



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

Ready...Set...Eat!

The Sous News™

November 2008

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Welcome to the **The Sous News!** In every issue, we'll give you **Quick Tips for Healthy Eating**, and our favorite **Recipe of the Month**.

This month we highlight another of our strategic partners, **The Wine Cellar**. If you have signed up for our "Thank You" Party, you will get to see the space and meet the owner, Erin Palmer, personally. If you have not signed up yet, (or cannot make it), I encourage you to check out her website and subscribe to her newsletter. She constantly has fun and interesting wine-related events occurring that are open to the public. If you love (or like) wine, get to know Erin!

Are you in the midst of planning your holiday gatherings? Let us help! Whether it's a small (under 30) specialty catered event, or a small get together in which you'd like to have some "behind-the-scenes" help, let us give you a helping hand to bring it all together effortlessly.

Lastly, don't overlook eating healthy during the holidays! 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 Thanksgiving!

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

November's Top Tips for Healthy Eating

Last month we talked about The Importance of Breakfast. See our Website for Past Tips!

Incorporating the Fruits and Veggies of Fall!

Once the bounty of the summer is over, you might think that there are no longer "fresh" fruits and veggies available. No tasty berries.. no juicy summer peaches.... What else is left? PLENTY! See our list below to find just a few of the items that are at their peak through the month of November.

Acorn Squash, Apples, Belgian Endive [Bok Choy](#), Broccoli, Brussels Sprouts, Butternut Squash, Cauliflower, Celery Root, [Chayote Squash](#), [Cherimoya](#), Coconuts, Cranberries, [Daikon Radish](#), Garlic, Ginger, Grapes, Guava, Huckleberries, [Kohlrabi](#), [Kumquats](#), Mushrooms, Parsnips, Pear, [Persimmons](#), Pineapple, [Pomegranate](#), Pumpkin, [Quince](#), Rutabagas, Sweet Potatoes, Swiss Chard, Turnips, Winter Squash

Need some other ideas? How about a roasted vegetable medley, with Butternut Squash, Turnips, Sweet Potatoes, Rutabaga, Parsnips, and Garlic? Sautéed wild Mushrooms and Bok Choy accented with a little soy sauce or sesame oil? A fresh fruit salad of Grapes, Guava, Pineapple and sweet Apples? So many items to try!

Incorporating local, seasonal produce into your diet not only tastes better (picked at the height of ripeness), and may be more economical (less transportation costs), but it also may be better for you! When produce is picked, the quantity of nutrients is thought to steadily decline. If you purchase produce as close to its picked date and location as possible, there is a higher likelihood of extracting the largest amount of nutrition possible.

So, when you are at the grocery store next, choose seasonal produce and you just might start to feel better!

STOCK UP YOUR FREEZER FOR LESS!

New Economical Entrée-Only Services Now Available!

Purchase up to 8 Servings of 10 Entrees, and save! Prices as low as \$7.31/serving!

All the benefits of a Personal Chef, for less!

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



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CHECK THIS OUT!

The website has received a makeover! Check out some of the new resources and links available:

[Photos and Bios of Our Chefs](#)

[RSE Green Practices](#)

[New Service Options](#)

[Nutrition Resources](#)

[Partner Spotlights](#)

[Testimonials](#)

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Marketing Spotlight : The Wine Cellar

Do you have a "partner-in-wine" who can make special recommendations for you... at any price point? **Have you purchased your special occasion wine or bubbly for the holidays?**

Meet Erin Marie Palmer, owner of [The Wine Cellar](#)! Erin Marie established the Wine Cellar in May of 2003. Her goal is to provide you with all things outstanding; outstanding selection, outstanding values, and of course, outstanding service.

Erin offers Free Tastings Every Thursday & Friday (4:00- 6:30) / Saturday (12:00-5:00) at The Wine Cellar. If you [sign up for her newsletter](#), she'll drop you a note to let you know what she'll be pouring each week.



The Wine Cellar
13486-A NW Cornell Rd.
Portland, OR 97229

503.643.5655, EMAIL: wine@portlandwinecellar.com

Recipe of the Month

Tender Endive Leaves, filled with a mixture of Caramelized Pears, tangy Blue Cheese and toasted Walnut Pieces

Servings: 12

3 firm Bosc pears; peeled, chopped
1 T. sugar
3 oz. Blue, Gorgonzola or Feta Cheese
4 T. walnut pieces, toasted, chopped
1/8 tsp. salt
24 Belgian endive leaves, about 4 heads
1 tsp. flat leaf parsley, chopped

Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray. Add pear and sugar to pan; sauté 2 minutes or until tender. Remove from heat and cool completely. Place pear mixture, crumbled cheese, walnuts, and salt in a bowl; stir gently to combine. Spoon 1-2 tablespoons pear mixture into each endive leaf. Arrange leaves on a platter; sprinkle evenly with parsley. Enjoy!

A Special Invitation!

Reserve the Date!!

A special "Thank You" Party for clients of Ready, Set, Eat will take place on **Sunday, December 7, from 5:00 -7:30pm.**

Erin Marie Palmer, owner of The Wine Cellar, is graciously offering clients of Ready, Set, Eat! a complimentary 6-flight wine tasting. After the complimentary tasting, you may purchase additional glasses at only \$5 each or enjoy a bottle with your friends. Erin will also offer **10% off all purchases that evening**, so you can get a head start on your holiday wine shopping. Pick up a bottle as a gift, or to have with your holiday celebration!

Ready, Set, Eat! will be providing some appetizers that will pair with the wines being served, as well as recipes to take home for your holiday entertaining. It's our way of saying "Thanks" for being such a wonderful client of ours, for your business and referrals

Remember, space is limited. Please contact Shana to reserve your space today!