

healthy tiffin

A MONTHLY NEWSLETTER

ISSUE #6 ✪ FEBRUARY 2010

IDEAS FOR
HEALTHY
HOME-COOKED
FOODS



Oats

ON COLD WINTER MORNINGS, nothing is better than a warm bowl of oatmeal.

Oatmeal is a great food. Oats are a whole grain that is high in fiber and, if processed properly, gluten-free.

Because of the high fiber content, they don't cause a spike in blood sugar levels and subsequent crash.

I recently went for a retreat at the Kripalu Yoga Center in the Berkshires – which I would highly recommend to all of you – and had a delicious baked oatmeal for breakfast one day. So, I wanted to share my version of the recipe with you.

Baked Oatmeal

3 cups rolled oats
1 cup maple or date sugar
2 tsp. ground cinnamon
2 tsp. baking powder
1 tsp. salt

1 cup milk (I prefer to use almond or rice milk)
2 eggs
½ cup melted butter
2 tsp. vanilla extract
¾ cup dried cranberries or raisins

1. Preheat oven to 350 degrees.
2. In a large bowl, mix together oats, brown sugar, cinnamon, baking powder, and salt. Beat in milk, eggs, melted butter, and vanilla extract. Stir in dried cranberries. Spread into a 9"x13" baking dish.
3. Bake for 40 minutes.

Here's a great snack recipe I like to use oats for:

Raisin and Dark Chocolate Granola Bars

2 cups rolled oats
½ cup raisins
½ cup semisweet chocolate chips
¾ stick (6 Tbsp.) unsalted butter
⅓ cup date sugar
3 Tbsp. honey

1. Preheat oven to 350 degrees. Line a 9" square baking pan with foil – extend foil over sides of pan. Butter foil.
2. Mix oats, raisins, chocolate chips in a bowl. In a small pan, combine butter, sugar and honey. Stir over medium-low heat until mixture is smooth and comes to a simmer.
3. Combine oat and butter mixture and stir well. Transfer to baking pan.
4. Bake until top is golden brown, about 30 minutes. Cool on rack then lift foil out of pan and cut into squares.
5. You can add nuts, sunflower seeds or other dried fruit to this recipe.



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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MY HUSBAND RECENTLY READ Me something that Bob Schieffer said on *Face the Nation* which I wanted to share with you:

I have no idea where this came from or who wrote it – if I did I'd give them credit – but a friend who knows I love dogs e-mailed the following, which I pass along today only because it seems a nice thing to share at the beginning of a new year. It's a list of what we would learn if dogs were our teachers.



Lessons We Can Learn From Dogs

- Always run to greet loved ones when they come home.
- Never pass the opportunity to go for a joy ride.
- Recognize the ecstasy of fresh air and wind in your face.
- Take naps. (I do that!)
- Stretch before rising.
- Run, romp, and play daily.
- Thrive on attention (I do that) and let people touch you.
- Avoid biting when a simple growl will do.
- On warm days, lie on your back in the grass.
- On hot days, drink lots of water and find the shade.
- When you're happy, dance around and wag your entire body.
- Enjoy long walks.
- Be loyal.
- Never pretend to be something you're not.
- If what you want is buried, dig deep until you find it.
- And, when someone is having a bad day, be silent, sit close by and nuzzle them gently.
- We'd be better off, better people...if we acted more like dogs.

—by Bob Schieffer, *Face the Nation* – CBS

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

EATING FOR ENERGY (Lecture)

February 11, 2010,
9:00am-11am

What would your life be like with an abundance of energy and vitality? What foods are best to eat to increase your energy? Join me for a lecture on how to boost your energy levels with healthy foods.

Fee: \$30/per person
RSVP to Rachel@healthytiffin.net

COOKING WITH WHOLE GRAINS (Hands-On Cooking Class)

February 25, 2010,
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 Creamy Farro and Chickpea Soup; Bulgur and Grape Salad; Quinoa with Chickpeas and

Spinach; Warming Pear Congee.

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

WHOLE FOODS TOUR March 4, 2010, 9-11am

With the wide variety of foods, superfoods, 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: \$25/per person (limit 10 people)
RSVP to Rachel@healthytiffin.net

TOP 20 HEALING FOODS (Lecture)

March 25, 2010, 9-11am

Did you ever wonder what kuzu root or ghee are good for? Join me for a class on how which foods are crucial to good health. We'll talk about the top 20 healing foods and how these can be incorporated into your diet. Fee: \$30/per person
RSVP to Rachel@healthytiffin.net

I HOPE YOU WILL MAKE TIME to attend the following event at the Greenwich Audubon Center, at which I will be on the discussion panel.

FRESH: The Movie & Panel Discussion

Saturday, February 27
2:00-4:30 pm

Local, organic and sustainable food movements are gaining ground and this event will kick off a series of related events. 'FRESH The Movie' provides a vivid glimpse into our nation's broken food system, but also shows activists who are working for change, policies responsible for our current system, and outlines the change we need for a food system that sustains our health, our farmers, and our planet. Selected exhibitors will be on site. A panel discussion and an organic wine and cheese reception will follow the movie.

Doors open at 2:00 pm / Movie at 2:30 pm.

Tickets available in advance only.

Buy tickets online at www.brownpapertickets.com for \$7.

Or pay \$15 at the door—but only if space permits.

Seating is very limited. (Snow date: Feb. 28th)