



A Delicious, Nutritious, Time-Saving Alternative to Eating Out!

Ready...Set...Eat!

## The Sous News™

December 2008

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#### \*Special Offer Coupon: Sweet Gift Giving!

Welcome to the **The Sous News!** Due to the upcoming holidays, we have changed our format slightly. We have still included our **Tips for Healthy Eating**. (Who can't use that during the holiday season?) This month, however, we have included **multiple fun, easy and beautiful recipes** for your holiday entertaining use. We will resume our normal format in January.

We have recently reworked our website to offer you more information, resources, and service options. [Click here](#) to download past newsletters.

Are you still in need of a unique gift for that special someone? Let us help! Gift Certificates for Personal Chef Services are a great idea! See our special offer in this newsletter for more details!

Lastly, don't overlook eating healthy during the holidays! We still have availability in our schedules for regular chef services and would welcome new clients or referrals. Remember, our chef service may be just the thing to get you and your family back to the dinner table, eating healthy meals.... together.

Enjoy the time with your family and friends, and take care of your loved ones. Happy Eating and Happy Holidays!

## December's Top Tips for Healthy Eating

### EASY GIFT GIVING... AND A SWEET TREAT!

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GIFT CERTIFICATES AVAILABLE FOR THAT SPECIAL SOMEONE STILL LEFT ON YOUR GIFT-GIVING LIST.

**\*\*IF YOU ORDER BY DEC. 22ND, WE'LL INCLUDE A FREE DESSERT (OR SIDE DISH) FOR THE RECIPIENT!\*\***

ONLINE PAYMENT OPTIONS AVAILABLE.

FINISH THAT GIFT LIST AND ORDER TODAY!

Ready, Set, Eat! Inc.  
13500 SW Pacific Hwy  
PMB 429  
Tigard, Oregon 97223  
503-515-1439  
[www.readyseteat.net](http://www.readyseteat.net)

See our Website for Past Tips!

### Moderation Through the Holidays

With the abundance of calorie-laden foods around during the holiday season... at parties... at family gatherings... it's easy for those extra pounds to sneak up on us. But how do you navigate the appetizer table at your next party, without sacrificing all of the yummy goodies that are available during this season? The following tips can help!

1. **Eat Something Healthy Before the Event.** When we are "very hungry," we tend to make bad food choices and overindulge in high-calorie foods and drinks. Snack on some baby carrots, have a banana or an apple or grab a handful of almonds before you go to your next gathering, and note how it curbs the pangs of unhealthy choices.

2. **Balance and Moderation.** This goes for both drinks and for foods. For every alcoholic drink, drink at least one (if not two)

glasses of water. This will keep you hydrated and help to stave off the tendency to overindulge at social events, keeping you safe and feeling better the next day. For every calorie-laden food choice you make, also eat some vegetables, fruits or whole-grain bread/crackers. If these options are not available, then work on portion sizes. Choose larger servings of healthier items, and smaller servings of higher-calorie options.

3. **Keep Exercising!** While this is not a healthy "eating" tip, it's extremely important to your winter health! Take advantage of being with friends and family and invite them to go on a walk outside with you after dinner. Take the stairs when possible, choose a parking spot far away from the door of your favorite store, or go walking around neighborhoods (as opposed to driving) to see the beautiful lights. These little measures will help burn more calories and make you feel more energetic.

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**Healthy Holiday Recipes 2008**

Instead of the heavy, traditional Green Bean Bake made with Cream of Mushroom Soup and Crispy Fried Onions, try **Green Beans with Sautéed Fennel and Garlic** instead! Just as flavorful, but with fewer calories!



- 1 Tbsp. Olive oil
- 1 large fresh fennel bulb, julienned
- 4 cloves garlic, minced
- 1 pound green beans, trimmed
- salt and pepper to taste

In a large skillet over medium heat, add olive oil and fennel bulb. Sauté on low to medium-low heat for about 20-30 minutes, or until caramelized. Add garlic and cook until fragrant.

Increase heat and add green beans. Cook only until they turn bright green, about 10 minutes. Season with salt and pepper. Serve immediately. Serves 4.

**Artichoke-Fennel Caponata**

- 1. Tbsp. Olive oil
- 1 c. onion, diced
- 1/2 c. celery, diced
- 1 c. fresh fennel bulb, diced
- 2 garlic cloves, minced
- 1/2 c. golden raisins
- 1/3 c. white vinegar
- 2 Tbsp. honey
- 2 Tbsp. capers
- 1 1/2 tsp. lemon zest
- 1/4 tsp. salt
- 1/4 tsp. pepper
- 15 oz. low-sodium tomato sauce
- 15 oz. canned artichoke hearts, chopped
- 2 Tbsp. flat leaf parsley, chopped



Heat oil in a large nonstick skillet over medium-high heat. Add onion, celery, fennel, and garlic; sauté 5 minutes or until tender.

Stir in raisins and next 8 ingredients (through artichokes). Bring to a simmer; cook over medium-low heat until liquid almost evaporates, about 10-15 minutes. Remove from heat, and sprinkle with parsley. Chill or serve warm with whole wheat pitas, crackers or toast points.

Serves 8

**Spicy Spanish Eggplant Dip**

- 2 medium eggplant
- 1/4 c. tomato paste
- 2 Tbsp. red wine vinegar
- 1 Tbsp. balsamic vinegar
- 1 tsp. Hungarian (smoky) paprika
- 1/2 tsp. salt, 1/4 tsp. pepper
- 2 Tbsp. olive oil
- 1 c. onion, diced
- 2 garlic cloves, minced
- 1/2 c. roasted red bell pepper, diced
- 4 anchovy filets, minced
- 2 Tbsp. flat leaf parsley, chopped



Preheat oven to 425 F. Pierce eggplant several times with a fork; place on a foil-lined baking sheet. Bake for 45-60 minutes or until very soft and skin is dark, turning frequently. Cool slightly; scoop out eggplant pulp and drain in a colander for 5 minutes to remove excess liquid. Chop and reserve. Combine tomato paste and next 5 ingredients (through ground red pepper) in a small bowl, stirring until smooth. Heat oil in a large nonstick skillet over medium-low heat. Add onion and garlic; cook 6 minutes or until tender, stirring occasionally. Stir in eggplant, tomato paste mixture, bell peppers, and anchovies; cook 10 minutes. Remove from heat; stir in parsley. Spoon mixture into a medium bowl.