

# healthy tiffin

A MONTHLY NEWSLETTER

ISSUE #1 ✨ SEPTEMBER 2009

IDEAS FOR  
HEALTHY  
HOME-COOKED  
FOODS

## Back to School

I hope you had a great summer vacation. Now that it's time for the kids to get back to school, it's important to start planning meals and snacks that will give your kids sufficient energy to get through the day.



Beans are a great source of fiber and protein. A diet high in Fiber has been linked to lower rates of obesity, diabetes, heart disease and cancer. The fiber in beans also means they raise blood sugar very slowly, and we don't get the spike in blood sugar levels and subsequent "crash."

So, beans are a great addition to your child's lunchbox because they will give your child energy over extended periods of time.

Beans are great for adults too! They help lower cholesterol, and reduce the risk of cancer.

**Note:** *If using dried beans, be sure to soak your beans overnight before you use them!*

## Black Bean Enchiladas

Makes 4 enchiladas

2 cups cooked black beans  
½ cup roasted red pepper  
½ cup corn kernels  
1/3 cup red onion, chopped  
¼ cup cilantro, chopped  
1 cup shredded Cheddar cheese  
1 ¼ cup salsa  
4 8-10" Whole Wheat or Spelt Tortillas

1. Preheat oven to 375 degrees.
2. In a bowl, combine first 5 ingredients, ½ cup of the cheese and ¼ cup of the salsa. Season with salt and pepper.
3. Distribute filling across tortillas. Roll up tortilla and set in baking dish. Pour salsa and sprinkle cheese over tortillas.
4. Bake for 15 minutes. Serve with salsa and guacamole.

### BOOKS TO READ

*Lunch Lessons: Changing the Way We Feed Our Children*

by Ann Cooper and Lisa M. Holmes  
Harpers Collins Publishers

### DID YOU KNOW?

The Farmer's Market is still going strong, and is a great place to pick up fresh fruit and vegetables grown on local farms.

#### Greenwich Farmer's Market

Saturdays: 9:30-2pm

Greenwich Train Station Parking Lot

### UPCOMING EVENTS

#### COOKING WITH AND FOR KIDS

Tuesday, October 13, 7pm

Greenwich Adult Continuing Education, Greenwich High School, CT

Including children in meal planning and cooking will expand their culinary horizons and expose them to a variety of foods. This workshop will go over the importance of including children in meal planning and cooking, and will demonstrate some easy, healthy meals to prepare with children.

**Materials fee: \$15, payable to the instructor.**

### COOKING WITH WHOLE GRAINS

Thursday, October 15, 2009

10am-1pm

Not quite sure what to make of Quinoa, Millet, Amaranth? Whole grains are loaded with vitamins, minerals, fiber and antioxidants. They are a great source of energy and help support your immune system. Join me for a hands-on cooking class where you'll learn quick and easy ways to incorporate whole grains into your diet. Learn how to make Quinoa and Ginger Muffins; Amaranth, Quinoa and Corn Chowder; Bulgur and Chickpea Salad; Millet-Chocolate Crunch.

**Fee: \$50/person (Limit 8 people)**

### OPTIMIZING ENERGY AND STAYING HEALTHY FOR KIDS

Tuesday, November 10, 7pm

Greenwich Adult Continuing Education, Greenwich High School, CT

This lecture/demonstration will address the nutrients growing children need and the best source for those nutrients. We will discuss the best choices for fats, proteins, and carbohydrates, and demonstrate some quick snack recipes.

**Materials fee: \$15 payable to the instructor.**



*Raising Awareness on Eating for Optimal Health*

**Rachel Khanna** is a passionate advocate of organic and local food and a healthy lifestyle. With a Master's Degree from Columbia University she subsequently completed a Diploma in Culinary Arts from the Institute of Culinary Education in New York. Rachel owned and operated **Tiffin Organic Dinner Delivery Service** in Greenwich, CT. Currently she teaches organic cooking classes and holds workshops on eating for optimal health. She also consults privately on nutrition and menu planning. Rachel is the mother of four daughters and has lived in Greenwich since 2000.