

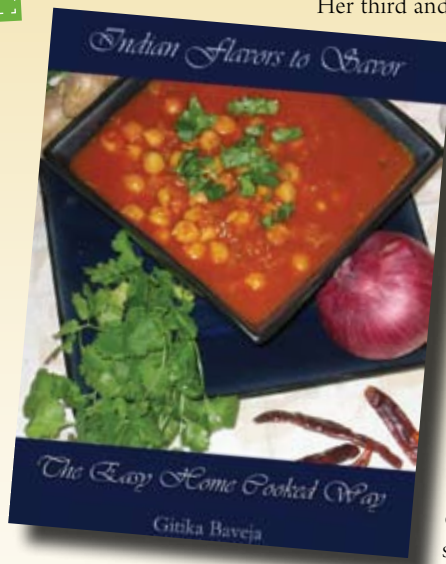
## < Writer's Profile >

# Indian Flavors to Savor

by *Gitika Baveja*

Ms. Baveja is a San Jose, California based cookbook writer. She has always been passionate about the food she eats. She learned to cook by watching others or by simply tasting the ingredients and trying to cook the dish herself. Ms. Baveja also writes for the Los Altos town Crier for their Food & Wine section.

Her first cookery book **"YOU CAN COOK TOO"**! was written for beginners and consists of simple and basic recipes in a stepwise manner. Her second book is **"VARIETY AT MEAL TIMES"** and as the title suggests, it gives a variety of dishes that you can make at different meal times.



Her third and newest edition, photographed and self-published in 2006 is called **"Indian Flavors to Savor – The Easy Home Cooked Way"** and offers more than **100 easy to follow step-by-step recipes** with simple instructions to cook. This cookbook definitely dispels the myth that Indian cuisine is complicated and once you have the correct spices, key to a good Indian meal, you can cook an Indian meal in less than 30 minutes.

The book incorporates healthful spins on traditionally guilty treats, like an olive-oil version of carrot halva, a sweet that typically relies on rich dairy products. You can save a lot on restaurant bills by trying out these authentic and mouth watering home cooked recipes which are healthy as they are mostly made using olive oil and fresh ingredients that are readily available in supermarkets today.

She is interested in leading cooking classes to teach trickier techniques, such as tempering dry spices in a hot pan. Novices have occasionally filled a kitchen with billows of spicy smoke when tempering goes awry. "Indian Flavors to Savor" offers a crash course in such techniques, in addition to a plethora of hints crucial for the novice cook: when to add garlic to a skillet, how to balance

# More Than Just a Number

by *Suyin Nichols*

As a weight loss coach, a big part of my job is helping my clients unwind Diet Mentality thoughts that cause them pain. The most challenging thoughts to unwind have been the ones that have to do with the scale. Oh, that number on the scale. Why do we allow it to influence our lives as much as we do?

*"If only I weighed less, my life would be perfect."*

*"This scale isn't moving fast enough - I may as well give up on my fitness plan since it's clearly not working"*

*"I'm up a pound today - I don't even want to get dressed for work."*

*"I'm down a half pound today – I am a rock star!"*

We could wake up in a happy state, ready to face the world with a smile ... and then we step on the scale and our mood changes to foul in an instant. OR we see the scale shift in the smallest increment in

the direction we want it to and we think we can conquer the world. It's as if the number on the scale tells us if we're good or bad, worthy or unworthy. It seems silly when we see this in black and white, yet many of us still buy into the lie.

And it is such an injustice to ourselves to live our lives by this lie. Think of how often we allow a number to negate all of our greatness. We may be excellent parents, wonderful spouses, influential members of our community, star employees, dynamic entrepreneurs, loving and supportive friends - but none of this matters because we weigh "x". Ridiculous, right?

The good news is that this is a learned behavior. The even better news is that it is never the number on the scale that determines your mood or dictates your worth or value as a person – it's your thoughts about the number that cause you to feel a certain way. The best of the best news beyond that is that you get to decide what you want to think. Yes friends, you can choose your thoughts, all day every day. This may be a new concept for some of you, but I promise that it's the truth.

Choosing new thoughts is like any other skill – to get good at it, you must practice. If you think you need help learning this skill, read a book on thought coaching or hire a coach to guide you. What's the alternative? To slog through the realm of "not good

unfamiliar spices and on which ingredients it is OK to “cheat” and use the canned. With a guide to cookery terms and an English-Hindi introduction to Indian spices, Baveja tries to entice even the most timid chef to an experiment with curry.

## It's really a misconception that Indian food is spicy.

You need to know your tolerance level. Indian cuisine is all about playing with flavors, ideas, colors and taste. You can bring out the best in cooking by using simple technique, few key ingredients and a menu that complements one another. Even if you would make one main dish as the star, the rest can be accompaniments. Garnishing your dish is another important aspect of cooking. Just a hint of fresh chopped cilantro or lemon juice can enlighten your dish and make it taste a whole lot different. ✨

For more simple and home cooked recipes or to order a cookbook, please visit Ms Baveja's website at [www.flavorstosavor.com](http://www.flavorstosavor.com).



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enough” for the rest of your days? No thank you!

Consider releasing the learned response of seeing your life through the filter of “pounds” lost or gained. You and your life are so much more than that! You are an amazing person with so much to offer the world. And you are absolutely valuable and worthy - and good enough - just as you stand.

Now those are thoughts worth thinking! ✨

*Suyin Nichols is a Certified Weight Loss Coach who helps her clients end their weight struggle permanently by addressing the emotional component of weight loss. “It's never too late to create your Best You!” [www.icreatemyweight.com](http://www.icreatemyweight.com)*

## the recipe BOX

by Suzy Brown

# Mushroom Stuffed Chicken

Servings: 4

### INGREDIENTS

- 2 cups almond meal
- ¼ cup green onions – chopped
- 8 oz. mushrooms, crimini – sliced
- ½ tsp. thyme – chopped
- 1 ea. garlic clove – minced
- 2 oz. feta or goat cheese – crumbled
- ¾ tsp. salt
- ½ tsp. black pepper
- 4 ea. chicken breast – skinless/boneless (6 oz.)
- ¼ cup brown rice flour
- 2 ea. eggs – lightly beaten
- 2 tbsp. olive oil
- 1 tsp. the Brown Bag spices



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Combine almond meal and spices into a dish. Heat a large skillet over med-high heat. Add onions and mushrooms; sauté 10 minutes, stir in garlic and thyme. Cool mixture then add to cheese with salt and pepper. Cut a slit through chicken to form a picket. Divide mixture evenly and stuff into each chicken breast. Place brown rice flour in a dish and egg mixture into another dish. Dredge chicken into flour, then into egg and then into almond meal. Heat skillet and cook chicken on each side until golden brown. Preheat oven to 350°. Bake chicken for 25 minutes or until juices run clear.

**Nutrition Note:** Almond Meal and other Nut Flours are a great alternative to all purpose flour. Almond products are nutritious and delicious. Recent studies show that almonds are one of the most nutritionally complete foods. Almonds are cholesterol free, low in saturated fat, low in carbohydrates, high in dietary fiber, high in antioxidant Vitamin E, high in Calcium, Riboflavin, Copper, Zinc and Magnesium.

*Suzy Brown is a personal chef & private caterer. Her clients enjoy mouth watering, nutritious, home cooked meals without the stress and mess. the Brown bag • [www.thebrownbag-personalchef.com](http://www.thebrownbag-personalchef.com)*