

Tip of the Week

You can't trust everything you read or hear...even if it's coming from a doctor.

The media waves have been on a high tide with Dr. Oz's remedies for better health, a flatter belly, and 'miracle' solutions for vitality. The truth is, there is no truth, in any "miracle" solution.

Are you looking for more energy, a sleeker figure, a better mood? Then look no further than the foods at your fingertips. Your health is a direct result of the nutrients, or lack thereof that you have been getting from different foods.

Nutrients are versatile and far-ranging; meaning, the nutrients we all need to thrive will never come from a single food source. So coconut, acai, goji, flax, raspberries alike—all teeming with vital nutrients, yet not one a food we can solely survive on.

This week, relax your food budget and feel confident that the vegetables, fruits, whole grains, beans, nuts and seeds you can find in season or on sale have everything your body craves and needs to get you back to the energized and sleek person you are looking for.

Simply put: put down the orange flavored Vitamin Water, and reach for the fresh navel orange instead.

Upcoming Events

February 20th, 6-8pm: Nutrient Dense Cooking class
Menu: Artichoke-Potato Gratin, Baked Falafel Greek Salad, Rolled Eggplant, Sweet Pita Apple Bake.

February 27th, 12-1pm: Lunch & Learn with Lara.
Topic: Why the "quick fix" diet never works. A light lunch will be served. Please register at guest services to attend FREE.

MARCH IS NATIONAL NUTRITION MONTH!

Are you ready?

The March calendar is full of helpful classes, tours, active demos, and more! Pick up a calendar at the healthy eating kiosk in produce or guest services desk!



Recipe of the Week

Fun with new whole grains!

Kasha & Chickpeas with Caramelized Onions & Mushrooms

Serves 4 to 6

Sweet caramelized onions and mushrooms complement the nutty, toasted flavor of kasha. Look for kasha in the bulk aisle or find it with packaged beans and grains. Serve this dish alongside roasted chicken or pork.

Ingredients

1 cup kasha (roasted buckwheat groats)
16 oz low sodium vegetable broth
2 medium yellow onions, thinly sliced
Salt to taste
1 tablespoon mirin
1/2 pound cremini mushrooms, sliced
2 tablespoons chopped parsley, plus more for garnish
1 tablespoon finely chopped garlic
1 (15-ounce) can chickpeas, rinsed and drained

Method

Bring vegetable broth to boil in a medium pot over high heat. Stir in kasha, salt and 1/2 teaspoon of the oil. Reduce heat to low, cover and cook for 15 to 18 minutes, until tender. Remove from heat and set aside.

Heat a wide skillet over high heat. Add onions, mirin and 1 tablespoon water, cover, and cook gently over medium low heat until onions are soft and translucent, 12 to 14 minutes. Add mushrooms, raise heat to high and cook, stirring frequently, until mushrooms are browned, 6 to 8 minutes. Reduce the heat to low, add parsley, garlic and chickpeas and simmer for 5 to 7 minutes longer, stirring occasionally, until liquid has evaporated.

Lightly fluff kasha with a fork and transfer to a serving bowl or platter. Spoon the chickpeas and vegetables over the kasha. Garnish with parsley, if you like, and serve.

Check out our blog for more simple ways to enjoy whole grains everyday!

<http://blog.wholefoodsmarket.com/2012/01/simple-enjoy-whole-grains/>