

# healthy tiffin

A MONTHLY NEWSLETTER

ISSUE #7 ✨ MARCH 2010

IDEAS FOR  
HEALTHY  
HOME-COOKED  
FOODS

## Where's the Bison?

HAVING RECENTLY TRAVELED OUT WEST, I thought of introducing you to a type of meat that is very common there: Bison. Bison is a very healthy meat to eat for many reasons: first, it is generally wild and not raised in large factory farms. As a result, it is not fed hormones and antibiotics as much conventional beef is. Moreover, because bison graze on wild grasses and hay, their meat is very healthy. Grass-fed animals because they eat grass are very high in Omega 3s and vitamins A, B complex, and D, which are essential for health: vitamin A is an antioxidant; the B complex vitamins are important for brain function and help prevent depression and anxiety; and vitamin D is important for healthy bones and teeth. Grass-fed animals are also high in Conjugated Linoleic Acid (CLA), which has been shown to lower diabetes and heart disease.

As Nina Planck writes in her book, *Real Food: What to Eat and Why*, "A polyunsaturated omega-6 fat, CLA prevents heart disease (probably by reducing atherosclerosis), fights cancer, and builds lean muscle. CLA aids in weight loss in several ways: by decreasing the amount of fat stored after eating, increasing the rate at which fat cells are broken down, and reducing the number fat cells...CLA inhibits growth of human breast cancer cells in vitro."



## Bison and Dark Beer Chili

(Serves 8)

1 Tbsp.	Cumin, ground
½ Tbsp.	Coriander, ground
2 ½ lbs.	Ground Bison Meat
1 Tbsp.	Butter or Olive oil
3	Onions, chopped
2	Red Peppers, chopped
2	Yellow Peppers, chopped
1	Jalapeno Pepper, chopped
2 Tbsp.	Chili Powder
2 tsp.	Chipotle Chilies in adobo sauce, chopped
128 oz. can	Pureed Tomatoes
2 cups	Aduki Beans, soaked overnight and cooked
6 oz.	Dark Beer

1. Toast cumin and coriander in skillet over medium heat until darker and fragrant.
2. Saute ground bison in heavy large pot over medium-high heat until no longer pink, breaking up with spoon, about 8 minutes.
3. Add onions, all bell peppers, and jalapenos. Saute until vegetables begin to soften, about 15 minutes.
4. Mix in toasted spices, chili powder, and chipotle chilies. Add crushed tomatoes, beans, and beer. Bring chili to boil, stirring occasionally. Reduce heat and simmer 20 minutes, stirring often. Season with salt and pepper.
5. Serve with grated cheddar cheese and sour cream.

### 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.



## 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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## Chew Your Food

DID YOU KNOW THAT digestion actually begins in the mouth? The mouth is where contact with our teeth and digestive enzymes in our saliva break down food. Saliva breaks down

food into simple sugars, creating a sweet taste. The more we chew, the sweeter our food becomes, so we don't crave those after-meal sweets. Chewing reduces digestive distress and improves assimilation, allowing our bodies to absorb maximum nutrition from each bite of food. More chewing produces more endorphins, the brain chemicals responsible for creating good feelings. It's also helpful for weight loss, because when we are chewing well, we are more apt to notice when we are full. In fact, chewing can promote increased circulation, enhanced immunity, increased energy and endurance, as well as improve skin health and stabilize weight. So make sure you chew your food at least 25 times!

*“Fear less, hope more; Eat less, chew more; Whine less, breathe more; Talk less, say more: Love more, and all good things will be yours.”* – SWEDISH PROVERB

## CHECK OUT:

I RECENTLY WENT TO A GREAT RESTAURANT in New York City called **Rouge Tomate** which I would highly recommend for a special dinner in New York City. Executive Chef Jeremy Bearman, an alumnus of L'Atelier de Joel Robuchon in Las Vegas and New York City's db Bistro Moderne, has developed a market-driven, seasonal Modern American menu that utilizes sustainable ingredients procured from local purveyors, including Hawthorne Valley Farms, Old Chatham Shepherding Co, and Griggstown Farm & Market.

Bearman and executive pastry chef James Distefano

collaborate with culinary nutritionist Natalia Rusin on sweet and savory dishes to ensure that each follows the principles of SPE. A culinary and nutritional charter developed by chefs and nutritionists, SPE is based on a genuine respect for ingredients and the crafting of balanced dishes that naturally marries thoughtful, well-executed cuisine with authentic nutrition. **Rouge Tomate** is located at 10 East 60th Street (between Madison Avenue and Fifth Avenue).

For reservations or more information, please call

**646.237.8977** or visit [www.rougetomatenyc.com](http://www.rougetomatenyc.com).

## UPCOMING EVENTS

### TOP 20 HEALING FOODS

(Lecture)

March 25, 2010, 9:00am-11am

Did you ever wonder what kuzu root or ghee are good for? Join me for a class on 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](mailto:Rachel@healthytiffin.net)

### SPRING CLEANSING FOODS

(Hands-On Cooking Class)

April 8, 2010, 10:00am-1:00pm

Spring is here and it is the perfect time to cleanse your body. Join me for a hands-on cooking class to learn some simple recipes that will help your body cleanse and prepare for Spring.

Fee: \$50/per person

RSVP to [Rachel@healthytiffin.net](mailto:Rachel@healthytiffin.net)

### HEALTHY AGING

(Lecture)

April 15, 2010, 9:00am-11am

Spring is here and it's a time for rejuvenation. Homeopath and herbalist, Mel McDivitt, will join me for a presentation on healthy aging. We will discuss what foods, herbs and lifestyle habits help in the aging process. We will also discuss the benefits of seasonal cleansing.

Fee: \$50/per person

RSVP to [Rachel@healthytiffin.net](mailto:Rachel@healthytiffin.net)

### HEALTHIER FOODS, HEALTHIER FAMILIES

(Lecture)

April 17, 2:00-3:30pm

at the Greenwich Audubon Center

Did you know that roughly 70% of antibiotics in the U.S. are given to animals? Or that there are now more overweight people in the world than starving people? Join me to learn how to choose healthier foods and explore some of the myths surrounding our food supply.

Suggested Donation: \$10

RSVP to Jeff Cordulack at the Greenwich Audubon (203) 869-5272 x239

### COOKING OF THE MEDITERRANEAN

(Hands-On Cooking Class)

April 22, 10:00am-1pm

The Mediterranean diet has been shown to prevent heart disease, cancer and diabetes. Discover why Mediterranean foods are so health, and learn some simple and delicious recipes from the Mediterranean region.

Fee: \$75/per person

RSVP to [Rachel@healthytiffin.net](mailto:Rachel@healthytiffin.net)

### COOKING FOR BONE HEALTH

(Hands-On Cooking Class)

April 29, 10:00am-1:00pm

The food in our diet can weaken bones, leading to problems later on in life. Come and learn about the best foods to strengthen bones and some simple recipes for optimal bone health.

Fee: \$75/per person

RSVP to [Rachel@healthytiffin.net](mailto:Rachel@healthytiffin.net)

