

Here's to Your Health



Shaw Rabadi

Along the way, every idea, suggestion, tidbit, and recipe will be designed to support general health, delicious meals, and alternative cooking options. My belief is not that you should give up anything you enjoy, but that you should be enjoying more of the things that are good for you, by using fresh and healthy ingredients that add rich tastes.

Occasionally within this segment, we will go on a virtual shopping spree so we can understand how to be savvy shoppers. My desire is that all of this will add up to having more fun with food and more satisfactory results in the kitchen, so you can enjoy your new found skills with your family and friends.

So welcome to my new page and thank you for allowing me to get on my saltbox to offer my opinions about our eating habits and how they affect our overall health. Let's not kid ourselves-with the amount of research we conduct as a nation, it is becoming more obvious that our health in general, especially in our children, is greatly at risk due to the threat of obesity. Therefore, please consider this my small contribution toward reversing this epidemic. I look forward to providing you with information that can help you make an informed decision on what you will be eating tonight. Bon appetite!

Welcome to this new page featuring my take on the concept of Heart Healthy eating and cooking the Mediterranean way. I will examine the basic and most valuable tips associated with Heart Healthy cooking, and will include a new Heart Healthy recipe every month for you to try at home.

My objective is to offer you ideas based on my belief in Heart Healthy eating as I have lived it all my life, and as I have practiced professionally for two decades, by serving this delicious food that you will come to know as traditional Mediterranean cuisine.

Moroccan Stew – *With cucumber-yogurt sauce and whole wheat pita*

Ingredients

2 tablespoons olive oil	1 sliced green pepper	3 cups chopped onion	1 sliced red pepper
3 cloves minced garlic	1 teaspoon cumin	2 cups cubed eggplant	1 teaspoon turmeric
2 large chopped tomatoes	1 teaspoon cinnamon	2 cups cooked garbanzo beans with liquid	
¼ teaspoon cayenne	½ teaspoon paprika	A pinch of saffron	¼ cup chopped scallions
1 cup sliced carrots	¼ cup dried currants	3 cups cubed butternut squash	2 cups chopped spinach
1 cup cubed potatoes	¼ cup chopped fresh parsley	4 cups sliced yellow summer squash or zucchini	

Heat olive oil in a heavy-bottomed stew pot, add onions, and sauté for three minutes. Add garlic and spices, stir. Add vegetables in order listed above and allow color to deepen. Stir in the beans, saffron, and currants. If stew is too dry, add tomato juice or garbanzo bean liquid. Cover and simmer until all vegetables are tender. Add spinach, stir, and serve topped with parsley and scallions.

Cucumber-Yogurt Sauce – 2 cups non-fat yogurt – 1 medium cucumber, peeled, seeded, and diced – 2 teaspoons mint, dried or freshly chopped – A pinch of salt and pepper

Drain excess liquid from yogurt. Mix all ingredients and serve chilled. Serve with Whole Wheat pitas. Pleases 6-8 people... **ENJOY!**

BFS Restaurant

452-6342

BFS Restaurant offers menus that embrace a wide array of flavorful, healthful delicacies that will remind you, as our choices evolve, how truly versatile the authentic Mediterranean cooking and traditions are.

BFS Restaurant offers comprehensive lunch and dinner selections, ranging from Lebanese to Moroccan, serving everything from New York style deli sandwiches, soups and salads, to authentic wraps and vegetarian dishes. Our goal is to serve you healthy Mediterranean food in our home or yours.

Eat, Drink, and Be Mediterranean!



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