

eat well

REFINE

Kale's superstar status has recently been recognized by chefs, doctors, dietitians, farmer's market regulars and cooking mags for

superfood

KILLER KALE

its versatility and top-notch nutritional value. And, we can't help it—we just have to hail kale, too. Fall's bounty presents the perfect opportunity to take this leafy green for a test drive in your kitchen. Frost and cooler weather cause the starches in kale to turn to sugar, so while a bit bitter in the summer months, these luscious leaves become sweet when temperatures dip in late autumn. A member of the cabbage family, kale is in the same culinary category as collards, mustard greens and Swiss chard. With 684 percent (no, that is not a misprint) of your daily value of vitamin K, 206 percent of your daily value of vitamin A, and 134 percent of your daily vitamin C needs—not to mention its calcium and iron content—kale is one palatable powerhouse. Our favorite kale is the dinosaur variety, sometimes called Tuscan. But after first frost, you can't go wrong with any type. Look for leaves that are thick and crisp and check stem bottoms, which should look freshly cut, not dried and cracked. Keep in a tightly sealed bag in your refrigerator's crisper for up to a week. To get the most flavor, blanch in salted boiling water until bright green (1 minute), then shock (stop cooking) in a bowl of ice water. Once blanched, chop and add to stir fries, soups and even breakfast dishes like home fries and omelets.

Hearty White Bean and Kale Soup

Created by Anna Bullett, MS, RD

2 tablespoons olive oil . 1 cup onion, diced
 1 cup carrot, peeled and diced . 4 cloves garlic, minced . 1 quart water
 2 cubes low-sodium vegetable or chicken bouillon . 3 packed cups kale, chopped . 1 can (14.5 oz) diced tomatoes . 1 teaspoon dried basil
 1 teaspoon dried oregano . 1 bay leaf . 1 can (14.5 oz) low-sodium cannellini beans, drained and rinsed . 1/2 teaspoon salt . 1/2 teaspoon ground black pepper

1. In a large soup pot, heat olive oil over medium heat. Add onion and carrot, cook 3 minutes.
2. Add garlic and cook 2 more minutes, stirring often.
3. Add water, bouillon, kale, tomatoes and dried herbs. Cover and simmer 5 to 10 minutes.
4. Add beans and cook 3 more minutes. Season to taste with salt and pepper.
5. Serve with warm, crusty bread and grated parmesan cheese.

Makes 6 12-oz. servings

calories per serving 230; fat 7g; protein 11g; carbohydrate 31g; dietary fiber 6g; cholesterol 5mg; sodium 420mg



THE BREAKDOWN on Processed Foods



Technically speaking, all handling of food ingredients, from picking to peeling to freezing to cooking could be defined as food processing. In today's society the words "processed food" are generally understood as a reference to packaged or fast food. And, indeed, these are often highly processed foods that are a far cry from their original form. But what exactly is so bad about all that mechanical processing? One could argue that brining, pickling and fermenting are all "processes" that transform a food from one state to another with the addition of other ingredients and time. Still, a pickle is not on par with a pastry. A pickle only has a few ingredients, the main one of which still looks like the cucumber it came from—the nutrient value may be lessened by the process but the key elements of the food remain. Foods that are truly "processed" are ones that start as one thing and with the addition of many non-nutritional ingredients—preservatives, thickeners, flavor enhancers—end up as something totally different.

To be fair, the Food and Drug Administration identifies all of the ingredients used in the processed foods we consume as GRAS, (Generally Recognized As Safe) meaning there is no research to support that any of the named additives cause toxicity or disease when consumed. Still, dietitians teach that a real food is one that is close to its original form and provides protein, fiber, vitamins, minerals and essential fatty acids in addition to calories.

continued on back page



Embracing fall flavors will help you welcome the colder months. After brushing up on kale's ability to be way more than a garnish (front page), get toasty with our hearty soup recipe.

Refine your attitude towards processed foods with our breakdown on the subject matter on the front and back pages. When in doubt, seek simple foods and ask yourself, "What would Grandma have eaten?" When it comes to an ingredient list, less is more.

The USDA supports this advice with its new *Choose My Plate* campaign. Read up on the easy-to-understand approach to mealtime, at right, and bid farewell to the food pyramid.

While a lettuce lunch may seem like the best choice, it is what's on the lettuce that makes or breaks your salad's nutrition profile. Check out our *Food Fiction* section and see how your salad stacks up.

Speaking of greens, living lighter on the earth's surface takes constant care and reinvigoration. See our five simple sustainable steps for turning your kitchen a deeper shade of green—no paint necessary. Enjoy the warm flavors and aromas of the season and...

Eat well,
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Have a nutrition question for Anna?
E-mail her at nutrition@culinartinc.com.
If we use it in a future newsletter,
lunch is on us.

STEP UP to the plate

SAY GOOD-BYE TO THE ANCIENT PYRAMID...

THE FOOD PYRAMID THAT HAS GRACED CEREAL BOXES SINCE ITS 1992 INCEPTION IS NO MORE. ACCORDING TO THE AMERICAN DIETETIC ASSOCIATION, YOUR PLATE IS ALL YOU NEED TO BUILD A BALANCED MEAL. STICK TO PLATES THAT ARE 8 INCHES IN DIAMETER AND DO YOUR BEST TO FILL HALF OF IT WITH VEGETABLES AND FRUIT, 1/4 WITH WHOLE GRAINS, AND 1/4 WITH LEAN PROTEIN. DAIRY CAN BE ADDED IN TO 1 OR 2 MEALS A DAY OR AS A SNACK. PROPORTIONS WORK JUST AS WELL FOR A ONE-POT MEAL (THINK CROCK POT OR CASSEROLE).



MAKE HALF YOUR PLATE VEGGIES

Despite government advice, farmer's market abundance, media attention and common sense, Americans still fail to eat the recommended 2 to 3 cups of vegetables a day. *Try: spinach and tomatoes in eggs . butternut squash or pumpkin puree in muffins bell peppers and pico de gallo in burritos . arugula on small whole grain bagels with low-fat cream cheese . cauliflower pureed in bean spreads . chopped carrots added to frozen meals or pureed in sauces . string beans roasted with olive oil and garlic*



AND DON'T FORGET THE FRUIT

A 2003 study in the journal *Nutrition* found that women who ate 3 apples or pears a day experienced significantly more weight loss than women who nibbled on a non-fruit snack. Pass up processed confections for mother nature's all-natural sweets. *Try: blueberries on cereal . pineapple with cottage cheese and granola . strawberries in smoothies . apple slices with cinnamon and honey . chutney on sandwiches . cranberries in tuna . raisins on salad . fresh mango salsa on fish or meat . figs with arugula and balsamic vinegar*



PACK ON THE PROTEIN POSSIBILITIES

According to the USDA's 2010 Dietary Recommendations for Americans, teenagers and adults need 5 to 6 ounces of protein a day. A portion is equivalent to the size of a deck of cards or the size of your flat hand. That is probably a lot less than you think you need. *Try: egg whites with turkey or veggie sausage . grilled or sautéed tofu . soups or stews with lean meat or beans . beans on tossed salad . hummus as a sandwich spread pan-seared fish . boneless pork chops.*



MAKE AT LEAST HALF YOUR GRAINS WHOLE

Whole grains are superior to refined grains because of their high fiber and nutrient content. Fiber plays an important role in heart disease prevention, proper digestion, and weight maintenance. *Try: whole wheat english muffins . whole wheat frozen waffles . whole wheat french toast . cold grain quinoa salad . soup with barley sushi with brown rice . whole wheat pasta with peppers, onions, tomatoes and chicken sausage . whole wheat bread stuffing with roast turkey breast . whole grain corn tortillas for tacos*



DISH UP LOW-FAT DAIRY

Don't forget to include food sources that contain calcium and vitamin D in your diet. Whether incorporated into a recipe, or on the side, skim or 1-percent milk, plain, non-fat or low-fat yogurt, part-skim cheeses, and frozen yogurt are all excellent dairy selections. Aim for 2 to 3 servings of dairy a day. Remember: cream cheese and butter are not a source of calcium and are not low in fat. Calcium-fortified foods, such as orange juice and some cereals, lack the protein and other nutrients found in real dairy products. *Try: skim milk or fortified soy milk on cereal . low-fat cheese on eggs or burritos . fat-free yogurt with fruit and granola . low-fat cottage cheese with fruit . low-fat ricotta- and spinach-stuffed whole wheat shells*

Food fiction?

I have a big salad for lunch every day. I have healthy eating covered.

Not so fast, Bugs Bunny. Yes a salad *can* be the healthiest thing going, but what else is in that pile of raw veggies? Salads often include much more than lettuce, carrot and tomato and just because something is located on a salad bar does not automatically make it healthy. Let's run some numbers: One ounce—two tablespoons—of shredded cheddar cheese contains 113 calories and 9 grams of total fat, 6 grams of which are saturated. One ounce of seasoned croutons adds on 130 calories and 5 grams of total fat. One ounce of regular ranch dressing adds 148 calories and 16 grams of fat, ¼ of your recommend daily fat intake. One ounce of walnuts adds 183 calories and 18 grams of fat, a high number, but almost all unsaturated, heart-healthy fat. If you were keeping track that is 574 calories in toppings alone. When assembling your leafy lunch, fill ¾ of your container with lettuce and vegetables, then divide the final quarter between crunchy and creamy. An easy rule to follow: One fat and one crunch; so dressing and croutons, but no cheese or nuts; or cheese and sunflower seeds, but no dressing or tortilla strips.

Want an even savvier salad? Swap saturated fats for heart-healthy unsaturated fats. Think avocado instead of cheese, olive oil and vinegar instead of dressing and walnuts instead of bacon bits. The calorie total will remain similar but the nutrition density will improve.

Bottom line: Fat on salad does serve a purpose (helping metabolize fat-soluble vitamins for example), but the calories of salad toppings that are high in fat add up quickly and must be factored into your daily intake. A little goes a long way—a simple drizzle of olive oil or one ounce of almonds will suffice.



Healthy home

healthy seasonal treats for family & friends



Serve these kid-approved after-school snacks to the family or in pretty wrappings to friends at your next get together.

Popcorn balls: Cook ¼ cup honey and ¼ cup peanut butter over medium heat, stirring until mixture bubbles. In a large bowl place 6 cups of popped corn. Gently stir in the heated mixture, 2 tbsp mini chocolate chips and 2 tbsp dried cranberries. Dip hands in ice water and work quickly to make 2-inch balls out of the mixture. Squeeze firmly to form. Place on wax paper to cool. Wrap each ball tightly in plastic and store in an airtight container.

Seasoned pumpkin seeds: Preheat oven to 375 degrees. In a bowl toss 2 cups of pumpkin seeds with 1 tbsp oil, 1 tbsp sugar, ½ tsp salt, ½ tsp chili powder and 1/8 tsp nutmeg. Bake 7 to 12 minutes or until golden and crisp.

Dark chocolate-dipped pretzel rods: Line a pan with wax paper. Melt semi-sweet or dark chocolate chips in microwave. Dip a whole grain pretzel rod in chocolate, coating upper 2/3. Tap off excess dripping chocolate and place on wax paper. Working quickly, sprinkle with chopped candy-coated sunflower seeds.

Fruit and cereal snack mix: Use clean kitchen shears to cut dried papaya in bite size strips. Mix with shredded coconut, dried banana chips, butterscotch chips, cashews and Cheerios.

SUSTAINABLE SOLUTIONS: How Green Is Your Kitchen?

Look no further than any design magazine or new-model home—the kitchen is the new living room. From rushed mornings and family dinners to holidays and house parties, the heart of the home is where the cooking's done. Showcase your commitment to sustainability by making your kitchen over into a greener version of itself. Here are 5 simple ways to get started:

Invest in energy-efficient appliances. Appliances are expensive, but keep in mind that over time, those that use less water energy will save big-time bucks on bills. Replace one outdated appliance at a time, beginning with those you use most, such as the fridge and dishwasher.

Recycle. The three-R's may seem so 1992, but if your curbside pickup includes recycling services, take advantage and do your part to keep glass, plastic, metal and paper out of landfills. Remember to remove plastic windows from envelopes, give glass jars a rinse and flatten boxes.

Clean green. Never underestimate the power of lemon, vinegar and baking soda. Small kitchen messes such as those from coffee or vegetable prep can be cleaned with vinegar or mild castile soap. Baking soda mixed with water makes a perfect counter scrub. Find homemade cleaning product formulas at greenamerica.org.

Use what's in your cupboard. Save on money and improve mealtime ambiance with real plates, real flatware and cloth napkins. Disposable meal containers, utensils and food scraps are a major cause of waste in American landfills.

Shop smart. Buying in bulk not only saves money, it can cut down on packaging. Look for food and household goods that come in packages with limited excess cardboard, plastic and wrapping. If your grocery store has a bulk section, scope out the options. At home, transfer into glass or plastic jars for easy access and an attractive storage solution.



THE BREAKDOWN on Processed Foods *continued*

Do your part by making an effort to avoid fast food and packaged foods that offer minimal nutrition for the calories. Plan meals ahead and cook with foods that will do good for your body in addition to tasting great. Snack on foods that are close to the way they grew and when shopping for treats try to purchase items that are made with a reasonable list of identifiable ingredients. When dining out, frequent restaurants where the dishes are made from scratch and order wholesome, balanced meals—the fewer ingredients, the better. Be a conscious consumer. Be curious and read labels. Know that most of the food you eat is processed in some way, but those that are highly processed are best left in the package.



FOOD FOR THOUGHT:

The Science of Healthy Baking

NOTHING SAYS FALL LIKE THE AROMA OF HOT APPLES BUBBLING OVER A FLAKY CRUST IN THE OVEN OR THE SWEET SCENT OF CINNAMON SPRINKLED ON PUMPKIN PIE. WHILE BAKING IS A PRECISE SCIENCE, THERE IS ALWAYS ROOM FOR (HEALTHY) IMPROVEMENT. BAKE BETTER AND KEEP FAMILY FAVORITES ON THE MENU BY FOLLOWING THESE SIMPLE STEPS.

CHOOSE THE RIGHT FORMULA. Some recipes are inherently healthier than others. Oatmeal cookies have more fiber and nutrients than chocolate chip cookies thanks to oats and raisins. Banana bread needs less fat to keep it moist due to its namesake fruit. Select recipes with ingredients such as whole grains, fruit and even vegetables.

WEIGH IT ALL. In professional bakeries and food science labs there is no room for error so they stick to scales. Measuring spoons and cups can fluctuate in the amount they hold. A good quality digital scale can be had for 20 dollars. Use it and your baked goods will improve vastly. And, invest in other baking tools to make your task easier like parchment paper and silicone liners and spatulas.

REMEMBER: THE TOTAL IS THE SUM OF ITS PARTS. Replacing all the fat in a recipe with fruit puree will produce dry results. When swapping ingredients, replace half (replace half the oil with blueberry puree, not all). You will save fat and calories without removing flavor and texture.

GO WITH THE GRAIN. Add fiber to desserts by selecting from the many whole grains available on grocery store shelves; Whole wheat pastry flour, white whole wheat flour, rolled oats, wheat germ, brown rice flour, barley flakes and more can all be subbed in for 1/3 to 1/2 of the all-purpose white flour in a recipe.

Dessert NEED NOT BE A SINFUL INDULGENCE—MAKE IT A CELEBRATED ONE BY CHOOSING WISELY AND MAKING SOME SIMPLE ALTERATIONS. HERE'S HOW THE SWEETS STACK UP:

NO. 1 ~ PUMPKIN PIE. This Turkey Day fave gets top billing because it only has a bottom crust and the main ingredient is a vegetable.

NO. 2 ~ APPLE STREUSEL. Notice we didn't say "pie." Instead of traditional streusel, crumble together 1½ cups low-fat granola, 1 cup rolled oats, ¼ cup butter, ½ cup brown sugar, 1 teaspoon cinnamon and 1 tablespoon lemon juice.

NO. 3 ~ BLUEBERRY PIE. Four cups of frozen blueberries needs only ½ cup sugar, 3 tablespoons whole wheat pastry flour, 3 tablespoons cornstarch, 1 tablespoon orange or lemon juice and 1 teaspoon orange or lemon zest to become pie filling.

NO. 4 ~ LEMON MERINGUE. Egg white- and air-based meringue gets its few calories from protein and the carbohydrate in the sugar, so no tweaks needed there. To make a lighter lemon custard filling, find a recipe that includes cornstarch and uses a combo of 1 whole egg, 1 egg white and less than a tablespoon of butter. On all of the desserts mentioned above, you can add a few grams of fiber by replacing 1/3 of the flour in the crust with whole wheat pastry flour.