

Join Me for a Cooking Class!

Summer 2008

During the summer I'll take a break from open sessions.

I am always available for private classes. Get a group of family and friends together for

Summer Salads

or

Chillin' & Grillin'

or

Tapas

Or a

Summery Feast from the Mediterranean or the South of France

Join me in the Kitchen & Around the Table for delicious summer food & fun

Private classes always available

Girls' Night Out
Cooking Couples
Customer Appreciation
and lots more....
at your house or mine.

Private Chef & Catering Services

Celebrations for Family & Friends.

....too busy or too tired to cook ...
let me do it for you!

Contact Susan Nye at
susannye@tds.net
or 603/526 7319

More information the web at
www.susannye.com

So what's up with these so-called super foods? They have been in the press for quite awhile now, long enough to develop conflicting stories and gather at least a bit of misinformation. What makes super foods special? Can they help you leap tall buildings in a single bound? Make you run faster than a speeding bullet or become more powerful than a locomotive? Oh heck, can they just make you look good in tights and a cape?

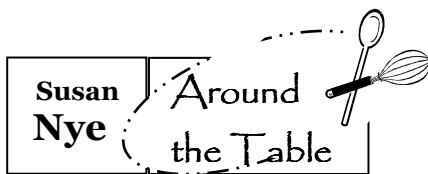
Super foods are nothing new. Mothers have been trying to cajole their kids into eating their vegetables, yogurt and oatmeal for time and eternity. Foods high in vitamins like C and E, Essential Fatty Acids, antioxidants or fiber have all been identified as having special super powers. Supporters claim that they can slow aging, prevent or cure any number of illnesses, lower cholesterol or even make you smarter. Will super foods perform miracles? In many cases, the jury is still out. Still and all, these foods are all good for you, so eating them certainly can't hurt!

Although some require a special trip to a health food store, most super foods are easily found in your local supermarket. Or with summer fast approaching, try your local farm stand or farmers' market. Summer is a great time to get healthy so try adding super foods to your warm weather menus. To help you on your quest for health and vitality here are a few easy, but not necessarily fool proof tips.

- **Foods with lots of color are good.** When it comes to green foods; brighter and darker is better. Broccoli makes almost everyone's list of super foods as do dark, leafy greens. Not just any old salad fixings will do. Spinach and watercress pack a big wallop but pale anemic iceberg lettuce doesn't pack even the smallest punch. Especially when the iceberg is crowned with a big dollop of blue cheese dressing.
- **Many blue foods are not just super but super duper.** What's not to love about a blueberry? They are loaded with antioxidants and bring back lots of wonderful memories of summer hikes and picnics. Black currants, blackberries and raspberries tag onto blueberry's healthy coat tails. As far as I know, blue corn chips don't have any particular super powers. Blue cheese might be super delicious but it will not help you leap a tall building.
- **Very few super heroes wore orange tights, but they should have.** Orange foods are high on the list of super foods. Oranges, papaya, pumpkins, squash and sweet potatoes are all super foods. Please note, cheese puffs and cheese doodles are not.
- **Think Mediterranean.** Tomatoes, oregano, extra virgin olive oil, garlic, peppers and onions are all super delicious and super good for you.
- **Don't forget the fiber.** Fiber whether it is oatmeal, barley, buckwheat, quinoa or bulgur are all essential for healthy living.
- **There is no such thing as a bad nut or seed** or at least that's the word from people smarter than I. Keep a supply of walnuts, almonds and pumpkin seeds handy for snacks and to throw on salads and add to summery pesto. Their only downside is the high calorie count so live it up in moderation. How's that's for an oxymoron.
- **Super meals need lean, mean protein.** Make sure that your super menus include legumes and beans, soy and fish.
- **Red wine is a super food?** Red wine hit the headlines several years ago for its heart health benefits. Of course there is a caveat; there is always a caveat. With red wine less is more. A glass or two, but not more, are the key to benefiting from red wine's heroic qualities.
- **And finally, don't forget the decadent super food: chocolate.** Don't get too excited; the super foodies are not giving us a license to eat a hot fudge sundae everyday, just a small but divine square of dark chocolate.

Summer is a great time to share healthy, local foods with family and friends. Enjoy lively conversation around a table filled with colorful super dishes, gorgeous fruits and beautiful vegetables.

Bon appétit! - Susan



Around the Table
Private Chef & Catering Services

Do you have too much to do and too little time?

Too busy to cook?
Let me do it for you.

Like to entertain?
No time to prepare the perfect cocktail or dinner party?
Let me do it for you.

Around the Table
Friday Night Cooking Classes

A fun evening to learn, eat and laugh!

For more information
Visit the web at www.susannye.com
Contact Susan Nye at
susannye@tds.net or
603/526 7319

Pasta with Fresh Tomatoes and Green Olives

Serve this pasta with a spinach salad for a super dinner. Enjoy!

Serve 6

1 pound buckwheat pasta or soba noodles
1 pound fresh cherry or grape tomatoes, try a mix of red and yellow
3 tablespoons extra virgin olive oil
2 cloves garlic, thinly sliced
Pinch of red pepper flakes
1/4 cup large green Sicilian olives, pitted and roughly chopped
2 spring onions, thinly sliced
2 tablespoons fresh oregano leaves, chopped
4 ounces feta cheese, crumbled
Kosher salt and freshly ground pepper to taste

1. Set 6 quarts of water to boil in a large pot. Cook the pasta according to package directions.
2. Meanwhile, cut the tomatoes in half, reserving any juices. Put the olive oil, pepper flakes and garlic in a 12 to 14-inch sauté pan, cook over medium heat until the garlic just starts to turn a pale, golden brown; don't over cook. Add the tomatoes and juices; season with salt and pepper; cook for 30 seconds. Add olives and spring onions, remove from heat.
3. To serve, toss the pasta with the tomatoes; sprinkle with oregano and feta.