

Mindful



Health

Newsletter

Vol. 1 • Issue #10

The sounds are deafening. The screams, the boos, the sighs and the cheers. The colors are vivid-green and white, silver, blue and red. The drinks are plentiful — Coors, Heineken and Bud Light to name a few. The tastes are mouth-watering-chili, buffalo wings, Mexican dip and pizza. Sounds great right?

But why let the Super Bowl be another reason to bust out of your pants? Every celebration is not an excuse for gluttony. Many of you have already spent the last two months feeling guilty for your eating habits over the holidays and some of you have blocked out the memories. But don't worry I have a solution.

Why not try some healthy snacks for your party? How about Tamari Roasted Almonds? Or Turkey Chili? Spicy Black Bean Dip? Healthy eating is not about deprivation and it does not have to be time-consuming.

Let me do some of the work for you. Call me for more information and enjoy the recipes!

Come visit my website at
www.mindfulhealth.biz
for more
information.



SPECIAL SUPER BOWL RECIPES

NICOLE'S TAMARI ROASTED ALMONDS

- 1 pound of raw almonds
- 2 tablespoons of low sodium wheat-free Tamari Sauce

Saute the almonds and the Tamari sauce on low heat until they begin to crackle.

Be careful because they cook easily. Serve and enjoy!

For a sweeter variety:

- 1 pound of raw almonds
- 2 tablespoons of Vegetable Glycerine
- Pinch of cinnamon

Bake in the oven on 350 for approximately 15 minutes.

Stir and continue cooking for 10 minutes.

Ovens vary so watch them to see when they are brown.



Confused about all of the health theories that are out there? Looking for some answers?
Do you want to have a unique program tailored to your lifestyle and needs? Why not consider a compassionate health and nutrition program made to work for you? Call Nicole Glassman at (212) 452-3491 for a free consultation or e-mail her at Nicole@mindfulhealth.biz

Mindful



Health

Newsletter

Vol. 1 • Issue #10

SPICY BLACK BEAN DIP

A Whole Foods recipe

- 2 cloves garlic, peeled
- 2 tablespoons fresh lime juice
- 1 tablespoon fresh grated ginger
- 1 tablespoon tomato paste
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- ¼ teaspoon salt
- ½ teaspoon Louisiana-style red hot pepper sauce
- ¼ cup chopped cilantro or fresh basil
- 2 scallions, sliced
- 1 can (19 oz) black beans, rinsed and drained
- 1 cup coarsely chopped tomato

Prep Time: 20 minutes

1. In small saucepan of simmering water, cook garlic for 3 minutes to blanch. Drain well.
2. In food processor, combine garlic, lime juice, ginger, tomato paste, cumin, chili powder, salt, hot pepper sauce, and 2 tablespoons of water and process until blended.
3. Add cilantro, scallions, and beans and process with on/off pulses until combined but still chunky. Transfer dip to serving bowl and stir in tomato.



SUPER BOWL CHILI

Adapted from Brenna's Turkey Chili recipe

Serves 4

- 2 pounds of organic ground turkey
- 3 peppers (red, or green whichever you prefer)
- 1½ cup mushrooms
- 1 medium onion
- 1 can of kidney beans, rinsed and drained
- 1 can of black beans, rinsed and drained
- 1 large can of crushed tomatoes
- ½ cup almond flour or 2 tablespoons tomato paste (see below)
- 2 cloves garlic (optional)
- 1 Jalapeno pepper, chopped
- 1 tablespoon of Grapeseed oil
- Tabasco sauce (use to your liking)
- 1 cup Parmesan cheese sprinkled
- Cumin
- Chili powder
- Salt
- Pepper

Saute the onions, peppers and garlic in a pan with Grapeseed oil until brown. Remove and set aside for later use. Now sauté the turkey and cut it into pieces until brown.

Next add all of the ingredients — the onions, peppers, mushrooms, garlic, turkey, tomatoes, jalapeno and both cans of beans to a deep pot and simmer for at least an hour. After an hour add the cheese and either the almond flour or the tomato paste. Stir and cook until the texture is thicker and less watery. Season to your liking with cumin, chili powder, salt and pepper. Enjoy!

Come visit my website at www.mindfulhealth.biz for more information.

Confused about all of the health theories that are out there? Looking for some answers?
Do you want to have a unique program tailored to your lifestyle and needs? Why not consider
a compassionate health and nutrition program made to work for you? Call Nicole Glassman at (212) 452-3491
for a free consultation or e-mail her at Nicole@mindfulhealth.biz