



GREEN CUISINE

EAT WELL. BE WELL

▶ PUT DOWN YOUR DIET.. 1

▶ HERBS, SPICE AND EVERYTHING NICE 2

▶ RECIPE OF THE MONTH.. 2



Dieting: It Fails in the End

Researchers say, the average woman spends 31 years of her life on a diet; the average man spends 28 years

The truth is out – what I've been saying for a long time, and what other Dietitians would agree with: according to a recent UCLA study, published in *American Psychologist* in April 2007, long term dieting does not work.

Initially, it may seem easy to lose 5 to 10 percent of your weight when you go on a diet. However, researchers found that within four to five years, at least one-third to two thirds of dieters regain more weight than what they had originally lost. Therefore, diets do not allow for sustainable weight maintenance.

What is a Diet? According to Wordnet, a diet is defined as “a prescribed selection of foods”. A diet usually conjures up the idea of cottage cheese, rice cakes, and celery sticks.



My own definition precludes to the fact that a diet is something you go on and off of. “I'm on a diet”. That would be last week, but this week, some of us go off of it, or at least by next month.

According to this study, dieting is a predictor of future weight gain; the adults who had participated in some kind of weight loss program had gained more weight over the time period than those who hadn't.

Discouraging? Maybe. But it also may be a good time for you to give up those diets. Take the wellness approach. If you start to think of eating healthy as something that you will do next week, or exercise as something that you did in high school and instead start to incorporate these activities into your every day lifestyle, wellness ensues. What usually happens after we start feeling better, having more energy, and making healthier lifestyle choices – the weight comes off! That's right – focus on a healthy

lifestyle, and often the weight will come off.

Diets are uninteresting, restrictive, and often put power into temptation. If you knew you couldn't eat something, then it becomes even more seductive. But if you take away the dieting mentality, which seems to put weight on in the end anyway, and instead think about trying to eat healthier foods in a balance with those other more seductive foods and exercise or be physically active on a regular basis – weight loss or maintenance is a much easier task.

So take the diet challenge. Stop. At least for the month of May. And instead, eat more fruits and vegetables. Eat less refined sugar and if you need to have that slice of cake, eat half. And go for a walk. It's spring, so enjoy the weather. And being off of a diet!

Herbs, Spice and Everything Nice



How long have you had your spices? Most often, our herbs and spices are so old; some of the bottles have dust on them. Yuck. In order to get the most flavors from our herbs and spices, they should be used within 6 months.

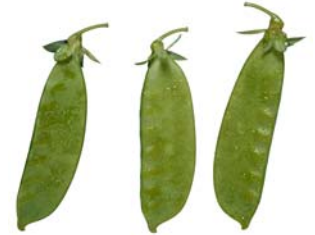
Herbs are the more fragile of the group. Usually better fresh, and delicious grown in your backyard, technically herb means grass or green crop. They are the green fragrant plants that are grown in temperate climates.

Spices are the product of a tropical plant, the root, bark, seed, bud, or even fruit and come in dried form, either ground or whole. Black Peppercorn, a spice, was so popular it

caused wars. Vanilla, a spice, goes through an intense process to get the final product.

Herbs are better fresh and probably shouldn't be kept past 3 months, but six months would be ok too. Spices may be kept a little bit longer. We often keep our herbs and spices over the stove – this is a hot spot and is too hot to keep them fresh. Keeping herbs and spices in a cook dark place is ideal. Try to buy herbs and spices in small amounts. Wegman's, Tops, and Greenstar all sell them in bulk. This way you can get them in small quantities and use them up while they are fresh and potent.

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Quinoa and Black Bean Salad

The grain quinoa (KEEN-wah) is a good source of calcium as well as protein. This dish can be eaten cold or enjoyed warm as a pilaf.

2 cups quinoa, rinsed	1/8-teaspoon cumin
¼ cup pumpkin seeds	1/8-teaspoon cinnamon
1 chipotle Chile	½ teaspoon salt
1-tablespoon adobo sauce	1/3-cup olive oil
2 sun-dried tomatoes	15 ounces black beans
	1/3-cup cilantro

1. In medium saucepan, combine quinoa, 4 cups water and a pinch of salt. Bring to a boil over medium-high heat. Reduce heat, cover and simmer until most water has been absorbed about 10 minutes. Remove from cool.
2. In a small skillet, toast seeds over medium-high heat until lightly golden, about 5 minutes. Set aside to cool.
3. In food processor, combine chipotle pepper with adobo sauce, tomatoes, garlic, cumin, cinnamon and salt and process until smooth. With machine running, slowly add oil through feed tube and process until blended.
4. In medium bowl, combine beans and quinoa, seeds and cilantro. Add dressing and toss to mix. Makes 10 servings.

Nutrition Facts:

(Per Serving, based on information provided)

Calories: 216
Total Fat: 10
Saturated Fat: 1
Cholesterol: 0
Sodium: 120
Carbohydrates: 25
Fiber: 2
Protein: 5