

# healthy tiffin

A MONTHLY NEWSLETTER

ISSUE #8 ✨ APRIL 2010

IDEAS FOR  
HEALTHY  
HOME-COOKED  
FOODS

## Spring Cleansing

SPRING IS HERE and it's a great time for spring-cleaning. While cleansing is good because it helps the body get rid of accumulated toxins – environmental, food and other. The key thing is to cleanse in a healthy way. I once did a two-day juice cleanse and was laid up on the couch shivering and exhausted!

If followed for too long, fruit or vegetable juice cleanses can be very hard on the body and weaken the liver and kidneys. The best thing is to fast daily for about 12 hours – so eat early in the evening and fast until the next morning. This helps the body rest and rejuvenate on a daily basis. Another thing is eating foods that help the body eliminate toxins, such as parsley, cilantro and Brazil nuts, all of which help the body eliminate toxins. Also eating bitter and astringent foods such as peas, leafy greens and root vegetables help clean and detoxify the body. Bitter greens such as arugula and dandelion greens are great cleansing foods, as are green cabbage, broccoli and brussel sprouts.



## Bitter Green Pesto Sauce

2 lbs.	dandelion greens, stems removed and thinly sliced
1	onion, sliced
2	garlic cloves, sliced
¼	cup olive oil
½ tsp.	salt
pinch	of smoked red paprika

1. Put all ingredients in a blender and blend to a smooth paste, adding additional olive oil if necessary.
2. Serve with your favorite pasta.

## Sautéed Arugula and Dandelions Greens

1 ½ cups	arugula, washed and dried
1 ½ cups	dandelion greens, washed and dried
½ cup	pine nuts or walnuts
½ cup	parmesan cheese
2	cloves garlic
1 tsp.	salt
½ cup	olive oil
	juice of 1 lemon

1. Heat olive oil in a large sauté pan.
2. Saute onions until soft. Add garlic and sauté an additional 2 minutes.
3. Add dandelion greens, stir well. Add salt and smoked paprika.
4. Cover pan and cook on low heat for 2-3 minutes.

*“If I had my life to live over, I would start barefoot earlier in the spring and stay that way later in the fall. I would go to more dances. I would ride more merry-go-rounds. I would pick more daisies.”*

— NADINE STAIR



## Raising Awareness on Eating for Optimal Health

Rachel Khanna is a Certified Health Counselor and a passionate advocate of organic and local food and a healthy lifestyle. She decided to become a health counselor to fulfill her passion of working with children and parents to improve their health and family life.

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, and received her

training as a Health Counselor at the Institute of Integrative Nutrition in New York City. Rachel owned and operated Tiffin Organic Dinner Delivery Service in Greenwich, CT.

Currently, she teaches cooking classes and holds workshops on eating for optimal health. She also offers individual health and nutrition coaching to parents and families.

Rachel is the mother of four daughters and has lived in Greenwich since 2000.

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DAYS ARE LONGER AND WARMER so it's a perfect time to replenish your vitamin D levels. Research indicates that we do not get enough vitamin D. Vitamin D is a fat-soluble vitamin that functions like a hormone. It helps in the absorption of calcium and is therefore essential for bone health and immunity. Vitamin D may also help in the regulation of blood glucose levels. In addition to sunshine, vitamin D can be found in fish, fish liver oils, beef liver, cheese and egg yolks. Also, vitamin D is best absorbed with vitamin A.

*“Light is the basic component from which all life originates, evolves, and is energized. Light and health are inseparable.”*

— KEN CEDER, former co-director,  
Hippocrates Health Institute,  
Boston, Massachusetts

\* Please check out my new website at [www.Healthytiffin.net](http://www.Healthytiffin.net).

## FORWARD TO A FRIEND

It's such a pleasure to help those closest to us to become happier and healthier. Please forward this newsletter to friends, family members or colleagues who might be interested and inspired by it.

**WANT TO LEARN MORE ABOUT A SPECIFIC TOPIC?** If there are some topics you would like to see addressed or a class you would be interested in, e-mail me at [rachel@healthytiffin.net](mailto:rachel@healthytiffin.net) with some of your ideas. I will try my best to accommodate you.

**INTERESTED IN HAVING A ONE-TO-ONE SESSION TO TALK ABOUT YOUR HEALTH?** Contact me at [rachel@healthytiffin.net](mailto:rachel@healthytiffin.net) to schedule a health consultation.

## UPCOMING EVENTS

### HEALTHY AGING

(Lecture)

April 15, 2010, 9:00-11am

Spring is here and it's a time for rejuvenation. Homeopath and herbalist, Mel McDivitt, will join me for a presentation on healthy aging. We will discuss what foods, herbs and lifestyle habits help in the aging process. We will also discuss the benefits of seasonal cleansing.

Fee: \$50/per person

RSVP to [Rachel@healthytiffin.net](mailto:Rachel@healthytiffin.net)

### HEALTHIER FOODS, HEALTHIER FAMILIES

(Lecture)

April 17, 2:00-3:30pm

at the Greenwich Audubon Center

Did you know that roughly 70% of antibiotics in the U.S. are given to animals? Or that there are now more overweight people in the world than starving people? Join me to learn how to choose healthier foods and explore some of the myths surrounding our food supply.

Suggested Donation: \$10

RSVP to Jeff Cordulack at the Greenwich Audubon (203) 869-5272 x239

### COOKING OF THE MEDITERRANEAN

(Hands-On Cooking Class)

April 22, 10:00-1pm

The Mediterranean diet has been shown to prevent heart disease, cancer and diabetes. Discover why Mediterranean foods are so health, and learn some simple and delicious recipes from the Mediterranean region.

Fee: \$75/per person

RSVP to [Rachel@healthytiffin.net](mailto:Rachel@healthytiffin.net)

### COOKING FOR BONE HEALTH

(Hands-On Cooking Class)

April 29, 10:00-1:00pm

The food in our diet can weaken bones, leading to problems later on in life. Come and learn about the best foods to strengthen bones and some simple recipes for optimal bone health.

Fee: \$75/per person

RSVP to [Rachel@healthytiffin.net](mailto:Rachel@healthytiffin.net)

### WHOLE FOODS TOUR

May 6, 2010, 9-11am

With the wide variety of foods, super-foods, and foods touted as healthy available on the market today, making sound food choices has become very confusing.

Join me for a tour of Whole Foods to gain a better understanding of what choices to make at the supermarket.

Fee: \$20/per person

### A CULINARY TOUR OF LITTLE INDIA

(Tour and Lunch)

May 13, 2010, 10am-2pm

Join me for a tour of New York City's Little India. Our tour will begin at New York's famed Kalustyan's, where we will explore traditional Indian spices and cooking utensils. We will then stop for a traditional South Indian Dosa lunch.

Fee: \$??/per person

IF YOU ARE INTERESTED in attending any of these lectures or classes, please contact me at: [Rachel@healthytiffin.net](mailto:Rachel@healthytiffin.net) You can also find additional information about my programs at my website [www.Healthytiffin.net](http://www.Healthytiffin.net).