



Living Well

Eat Well, Live Better

Holiday 2011 Issue

Home for the Holidays

INSIDE:

Sugar & Spice
Fighting Holiday Weight Gain

Cayci's Culinary Corner
Meal and a Makeover

Chef Mike
Yellow Squash Casserole

Welcome from Cayci & Jodie



BLUE RIBBON FOODS

ALL-NATURAL, HEALTHY FOODS DELIVERED RIGHT TO YOUR DOOR

Welcome!

HELLO & WELCOME to our all new, redesigned Blue Ribbon Foods quarterly magazine, "*Living Well.*" My name is Cayci Johnson; I'm a chef who's been working at Blue Ribbon Foods for more than three years, and this is Jodie Parus. Jodie is a registered dietitian who's been with the company since 2010.

With our different backgrounds, we don't always see eye to eye on everything (I like butter, Jodie likes cooking spray), but we always agree that good food is one of the true pleasures in life. We'll be coming to you several times a year with great new recipes, cooking tips, and health information.

We hope you enjoy this special holiday issue (our first one together)! On behalf of everyone here at Blue Ribbon Foods, we wish you the happiest, healthiest, and most delicious holiday season ever.

BON APPÉTIT!
CAYCI & JODIE



Product Showcase

New!

Blue Ribbon Foods has added new products just in time for the holiday season! These gourmet baked items are from Chef Michael Gagné's five-star kitchen in Bath, Maine. Made from scratch, using only the finest all-natural ingredients, these pastries and biscuits are sure to please the whole family. Talk to your representative during your reorder for more information.

Loaf Pecan Sticky Buns

4 buns per oven tray. Rolled and topped with pecans.

Cream Cheese Biscuits

(6) 2.66 oz biscuits. Made with cream cheese and butter.

Cinnamon Rolls

4 Buns per oven tray. Rolled and topped with pecans.

Five Herb Parmesean Biscuits

(6) 2.66 oz biscuits. 5 herbs, butter, reggiano, parmesean and cream cheese.

Wild Maine Blueberry Turnover

(4) 3 oz. pies. Folded buttery pie crust filled with blueberries.



Sugar



JODIE

Q. I've gained holiday/winter weight, but I don't want to eat lettuce to get rid of it... now what?!

A. We all overindulge to some extent during the holidays but starving yourself is not the answer. Hearty stews, soups and chili are a great idea. They're filling and nutritious. You'll feel satiated without unnecessary calories or cheap carbs.

Spice



CAYCI

A. Wear a baggy sweater... it's winter!

In all seriousness, I have a hard time not over indulging over the holidays too. Though not often thought of as a "diet" food, Jodie is right on the money suggesting stews, soups, and chili.

IN THE KITCHEN *Sugar & Spice*

SUGAR'S SOUTHWESTERN CHILI

Ingredients:

- 4 bone-in chicken breasts
- 2 cups onion, diced
- ½ a whole jalapeño, diced (keep the seeds if you like it spicy, discard for a more tame chili)
- 1 tbsp. vegetable oil
- 1.5 tbsp. chili powder
- 2 tsp. ground cumin
- 2 tsp. salt (to taste)
- ½ tsp. black pepper (to taste)
- 1/8 tsp. cayenne pepper
- ½ tsp. garlic powder
- 3 tbsp .tomato paste
- 6 oz. pale ale
- 2 cans drained black beans
- 16 oz. frozen or fresh corn
- 1 large can diced tomatoes
- 1 small can diced tomatoes
- 1.5 c. tomato juice

Directions:

1. Preheat the oven to 350 degrees.
2. Roast the chicken breasts for about 40 minutes and set aside. Once cooled remove the meat from the bone and shred or dice.
3. Heat the vegetable oil in a large pot over medium heat and add the onions and jalapenos, cook until the onions are translucent. Add the spices and stir for about a minute. Add the tomato paste and then the pale ale (Note: any easy-drinking pale ale works - most liquor stores sell a few by the single bottle).
4. Let that bubble for a couple of minutes then add the black beans and corn; stir. Once combined, add the tomatoes and tomato juice. Finally add the diced chicken. Cook over low heat, allowing the chili to simmer for about a ½ hour.

SPICE'S BEEF STEW CHILI

Ingredients:

- 6 strips of bacon (you can substitute low-fat turkey bacon)
- 2 lbs. Stew meat, cubed into bite sized pieces
- 2 poblano peppers, diced
- 2 onions, diced
- 1 tbsp. chili powder
- 1 tbsp. garlic powder
- Cayenne pepper & salt to taste
- 2 tbsp. tomato paste
- 2 sm. cans fire roasted diced tomatoes
- 1 lg. can whole crushed tomatoes
- ½ C. tomato juice
- 1 tbsp. balsamic vinegar

Directions:

1. Dice the bacon and sauté over medium heat in the bottom of the chili pot.
2. Remove the bacon and brown the diced stew meat in batches large enough to cover the bottom of the pot. Add a little vegetable oil to the pot if necessary.
3. Remove the browned meat from the pan and place it aside with the bacon Sauté the onions and poblano peppers for a few minutes until the onions are translucent. Add the spices to the pot, including salt and a pinch of cayenne pepper (adjust the seasoning at the end if you like your chili saltier or spicier).
4. Cook the spices for about a minute and then add the tomato paste and ½ tablespoon of balsamic vinegar. Cook for another minute and add the canned tomatoes and tomato juice.
5. Add the stew meat and bacon. Bring to a simmer and cook until the meat is tender. At the very end, add in the rest of the balsamic vinegar and adjust your seasonings.

GRANDMA'S YELLOW SQUASH CASSEROLE

Ingredients:

- 2 Cups yellow squash, washed and cut into medium dice
- 1 Large onion, diced small
- 1 Medium carrot, grated
- 1 Can condensed cream of chicken soup (10.5 oz)
- 1 Cup sour cream
- 1 Sm. pkg. corn bread stuffing
- 1 Stick butter (or margarine)
- ½ Teaspoon garlic powder
- Salt and pepper, to taste

Directions:

1. Heat a large skillet over medium high heat for one minute. Add the butter and onions and sauté until soft. Remove 2 tablespoons of the onions and set aside. Add the small bag of breadcrumbs to the cooked onions and mix well. Place in a large bowl and set aside.
2. Place a medium size sauce pot over medium high heat and add the diced squash. Cook until soft; stirring every minute, until soft, about 10 minutes. Add the reserved 2 tablespoons cooked onion and shredded carrot to the squash and cook for one more minute. Transfer to a large bowl.
3. Add the sour cream and cream of chicken soup to the cooked squash. Add the garlic powder and salt and pepper to taste. Stir to combine.
4. Place ½ of the stuffing mixture on the bottom of a 13 x 9 inch baking dish. Add the squash mixture to the remaining stuffing mixture. Bake uncovered in a 350 degree oven for 20 minutes.

IN THE KITCHEN CHEF MIKE



AVOIDING DREADED HOLIDAY WEIGHT GAIN: TIPS TO MAINTAIN YOUR WAISTLINE THIS SEASON

Have you ever heard of “the seasonal seven pound weight gain?” This is the average amount of weight that people gain during the holiday season, typically from October 31st-January 1st. Here are five simple tips that will help you keep those unwanted pounds away.

1. **Rise above the social influence.** Seasonal treats are going to be everywhere, and everyone wants to indulge. Don't give into peer pressure. Maintain your weight by enjoying your favorite treats in moderation.
2. **Get a daily workout in.** Make a conscious effort to stay consistent with your exercise. Even if you do eat a little junk, at least your metabolic rate will be increased by the exercise. Tip: Walk briskly around the mall before you start your shopping. Typically malls are ½-1 mile around, doing a

couple of laps without stopping can count as low intensity cardio.

3. **Drink plenty of water.** Water is your body's main nutrient. It naturally suppresses your appetite and transports necessary nutrients to your cells. Tip: If you want to add some flavor try fresh lemon, lime, strawberries, or oranges. If you decide to have alcoholic beverages at a holiday party alternate the alcoholic beverage with a glass of water.
4. **Fill up on veggies and lean protein.** At parties focus on consuming protein and veggies and just a small amount of starches/carbohydrates. This will keep your blood sugars stable and you will not overeat.
5. **Manage stress.** The holidays can contribute to your stress levels with possible travel, financial or relationship issues. Incorporate

daily stress relief through exercise and meditation. Try to avoid waiting until the last minute to get things done.



Dana Yarn,
Registered Dietitian &
Weight Loss Coach



Cayci's Culinary Corner

MEAL AND A MAKEOVER: Imagine you've made a nice dinner for the family tonight, but don't feel like creating a big production for the next evening. Sound familiar? Well, here's how you can "makeover your leftovers," stretching one dinner into two –without anyone complaining about eating leftovers. This way, you can limit your cooking workload and keep your family happy. An absolute win, win for everyone.

Day 1: Italian Beef

Ingredients:

- 1 bone-in chuck roast (approx 3.5 pounds, thawed)
- 1 whole chopped onion
- ¼ cup of pepperonchini liquid
- ¼ of pepperonchini
- ½ packet of Italian seasoning
- Salt and pepper to taste
- Provolone Cheese
- Hoagie Rolls

Directions:

1. Throw all of the ingredients into a crock pot before you leave for the day. Set it on low. In the afternoon, pull out the bone, which should easily pull away from the meat. Take two forks and shred the beef.
2. When you are ready to serve the meal, heat the oven to 350 degrees. Put a generous helping of Italian Beef on the rolls and cover with slices of provolone cheese. Bake until the cheese has melted.

Day 2: Quesadillas

Ingredients:

- Leftover Italian Beef
- Shredded Cheese (I prefer a Mexican cheese blend)
- 6 inch soft tortillas
- 1 onion, sliced (optional)
- 2 bell peppers, sliced (optional)
- Butter
- Vegetable Oil
- Salt and Pepper to taste

Directions:

1. Sauté the onions and peppers in a little vegetable oil, salt and pepper. Set aside.
2. Spread butter one side of each tortilla and heat the skillet to medium.
3. Once the skillet is heated, place the tortilla butter side down into the skillet, spread cheese to cover, then add the onions and peppers (if using) and the Italian beef. Add a small amount of cheese on the top (it will provide a better consistency to the quesadilla) then place the second tortilla on top with butter side up.
4. Once the quesadilla is slightly browned on one side, flip it with a large spatula (do it quickly, no guts, no glory). When it is browned on both sides, place on a cutting board and cut into wedges. Serve with sour cream, guacamole, salsa, etc.

CEO, DR. KEITH KANTOR, MEETS WITH REP. PRESIDENTIAL CANDIDATE MITT ROMNEY TO OFFER ADVICE ON THE U.S. HEALTHCARE SYSTEM

During a recent VIP reception held at the Georgia Aquarium, Blue Ribbon CEO Dr. Keith Kantor had the opportunity to meet with former Massachusetts governor and leading Republican presidential candidate Mitt Romney. During their meeting, Dr. Kantor was able to offer advice on repairing the broken healthcare system in the United States.

“Although I was only able to speak with Governor Romney for a short time, he was extremely interested in learning how healthy living and leading an all-natural lifestyle could drastically lower healthcare costs in the United States,” said Dr. Kantor.

Dr. Kantor was able to share with Governor Romney and his staff a variety of insightful information.

One example included details on a recent study conducted by the Lewin Group, which showed that **if senior citizens took omega-3 fatty acid**

(fish oil) dietary supplements, more than \$3 billion in healthcare costs and 384,303 hospital stays could be avoided over a five-year period.

After the meeting with Governor Romney, Dr. Kantor was asked to

join a healthcare advisory panel for the Romney campaign, which will explore how a healthy lifestyle, including all-natural food and proper dietary supplementation, can reduce healthcare costs.



Blue Ribbon Foods CEO Dr. Keith Kantor (left) recently met with Mitt Romney and his wife, Ann, to discuss the U.S. healthcare system.



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FROM OUR FAMILY TO YOURS

Happy Holidays

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Order online at www.BlueRibbonFoods.com | Call your reorder specialist at 800-633-4347.

Peg Tuten, x181 | Josh Holtusen, x182 | Warren Semmes, x303

WELCOME NEW CLIENTS!

Here are some of our new clients who became members of our Blue Ribbon Foods' family last month. I'd like to personally welcome you and wish you all the best:

A. Todd Cooper; Alan and Jeanne Tomazin; Amy Swart; Bryan Haynes; Caryn and Jeremy Darnell; Christian Ickes III and Jennifer Ickes; Cynthia and David Mixon; Daniel and Sherianne Redman; Daniel Cline II and Kristin Cline; Daniel and June Waslin; David and Patty Baidon; Deborah and Diego Sepulveda; Denton and Tamara Elliott; E. Ann Senseman and Fred Senseman; Edward Panu and N. Panu Freddy Simmons; James Blankenhorn; Janice Harris; Jay R. Owens III and Bonita Owens; Jennifer Marx; John and Carol

Horney; Jonathan Correia; Joseph Preuth; Joshua Groves; Karan Duke; Kerri Carter; Lee Bryant; Lori Gleason; Louis Walker; Margaret Chambers; Marli Chapman; Matthew and Patti Priser; Megan Presley; Michael and Dawn Smith; Michael and Laura Johnston; Neil Spencer and Dorothy Quig-Spencer; Nelson and Barbara Argo; Patricia Harris; Richard Thompson; Robert Cox Jr.; Roman Barabolkin; Terry Kluner; Thomas Bush; Todd and Dana Marinich; Vanessa Harvey

BLUE RIBBON SPOTLIGHT

Thank you to our wonderful clients who've referred their friends and family last month! My heartfelt thanks to:

- > **Stephen and Darcy Tanski** of Lilburn, GA referred by Edward and Camille Panu Snellville, GA
- > **Travis and Tabitha Seibel** of Atlanta, GA referred by David and Cynthis Mixon Howell Station, GA
- > **James and Amy Williams** of Chester, GA referred by Zachary and Kerri Carter Macon, GA
- > **Lindsey Capp** of Hendersonville, TN referred by Jeremy and Caryn Darnell Lebanon, TN
- > **Denton and Tamara Elliott** of Monroe, GA referred by Nelson and Barbara Argo Monroe, GA
- > **Travis and Tabitha Seibel** of Atlanta, GA referred by Megan and John Presley Lawrenceville, GA
- > **James and Angela Jackson** of Suwanee, GA referred by Daniel and Sherianne Redman Suwanee, GA
- > **Derek and Denise Carroll** of Lawrenceville, GA referred by Richard and Christina Thompson Newnan, GA
- > **Daniel and Cynthia Doble** of Lilburn, GA referred by Benjamin and Marli Chapman Lilburn, GA
- > **Robert and Angela Cox** of Sugar Hill, GA referred by Roman and Nataliya Barabolkin Buford, GA

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Perfect Holiday Gifts

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The Snowflake Package - \$59.00

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Includes free shipping (Eastern Time Zone) and greeting card.

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The Jingle Bell Package - \$118.00

- (4) 6oz Angus Filet Mignon Steaks
- (4) 6oz Lobster Tails

Includes free shipping (Eastern Time Zone) and greeting card.

**To order call Leslie Huff at 866-571-4921x314 or 770-279-4714
or email Leslie at LHuff@BlueRibbonFoods.com**

