

# Tasty and Meatless



October 2004

Helping you make it  
**EASY** to be Healthy...  
and Happy too!



## OUR COMMUNITY

### THANK YOU FOR COMPLETING OUR SURVEY!

Your answers will be kept confidential and will only be used internally to help develop useful internet lifestyle tools and better TV programming.

## NEWSLETTER SECTIONS

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## NEWSLETTER SURVEY

*Content for this section is available online only.*



## RESTAURANT REVIEW

### Marbella Restaurant

by Cyndi Rook

Marbella was awarded 2004 best new restaurant titles by both the "Honolulu Advertiser" and Honolulu Magazine, and dining there is indeed a treat. Excellent service combined with some possibly new and certainly exciting flavors are sure to make Marbella a Honolulu favorite.



## HEALTHY ARTICLE

### Once a Month Cooking-In the Kitchen at Last

by Cyndi Rook

Are you excited about cooking, a lot? Unless you have gone on without us, you are still scheming and planning, and perhaps you have set a date and shopped for non-perishables to supply this adventure. Here are a few last minute hints, tips, and bits of sage advice that...



## LIVING INSPIRATION

### Living Inspiration

by Jeanne Moore

I'm attending Weight Watchers as part of my effort to lose weight and get healthy. The "points" system I'm following with them bases the number of points a serving of food has on a formula they've figured out using calories...

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## Restaurant Review Meatless on the Move

by Cyndi Rook

### Marbella

1680 Kapiolani Blvd. • Honolulu • Oahu • (808) 943-4353

Lunch - Monday- Friday 11:30 AM – 2 PM • Dinner – Everyday 5:30-10:00 PM

Marbella was awarded 2004 best new restaurant titles by both the "Honolulu Advertiser" and Honolulu Magazine, and dining there is indeed a treat. Excellent service combined with some possibly new and certainly exciting flavors are sure to make Marbella a Honolulu favorite. For a soup diva like me, the pureed lentils, aromatic with cumin and garnished with crispy caramelized onion merit the currently adventurous trip down Kapiolani Blvd. This soup may be the tastiest brown liquid I have ever sampled. Served hot and rather thin, it thickens as it cools, and is so deliciously and mysteriously seasoned that the lentil-obsessed may be tempted to order several bowls.

Marbella's dinner entrée menu lists only one plant-based option, the Vegetable Risotto, although the Couscous Royal can easily be served meatless for a second option. The Vegetable Risotto bears no resemblance to the beige blandness that passes for risotto in the typical Italian-American restaurant. You know, "Pass the pepper, please." In this Egyptian version, red and green bell peppers, carrots, scallions, mushrooms, and lots of parsley render this dish stunning in comparison. Cracked black pepper keeps things lively and demands alert attentiveness to this dish. Acting in concert with the natural starch of the grain, a glisten of truffle oil negates the necessity of the standard parmesan cheese. For a dairy-free version, ask that it and the crème fraiche be withheld; you will not miss them.

For the meatless diner, the real action is in the appetizer selections. Six of the nine possibilities are plant-based, so you have the option of creating an entire meal of appetizers (plus the Lentil Soup) that is balanced and very satisfying in its variety for about the cost of an entrée.

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## RESTAURANT GUIDE



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### Restaurant Review (continued)

A platter of four round fritters makes sharing the Falafel Treat feasible, but you will not want to. The falafels arrive at table hot and fresh, a tahini-based sauce on the side and garnished with a sweet and complex balsamic syrup. Perhaps only the meatless can truly appreciate the magic and possibilities of the lowly bean. These garbanzo treats are well-spiced, with a hint of a kick, crisp exteriors and soft chewy middles brightened with emerald green parsley. The tahini sauce coats the falafel with an extra layer of flavor and creaminess, and the balsamic garnish adds depth while allowing the underlying tastes to prevail.

The Marbella Spanakopita is a beautifully constructed onion dome of filo pastry with layered chopped fresh steamed spinach, feta cheese, and a leek and yogurt sauce. The flavors are simple, clean and balanced. The feta accents rather than overpowers the green taste of the spinach.

Perfectly sized for one, the Carmelized Onion Tart is topped with goat cheese and accompanied by olive tapenade (no anchovies) and peppery arugula. The miracle of the ubiquitous onion, of course, is the contrast of its raw pungency and cooked sweetness, the height of which is the aptly named carmelized onion, which here is rich and creamy, savory and sweet. This appetizer is so perfectly presented and satisfying that it could easily attain entrée status.

While on the run in Waikiki between 11:30 AM and 2:00 PM, park in the 24 Hour Fitness garage and enjoy the make your own Greek Salad, falafel, hummus, tzatziki, and pita bread from the lunch buffet. In the evening, valet park and plan to spend some time enjoying this unique dining experience. The owner Magdy Matar, general manager Nicole Pinot and the excellent chefs and staff of Marbella will insure that your evening is a special one.

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### Healthy Article

## Once a Month Cooking-In the Kitchen at Last!

by Cyndi Rook

Are you excited about cooking, a lot? Unless you have gone on without us, you are still scheming and planning, and perhaps you have set a date and shopped for non-perishables to supply this adventure. Here are a few last minute hints, tips, and bits of sage advice that can help make your big cooking day a smooth rewarding experience, and one that you will want to repeat next month. The rest is up to you. We want to know how you do so be sure to send us an email about your experiences!

### PRE-PREP

1. The night before cook day, several things can be done to save time before you start cooking. If any of your recipes include dried beans, and you have not already soaked them, they **MUST** be done over night. (Beans can be soaked and then frozen for the future, so you can soak days or weeks ahead) You can even start chopping. Carrots, for example, done in small dice, can take some time, so you might consider doing some pre-bedtime chopping as well. Refrigerate diced vegetables in plastic bags with a couple of ice cubes, and they will be ready to add to your recipe.
2. Make sure your kitchen, pots, pans, and utensils are clean and in top shape. Designate work stations if you don't have permanent ones, and select which cookware will be used. Placing pots and pans on the stove the night before saves a few minutes digging through cupboards.
3. If you are using a slow cooker, getting it filled and heating should be one of your first steps, so set any non-perishables out to drop in come morning. Remember that slow cookers can be working for you while you sleep too.
4. If you haven't done so, copy your recipes onto cards. You may have several recipes in action at once, and you need to be able to easily access any instructions you haven't memorized.

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### SHARE YOUR EXPERIENCE!

Planning on trying Once A Month Cooking? What was challenging, how did you overcome it, what advice and tips do you have for others? Send your story and questions to us at [news@tastyandmeatless.com](mailto:news@tastyandmeatless.com).

## SECOND SERVINGS

Write to us and **WIN Dinner at a Tasty and Meatless restaurant!**

We want to hear about YOUR Once a Month Cooking experiences. How was the planning, shopping, cooking, and freezing? Did it save time or money, and what did your family think? Please share your successes and failures as well as new tips and advice to others. Just by writing to us about Once a Month Cooking, you will be entered into a drawing to win a gift certificate to a **Tasty and Meatless** favorite restaurant. We really look forward to hearing from you! Thank you for helping make it EASY to be Healthy... and Happy too!

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### Healthy Article (continued)

5. Double check your ingredients. It's really frustrating to be forced to turn off the stove and run to the store for something.

**Tip:** In case you haven't noticed, slow cookers have seen a major revival. They are still cheap, usually costing less than comparably sized stovetop piece, they are cinchy to use, save time, and if you no longer love harvest gold, avocado green, and orange, you can purchase sleek black, white or chrome models. Underscoring their renewed popularity are the numbers of new meatless cookbooks specifically geared to the slow cooker that have hit the bookstores in the last year or so. If you sold your 1970s model in a garage sale already, buy a new one or two and enjoy saving time and energy.

### PREP

1. Sharpen your knives. Slicing, dicing, and chopping can be accomplished faster and much more safely when using really sharp tools. This is the not-so-well-kept secret of the professional chef that many home cooks still don't seem to believe.
2. Collect your fresh vegetables if they aren't out already and begin chopping, placing prepared amounts in containers of your choice. Bowls are easiest to work with, but they take up space, so you may prefer plastic bags. It's most efficient to have all vegetables for all recipes prepared prior to beginning to cook, but if space is an issue, concessions to maximum efficiency can be made. Make it a part of the PLAN. Oh yes, have I mentioned yet in the last two months that planning is a major predictor of success and happiness in bulk cooking?
3. Seasoning that will be used in several recipes like salt and pepper should be placed together within easy reach. If you are using fresh ground pepper, grind a few teaspoons during the prep phase so that you only have to do the job once.
4. Depending on your space, measure out spices and seasonings for each recipe. However, to minimize clutter and maximize operating space, you can address each recipe separately as you begin it.

We want to hear about YOUR Once a Month Cooking experiences. How was the planning, shopping, cooking, and freezing? Did it save time or money, and what did your family think? Please share your successes and failures as well as new tips and advice to others. Just by writing to us about Once a Month Cooking, you will be entered into a drawing to win a gift certificate to a **Tasty and Meatless** favorite restaurant. We really look forward to hearing from you! Thank you for helping make it EASY to be Healthy... and Happy too!

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### Healthy Article (continued)

**Tip:** Chances are onions are listed as an ingredient in most of your recipes. You may be instructed to mince, dice, chop, coarsely chop, or finely chop. Think about each recipe and decide if all onions can be prepared in an equal size without affecting the final outcome. Coarsely chopped onions would be out of place in a thin sauce calling for minced onions. In this case, mince, or better yet, use a food processor. I'm not in love with the mini-processors, but they mince an onion in about three seconds. Just chop onions for the remainder of the recipes reasonably evenly, place these in one large bowl measuring out as needed, and you have saved time and space.

### COOK

1. As soon as you begin preparing to cook, you will know if you planned sufficiently. Every situation is unique, and only you will know your kitchen, your recipes, and your own preferences. That's why you must plan for you. This also bears repeating: Before tackling a large scale operation, cook double or triple batches of a few recipes--the same ones you have selected for freezing if they are favorites--to determine any possible pitfalls that can be addressed in your final plan.
2. Know beforehand the order in which recipes will be cooked. This becomes important if you must use a pot for more than one recipe.
3. Consider doing only one recipe at a time, start to finish, before beginning the next. A little overlap might not matter depending on the dish, but don't try doing three large recipes at once or things will start burning, ingredients may get left out or mistakenly placed in the wrong pot.
4. You may need to transfer cooked food to another container to cool, to reuse the pot, or just to get make room on the stove, so have some large heatproof ones handy. Pyrex or stainless steel bowls work well.
5. Clean as you go. Keep a spray bottle with soapy water and paper towels handy to wipe up spills or clean counters quickly.

**Tip:** Because it is wider than it is tall, a Dutch oven, also referred to as a casserole, is a particularly cook-friendly pot for preparing large recipes. During the early stages of cooking, the wide bottom allows vegetables to be sautéed evenly with a minimum of stirring. Look for six to eight quart sizes for the most versatility.

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#### FREEZE

1. For safety reasons, cooked food should be cooled and stored in freezer as soon as possible. A few days before cook day, crank your freezer down a few degrees below zero if possible to allow it to handle the sudden influx of warm containers.
2. To cool food quickly and evenly, transfer it to a shallower pan or divide it among several small shallow containers. You can also place the hot pan in the sink on a cooling rack with cool water running under it. Cool hot liquids like soups and sauces by stirring them frequently.
3. Foods stored in single serving containers will freeze more quickly.
4. Label and date containers. You will forget what you cooked before long, and every meal will be a surprise. Include simple reheating instructions on the label; indicate if additions are necessary. For instance, "Reheat for 45 minutes at 350 degrees and serve over rice."

**Tip:** The following websites will provide much more information, including lists of foods that freeze well and those that do not, which flavors intensify upon freezing and those that weaken, and how best to prepare and freeze fresh vegetables. There are also tips for reheating frozen foods.

<http://www.ellenskitchen.com/bigpots/oamc/vegweek.html>

Contains vegetarian meal plan using soy products, quantity recipes, filling the meatless pantry and hints for herb gardening

<http://muextension.missouri.edu/explore/hesguide/foodnut/gh1501.htm>

Freezer safety tips, lists of foods that freeze well and those that do not

<http://southernfood.about.com/od/freezingfood/>

Links that deal with preparing fresh vegetables for freezing, how not to panic if your freezer stops freezing

<http://busycooks.about.com/library/lessons/blrefrig7.htm>

Consequences of freezing specific foods

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### Living Inspiration

by Jeanne Moore

I'm attending Weight Watchers as part of my effort to lose weight and get healthy. The "points" system I'm following with them bases the number of points a serving of food has on a formula they've figured out using calories, grams of fiber and grams of fat.

I'm working on going vegetarian because it's healthy and you can eat so much more food when it's vegetarian. For example, using WW's point system, 12 ounces of tofu has 4 points and 3 ounces of chicken (white meat, skinless, boneless) has 4 points. Of course I'm going to pick the tofu - that's a no brainer! Stir fry it in water with a little shoyu with veggies like broccoli, cauliflower, mushrooms, some garlic and onion - which all have zero points in the WW program, and you have a HUGE dinner for 4 points. And a healthy one, too!

One is able to eat more and still loose weight if one makes vegetarian choices. In staying within the Weight Watchers guidelines, I look for what's going to be the best value - in having to pay attention to the calories, grams of fat and grams of fiber, I find myself looking at other nutritional considerations, too. If it's a choice between 12 ounces of tofu and 3 ounces of chicken for a similar caloric content, of course I'm going to choose the tofu because it's more food. I also find myself looking differently at processed foods - in having to read the labels and seeing what's in them, I'm now questioning "do I really want to choose this? That's not a good nutritional value!" I'm noticing the sodium and other things (that I don't know what they are) that are in processed food. A little awareness helps a lot in making choices.

I also like foods that don't take a lot of work to prepare and with vegetarian food, it seems like you can find choices that can be as much or as little work to prepare as you want to do. Stir frying with a little water or doing things like washing grapes doesn't take that much work and suits me just fine.

My goals are to change my lifestyle to a healthy one and to be healthy as well as to lose weight. Besides watching Tasty and Meatless, we also listen to Dr. John Westerdahl's radio program with Dr. Shintani and Dr. Ruth on Sunday nights called "Nutrition and You." (AM 1080). All of you are a big help to my family in our endeavors to become healthy.

## OUR COMMUNITY

### TELL US YOUR STORY!

Do you have a story about how you or your loved ones got healthier? What was challenging, how did you overcome it, what advice and tips do you have for others? Send your story and questions to us at [news@tastyandmeatless.com](mailto:news@tastyandmeatless.com).

## SECOND SERVINGS

### NEW TV BROADCAST SCHEDULE

#### New Show Every Saturday Night!

Saturday • 6:30 PM

Monday • 10:00 AM

Tuesday • 1:30 AM

Wednesday • 9:30 AM/2:30 PM/5:30 PM

Thursday • 1:30 AM