



2011 is starting off on the right foot for me! I celebrated my 35th birthday with great friends, planned a vacation, had a Sport For Youth half marathon kickoff event and am training for Cycle for Survival spin event in February.

I know I often ask for support on an event that I participate in but this is one of the most incredible fundraisers that I have been a part of. Even Seth Meyers, who sat on the bike in front of me last year, sent a wonderful public service announcement about the event ([click here](#)).

It would be fantastic if you could support my 4 hour ride (extreme team Where There's A Will There's a Way) and my 1 hour other ride (team Liquid Strength). How about just \$35 for my birthday years? [Just click here](#).

Wishing everyone a fantastic 2011, and do not hesitate to email me with any questions to help you make this the healthiest year ever!!!!

# Feel Good Vitamin



Winter can lead to the blues. Colder temperatures, less light, post holiday let down... New research has found an improvement in mood with the intake of vitamin C. Vitamin C aids in the manufacture of the hormones adrenaline and cortisone and also in the neurotransmitter norepinephrine. Neurotransmitters are critical for proper brain function and mood. You don't have to love oranges to get your daily dose. Look at how much a cup of each of the following contributes to the average persons needs:

- Red bell pepper 320%
- Kiwi 280%
- Broccoli 170%
- Papaya 140%
- Pineapple 130%

## Swallow a seed and grow a tree?



Growing up many of us were under the impression that eating the seeds of fruits and vegetables could be dangerous or toxic. We have tossed many apple cores, spit seeds of grapes...Believe it or not; fruit and vegetable seeds are actually the most nutritious part of the entire plant! Sometimes toxins that naturally exist in soil make it into the seeds, but these are at trace levels that do not have a negative impact on health. If we think about it logically, the seeds need to pack all of the nutrients that the plants will need to bear fruits and vegetables, ward off environmental stresses and potentially defend the emerging plant sprout. We know that flax seeds, sesame seeds and pumpkin seeds are nutrition powerhouses so why not other seeds? They might not sound as appetizing as a handful of almonds but try grinding seeds into dressings, steeping as tea or just eat the WHOLE pear. My secret is out; I have been chomping on whole apples and pear and tossing only the stems for years!

# Canola Oil



Many people have been asking me about canola oil. Here are a few facts.

Canola oil comes from canola seeds that are a genetic variation of rapeseed developed in the 1960's. Most canola oil is genetically engineered so choose only brands that have been certified organic. It is low in saturated fat. Canola oil is also a good source of monounsaturated fat, which when replacing saturated fats, such as butter or cheese, can help lower LDL (aka "bad") cholesterol levels. It is also the cooking-oil that contains the greatest amounts of alpha-linolenic acid, is very versatile with a light texture and has a medium to high smoke point.

## One liners

- Turmeric: Studies have shown that turmeric may have anti-inflammatory and cancer fighting properties.
- Glucosinolates in vegetables may protect against prostate cancer. Per ½ c: Brussel sprouts 104 mg, Mustard greens 79mg, Kale 34mg, Broccoli 27mg, Cauliflower 22mg, Bok choy 19mg

- A Cornell University research study found that when people left serving dishes at the stove or counter they ate 35% less than if the serving pieces were in front of them on the table.
- A study in The American Journal of Clinical Nutrition showed that those who took 1200 IU of vitamin D3 daily were 40% less likely to come down with the flu.
- Cotton in vitamin and medical bottles absorbs moisture and speeds breakdown of nutrients or medications.
- Spinach contains magnesium which has been associated with a reduction in the risk of getting diabetes.
- 1/2 an avocado provides a quarter of RDA of Vitamin B6. Depletion is often due to stress.
- 6 Brazil nuts provide 15% of zinc needs. Anxiety can drain zinc from the body.
- Apples contain quercetin, a free radical fighter that helps to even skin tone and brighten the complexion.
- Rosemary is an anti-inflammatory.

# Protein Picks



Many people are shocked when I choose to go to a steakhouse. To be honest it is usually for the raw bar but I do tell my clients that red meat is allowed. Be aware of the cut and portion size of the meat and really the side dishes. The first thing I tell everyone is hold the butter. You might not know, but almost every steak is swimming in it.

A rib-eye is going to have the highest amount of fat, about 56g of saturated, followed by prime rib at 49g and a porterhouse at 48g. Better choices are strip steaks. Better choices are strip steaks at 28g and a petite filet at 15g. Bison is a great option for a leaner cut of meat. For side dishes try to get grilled veggies and if you want the potatoes keep them naked and spice them up with some salsa!

Here is just a quick chart to see where your protein selection falls in relation to other choices:

FOOD	AMOUNT	CAL	FAT (g)	CHOLESTEROL (mg)
Egg whites (2 jumbo)	3 oz	45	0	0
Yogurt (plain, low-fat)	3 oz	54	0	6
Clams - out of shell	3 oz	59	0	28
Tofu	3 oz	60	3	0
Cottage cheese (1%)	3 oz	60	0	3

<b>Oysters - raw</b>	3 oz	66	2	42
<b>Egg</b>	1 large	77	5	212
<b>Lobster - steamed</b>	3 oz	78	0	61
<b>Tuna</b>	3 oz	86	0.5	38
<b>Bison</b>	3 oz	122	2	68
<b>Chicken breast</b>	3 oz	134	3	73
<b>Turkey breast</b>	3 oz	150	3	60
<b>Sardines</b>	3oz	174	9	120
<b>Salmon</b>	3 oz	175	10	54
<b>Kidney beans</b>	1 cup	212	1	0
<b>Pork loin</b>	3 oz	213	19	36
<b>Veal</b>	3 oz	233	16	95
<b>Lamb chop- lean only</b>	3 oz	237	20	85
<b>Filet mignon</b>	3 oz	282	22	73
<b>Spare ribs - 4 medium</b>	3 oz	402	37	51

## Latest Articles



# Sharon's K tchen



**Here are a few burger recipes just in time for the  
Superbowl!**

I know some of you thought I went a little overboard with the Bean Brownies so here is another bean recipe. I made these Black Bean Cakes when I did my William Sonoma demonstration on 1/9/10. Serve them with a fruity salsa to get some more vitamins in. A great snack while watching the Super Bowl.



## Mini-Bison Burgers with Avocado Relish



**1 pound** ground bison  
Salt and pepper **to taste**  
**1/8 teaspoon** chili powder (or more to taste)  
**1/4 teaspoon** onion powder  
**Splash** of Worcestershire sauce  
**Two** avocados, diced  
**Half** a small white onion, finely chopped  
**1** jalapeno, minced  
**Juice** of 1 lime  
**3 tablespoons** cilantro, chopped  
**6** whole grain mini hamburger buns  
Tomatoes, watercress

### Preparation

1. Pre-heat grill
2. In a bowl, combine Worcestershire sauce, chili powder, onion powder and salt and pepper.
3. Add ground bison and lightly mash together. Don't over mix, or the burgers will be mushy.
4. Form into six patties - flatten as much as possible - and place on plate.
5. Put plate in freezer for 15 minutes.
6. Once burgers are firm, remove from freezer and put on hot, lightly-oiled grill.
7. Meanwhile, gently stir together avocado, onion, jalapeno, lime juice and cilantro.
8. Add salt and pepper to taste.
9. Serve burgers on buns and top with avocado relish, tomato slice, watercress

**Serves:** 6  
**Calories:** 396  
**Total Fat:** 23.1g  
**Saturated Fat:** 6.3g  
**Sodium:** 68mg  
**Cholesterol:** 63g  
**Fiber:** 5.8g  
**Sugar:** 1.7g  
**Protein:** 22.2g

## Chef Hymie Grande - Perfect Sloppy Joe's



### [Chef Hyme Grande](#)

Welcome to one of my old favorites that brings me back to my childhood every time I make these. The twist is that I now use fresh ground turkey instead of meat and for my Vegan & Vegetarian friends you can substitute using Tofu, Seitan or Tempe. Enjoy!

- 1** Package or fresh ground Turkey (about 1.3 pounds)\*
- 1/2** Sweet (Vidalia) onion small diced.
- 1 Teaspoon** tomato paste
- 12 ounces** of any Chef Hymie Grande Sauce Unique - New Mexico Sweet, Polpolte or Cascabel Express.
- 3 tablespoons** Olive Oil.

*\* Substitute using Tofu, Seitan or Tempe.*

### **Preparation**

1. Take a large fry pan and over a medium to medium high heat add in olive oil and sauté the Vidalia onions for 10 to 12 minutes. Stir the onions as you sauté to make sure they do not burn.
2. Add the Turkey to the onions and begin cooking the Turkey. Using a good size spoon make sure you break up the Turkey into small pieces while cooking....the Turkey likes to stay together so you will have to break the Turkey up the whole time you are cooking. Make sure that the Turkey is cooked all the way through.
3. DO NOT DRAIN. Add in the Chef Hymie Grande Sauce Unique of your choice to the turkey, stir in well.
4. Add the tomato paste, stir well.
5. Turn the heat to medium and cook for 15 minutes stirring occasionally the Sloppy Joes will thicken up...Perfect!
6. Serve on your favorite slider or burger buns.

**Serves:** 24 - two tablespoon servings on 1 mini bun

**Calories:** 170

**Total Fat:** 5.8g

**Sodium:** 192mg

**Carbohydrates:** 22g

**Fiber:** 1.2g

**Sugar:** 5.7g

**Protein:** 8.5g

## Veggie Burger



## Lacey Kurzius

**2 1/2 cups** low sodium garbanzo beans, drained and rinsed (use sprouted for an extra nutritional boost)  
**4 large** eggs  
**1/2 tsp** sea salt  
**1/3 cup** chopped fresh cilantro (about a bunch)  
1 onion, chopped  
Zest of one large lemon  
**1 cup** micro sprouts (chopped broccoli, onion, alfalfa sprouts- optional)  
**1 cup** toasted whole grain bread crumbs  
**1 TBSP** extra virgin olive oil  
Pepper to taste

### Preparation

1. Combine beans, eggs, lemon rind, cilantro, onion, and salt in a food processor
2. Puree until mixture is thick and slightly chunky
3. Pour into a large mixing bowl and stir in chopped sprouts
4. Add bread crumbs, stir and allow to sit for 15 minutes (or until bread crumbs absorb some of the moisture)
5. Divide into 12 patties
6. Heat oil in a heavy skillet
7. Cook each side of patty 3-5 minutes, bottoms brown

**Serves:** 12

**Calories:** 125

**Total Fat:** 4g

**Sodium:** 400mg

**Carbohydrates:** 10g

**Fiber:** 3g

**Protein:** 11g