



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

Ready...Set...Eat!

The Sous News™

June 2008

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Recently Added To Our Website...

Kate Lindberg's bio! Find out more about our newest team member by visiting www.readyseteat.net

Ready, Set, Eat! Inc.
13500 SW Pacific Hwy
PMB 429
Tigard, Oregon 97223
503-515-1439
www.readyseteat.net

Welcome to the June Update from Ready, Set, Eat! Inc.

Almost everyone loves strawberries, especially this time of year! How yummy would this recipe be made with our local summer specialty - Oregon Hood Strawberries?!

This month we highlight one of our new strategic partners, Crowley's Granite Concepts. Read on to find out how they have taken granite instillation to a whole new level... and how that can benefit their clients.

You may notice that we have added a new section to this issue called "Did You Know?" which highlights different aspects of the Ready, Set, Eat! service and structure that make us unique. Look for more unique aspects of the Ready, Set, Eat! service in upcoming issues this summer.

If you find yourself in need of a little extra help this summer and want a ready supply of delicious, well-rounded meals for you and your family, we are just a phone call or email away! Our chef service may be just the thing to get you and your family back to the dinner table, eating healthy meals.... together.

Happy Eating and Happy Summer!

Shana Larsen and the Chefs of Ready, Set, Eat! Inc.

June's Top Tips for Healthy Eating

PORTION CONTROL

It is an important fact to acknowledge; how much you eat is just as important as what you eat. If you regularly frequent restaurants to get your evening meal, and are clearing your plate, you may be overeating. Many restaurant's portions are double if not triple what many of us should consume. Want to still eat out and control your portions? Ask for a to-go container when your food first arrives, and fill it with half of what is on your plate. That way you won't be tempted to keep eating, and you'll automatically have enough left over for the next day. Or, if your schedule allows it, try cooking at home; we less often overeat when we are preparing the meal ourselves and can control what goes into the recipe.

TRY NEW ITEMS

Getting a wide variety of foods within your diet is not only good for your digestive system (since different foods have different types of nutrients) but also turns "dinner time" into an event, instead of just a chore. There are many different varieties of greens, grains, fruits, lean meats and seafood that many Americans do not regularly enjoy. Is this due to how we were raised or boredom? We never know if we don't like something until we try it, so get adventurous! A few suggestions of "grocery store exotic" items include; kale, fresh

fennel bulb, leeks, wild mushrooms, passion fruit, cactus fruit, buffalo, tilapia, petrale sole, fresh tuna, quinoa, polenta, teff and amaranth. What are these things, how you do prepare them and where do you find them? Email us directly with your question at shana@readyseteat.net to find out.

STEER CLEAR OF THE MIDDLE GROCERY AISLES

Ever notice how most grocery stores are organized? The whole foods (produce, dairy, bakery and meat/seafood department) are situated around the perimeter of the store, while canned and pre-packaged items are located in the center? Why not try one week of only shopping the perimeter of your favorite store? It may be challenging your first time, but this will "encourage" you to purchase whole foods, resisting the need to consume processed, boxed or canned food items. You might lose a little time in the preparation of the whole foods you have purchased, but I'd be willing to wager that you feel much better overall.

Need more help making healthy eating choices? Let us help! We can take all of the guesswork out of the "What's for Dinner?" question and let you eat gourmet, every day!



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Marketing Spotlight : Crowley's Granite Concepts, Inc.

Are you in the market for beautiful granite countertops but dread the potentially time-consuming process of having them installed? Perhaps you are worried that your kitchen or bathroom will be out of commission for weeks or possibly months.. leaving you and your family in a constant state of chaos?

Contact Crowley's Granite Concepts in Tualatin. The professionals at Crowley's have developed their own process which allows them to supply you with the highest quality granite countertops, without all of the frustration.

Granite and stone countertops from template to installation in SIX DAYS... Guaranteed!!

Check out their gallery of past projects, find a few tips on granite countertop care or get a bid.

Crowley's Granite Concepts Inc., 503-691-1628

Please tell them that Ready, Set, Eat! Inc. referred you!



Recipe of the Month

Fresh Strawberry Gelatins 4 Servings

1 1/2 pounds of fresh strawberries

3/4 c. sugar

2 T. fresh lemon juice

2 (1/4 oz.) packets of unflavored gelatin

Hull and quarter 1 pound of the strawberries; combine in a bowl with sugar and lemon juice. Set aside, stirring occasionally, about 10 minutes. Place 1 cup cold water in a small saucepan; sprinkle gelatin over water. Let stand at least 5 minutes to soften.

Working in batches, purée strawberry mixture in a blender. Strain through a fine-mesh sieve into a large measuring cup after each batch (discard solids). Add enough water to strained juice to measure a total of 3 cups liquid. Set aside.

Heat softened gelatin over medium-high, just until it begins to bubble around the edges and gelatin has dissolved (do not boil), 2 to 3 minutes; stir into strawberry juice. Divide mixture among four serving glasses. Chill until firm, 3 to 4 hours.

Hull and dice remaining 1/2 pound strawberries; spoon on top of chilled gelatins. Cover with plastic wrap.

Serve with a little fresh whipped cream for an added treat or serve alone to highlight the fresh strawberry taste. Enjoy!

Did You Know?

...that Ready, Set, Eat! is the only team-based personal chef service in Portland? Kate Lindberg joined our team in January of 2008 and is excited to be a part of a growing company! Having a team serving you and your needs means more cooking dates available every month and a wider range of culinary backgrounds/experience.

..that all of our chefs are ServSafe Certified? This means that you can feel confident that your food is being prepared and stored in the safest manner possible, as we follow the strict parameters established by ServSafe.

..that Ready, Set, Eat! specializes in special dietary needs and allergen-specific cooking? We can work with just about any special dietary request, preparing menus that are limited in calories, carbohydrates, or include tasty gluten and casein-free entrees and sides.

Contact us today to inquire about additional aspects of our services that make us unique, or stay tuned for July!