

Did You Know?

...that iron is better absorbed in the presence of Vitamin C? Nibble on a piece of citrus fruit, strawberries, tomatoes or green peppers to enhance iron absorption.

...that refrigerating onions before cutting them will decrease tear production. No more crying while making a dish with onions!

...that there is a coffee out there that charges over \$50+ per cup! This specialty coffee named "Kopi Luwak" originates from Indonesian Islands. Why so expensive? Small civets-like animals (similar features of a cat) actually ingest the coffee bean, pass it through their intestinal tract, and are collected by humans. They are then cleaned, roasted and prepared for coffee. It is famous for its heavy rich flavor with a hint of chocolate and caramel.



Ask the Dietitian:

Organic vs. Natural Are they the same!?

Many people are now seeking a more wholesome approach to eating with less processed foods. The words "organic" and "natural" seem to be used interchangeable, but what if I told you...they couldn't be more different?

Organic products are regulated by the FDA. By definition, food crops must be grown using organic farming methods without synthetic pesticides or fertilizers and organic animals must have access to outdoors and be given no antibiotics or growth hormones.

The definition of natural on a food package requires virtually no government regulation.

Bottom line: Natural foods are not necessary "bad," they are simply not tightly regulated and may be used as a marketing ploy. Organic, rest assured is certified. For a food to be credited organic, be sure it has this label on it



Support Group Information

WHAT:

Come gather with other patients in the weight loss surgery process. Meet and support those pursuing or have already had surgery!

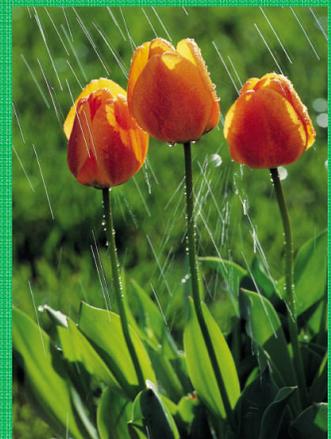
WHEN:

Tuesday, April 19th
2011

WHERE:

Wildwood Lodge
8511 Hudson
Boulevard
Lake Elmo, MN 55042

- This month's topic: MYTHS of NUTRITION- Navigating fact from fiction in the nutrition world.



Food of the Month

Asparagus

Asparagus cultivation began over 2,000 years ago in ancient Greek civilizations. The growing process from seed to plant takes years!

You may be familiar with green asparagus, but what about white? White and green asparagus come from the same plant. During the process of growing white asparagus, it is covered with mounds of dirt to decrease sun exposure! It is a food luxury in Germany and can be found in most grocery stores in the USA.

Asparagus containing less than 4 calories per spear has many health benefits. One serving will provide 60% RDA of folate and is an excellent source of Vitamin A, K and fiber.



Research Corner

Weight Loss Surgery Improves Migraines

Patients who underwent weight loss surgery did not only benefit from weight loss itself. A recent study found a reduction in the amount and severity of individuals suffering from migraines after surgery. Dr. Frederick J. de la Vega, a neurologist at the Scripps Memorial Hospital La Jolla in San Diego states "... there's probably a lot of factors interacting here to influence on migraines related to the benefits of shedding all those pounds," he noted. "Blood pressure changes, other metabolic changes and mood changes resulting from people feeling better about themselves..."

http://www.nlm.nih.gov/medlineplus/news/fullstory_110334.html



Asparagus and Smoked Salmon Bundles

Ingredients:

- ❖ 1 bunch asparagus, ends trimmed (about 20 spears)
- ❖ 2 tablespoons olive oil
- ❖ 1 tablespoon chopped fresh rosemary leaves
- ❖ Salt and ground black pepper
- ❖ 4 to 6 ounces thinly sliced smoked salmon (1 slice per asparagus spears)

Directions:

1. Preheat the oven to 400 degrees F.
2. Lay the asparagus on a foil-lined baking sheet. Drizzle with olive oil. Sprinkle with rosemary, salt, and pepper. Roast until cooked and starting to brown around the edges, about 10 minutes. Remove from the oven and transfer to another baking sheet to cool.
3. Once the asparagus have cooled, wrap each spear in a slice of smoked salmon. Arrange on a serving platter and serve at room temperature.

Recipe provided by: foodnetwork.com

Asparagus with Fried Eggs

Ingredients:

- ❖ 1/2 to 3/4 pound asparagus
- ❖ Olive oil
- ❖ Salt
- ❖ 1/4 cup fresh bread crumbs
- ❖ A few leaves fresh thyme
- ❖ 2 eggs
- ❖ Freshly ground black pepper
- ❖ 1 tablespoon red wine or sherry vinegar

Directions:

1. Prepare the asparagus: Simply cut off the bases.
2. In a tightly sealed pot over rapidly boiling water, steam the asparagus until just tender, 2 to 3 minutes for thin asparagus, 4 to 5 minutes for thick. Drain, pat dry, dress lightly with 1 tablespoon oil, season with a pinch of salt and keep warm.
3. Place bread crumbs in bowl. Season lightly with salt and thyme leaves, coat with 1 tablespoon oil.
4. Transfer the bread crumbs to a small nonstick skillet and place over medium heat. Cook, stirring occasionally, until they begin to darken. When they have fried enough that they feel dry when you stir them and make a dry, static-y sound, 2 to 3 minutes, divide them into 2 equal batches and pat to make a thin layer.
5. Crack the eggs over the bread crumbs. Season with salt and freshly ground pepper, cover tightly and cook the eggs until they're as done as you like.
6. Divide the asparagus in half and arrange it on 2 warm plates. When the eggs are done, drape one egg over each asparagus bundle. Add the vinegar to the empty pan and let it sizzle for a moment before drizzling it over the eggs.
7. Serve immediately

Recipe provided by: <http://www.latimes.com/features/food/la-fo-calcook-rec1-asparagus-eggs-20110331,0,3196368.story>