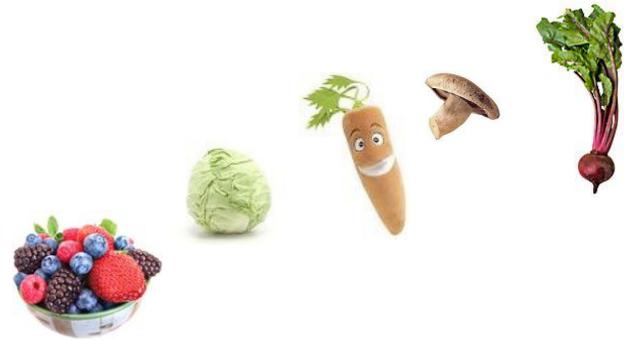


## ***Magical Food***



Every week a most amazing bag of groceries comes to me. Although I can be fairly certain that I will be getting something colorful, in season, and local, I open the bag with a child's anticipation of unwrapping a birthday present. Yes! food ...Glorious Food!

### ***Keeping your bag of wonderful food FRESH***

The refrigerator is your ultimate 'time machine.' Using it to it's potential will help you prepare for daily meals of superior nutrition. Washing, bagging and/or storing the vegetables in your Grey Bears bag means these items will be ready to use when you need them. Identify those items that you will need to make a fresh salad (dress just before eating to reduce wilting). Prepared salads can be stored in air-tight containers and eaten over 2-3 days. Similarly, identify soup ingredients in your bag and cook up a hearty soup. This soup, once cooled, can be stored and eaten over 2-4 days. Remember that soup portions can also be put in your freezer and will keep for weeks. Just remember to pull them out the night before for defrosting. These come in handy when you don't feel like cooking or happen to have visitors. Ta da!



produce



washing



bagging



Salad in air-tight container

**Food, glorious food, We're anxious to try it, Three banquets a day, Our favorite diet!  
- lyrics from the Broadway musical, *Oliver***

### ***STAYING AHEAD of your hunger***

Having your 'Favorite 15 Recipes' readily accessible is another way of staying ahead of your hunger. Write down those 'default' recipes that you enjoy over and over again. For example, what are your 3 favorite breakfasts, 3 lunches, 3 dinners, 3 snacks, and 3 desserts? Put this collection in a notebook. Leave space to add new variations (substituting ingredients from your bag) and watch our favs grow!

Ideas: breakfast	lunches	dinners	snacks	desserts
hot cereal/oats	salad	hearty salad	fruit and crackers	fruit/applesauce
fruit smoothie	sandwich	soup/ stew	veggies and hummus	banana tapioca
pancakes and fruit	burrito	hot veggie medley	smoothie	lemon sorbet

## *The Best Rule: Be FLEXIBLE and CREATIVE*

Now that you have your 'Fav 15,' remember that when a change presents itself (new items in your bag), be flexible and creative to see how this unexpected option gives you an opportunity to discover a new twist to an old recipe. (This is how inventions and new menu items come about). Be a trendsetter! What? Almond butter, banana, and spinach sandwiches? OK...how about a spicy yam and rice burrito?

### **Black Bean Spread/Dip**

(a great ready-to-go snack w/ veggies)

#### Ingredients:

- 1 1/2 cups cooked or canned beans, rinsed and drained
- 1 cup salsa
- 1/2 teaspoon ground cumin

#### Directions:

Combine all ingredients in a bowl, blender or food processor. Depending upon your choice of bean and the above method of preparation, you will have different colored and textured spreads: white, brown, black, red, etc. - and whole bean, lumpy to smooth. Stored in a covered container in fridge this spread/dip will keep for up to 3 days.

## *The JOY of marvelous food*

There is so much pleasure in preparing and eating food with others. See if one day this week you might find the opportunity to share some cooking and munching with others.

My grandma recently taught me how to prepare and cook the stems along with the leaves of the chard. In turn she was amazed that I would chop up and include a huge handful of chopped parsley to put in our salad. She had always thought of parsley as a condiment! We laugh, learn, and enJOY being foodies!

You know you are going to be hungry in just a couple of hours. Score high by taking time to prepare foods ahead of your growling stomach. Veggies, fruits, salads, and soups stored in air-tight containers are meals and snacks ready to munch.



**Oh food magical, food, wonderful, food, marvelous, food, ...glorious food!**

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Sandi Rechenmacher HHP, NC, MH and a Grey Bear!  
 Nutritional Consultant & Educator ☼ Food for Life Instructor  
 PO Box 1403, Soquel, CA 95073 ☼ [simplynutritious@gmail.com](mailto:simplynutritious@gmail.com)  
 Cancer/Diabetes Prevention ☼ **831-325-3811**

California Grey Bears  
 1055 Chanticleer Ave. Santa Cruz,  
 CA 95065 831-479-1055  
[www.greybears.org](http://www.greybears.org)

