one to three times per day."

For more information, check out *Food and Healing* by Annemarie Colbin and *Nourishing Traditions* by Sally Fallon.



## Garlic Soup

Serves 6

- |  |  |
|--|--|
| 2 onions, peeled and chopped                     | 1. Sauté onions, garlic and celery in butter until soft.         |
| 16 cloves of garlic, peeled and coarsely chopped | 2. Add stock or water and potatoes. Bring to a boil.             |
| 2 stalks celery, chopped                         | 3. Add thyme, salt and pepper. Simmer until potatoes are tender. |
| 4 Tbsp. butter                                   | 4. Let soup cool a bit and then purée.                           |
| 6 cups vegetable stock or water                  |  |
| 2 potatoes, peeled and diced                     |  |
| 2 sprigs thyme                                   |  |



### FORWARD TO A FRIEND

It's such a pleasure to help those closest to us to become happier and healthier. Please forward this newsletter to friends, family members or colleagues who might be interested and inspired by it.

## UPCOMING EVENTS

### 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 supermarket.

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

### TWO ANGRY MOMS SCREENING AND APPEARANCE BY AMY KALAFI

November 17, 11:30-2pm

Filmmaker and Mom, Amy Kalafa of Weston, CT, made the movie, 'Two Angry Moms,' because she was fed up with her children eating highly-processed food filled with additives and preservatives at school.

A growing number of kids aren't getting enough vital nutrients, the kind found only in real, whole food. If your kids are eating pizza, chicken nuggets and 100-calorie snack bags, chances are they aren't getting the right kind of nutrition for proper growth, academic and athletic performance. RSVP to Rachel@healthytiffin.net

### 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, RSVP to Rachel@healthytiffin.net

### 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

### A TASTE OF INDIA: COOKING CLASS

December 10, 10am-1pm

Are you looking for some variety in your meals? Join me for a hands-on cooking class to learn some tasty and quick Indian recipes that you and your family will love. You'll learn how to make Indian Chicken Kebabs with Cucumber Raita, Cabbage with Peas, Dal, Turmeric Rice, and Carrot Halva.

Fee \$50/per person  
Limit 8 people, RSVP to Rachel@healthytiffin.net