

## Newsletter - March 2016

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### Products

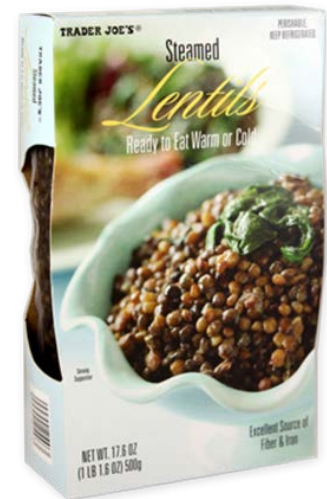
#### **Trader Joe's Steamed Lentils**

These lentils are produced by a small supplier in France. They're fully cooked and found in the refrigerated section near the fresh vegetables. You can heat them to make a side dish or add them to soups or enjoy them cold in salads.

They have 8 grams of fiber in ½ cup and cost \$2.99 for 17.6 ounces.

**Ingredients:** Lentils, salt, natural flavor

I usually cook lentils because they are so easy and quick but these lentils are really good! They are not spicy at all so I think they are low in salicylates. Trader Joes would not tell me what is in the natural flavor but they do say it is gluten free.



The FDA has defined “natural flavor” as “the essential oil, oleoresin, essence or extractive, protein hydrolysate, distillate, or any product of roasting, heating or enzymolysis, which contains the flavoring constituents derived from a spice, fruit or fruit juice, vegetable or vegetable juice, edible yeast, herb, bark, bud, root, leaf or similar plant material, meat, seafood, poultry, eggs, dairy products, or fermentation products thereof, whose significant function in food is flavoring rather than nutritional.”

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## **Recipe of the Month**

Low Salicylate/Amine/Benzoate

**Veggie Burgers** (Makes 8 burgers)

### **Ingredients:**

- 5 tablespoons rice bran or safflower oil
- 1 onion, finely chopped
- 2 garlic cloves, minced
- Salt
- 1 cup cooked brown rice
- 16 ounces of cooked lentils
- 1 cup toasted nuts, chopped, pecans or cashews
- 1/3 cup gluten free flour
- 1 teaspoon dried basil, optional
- 4 gluten free hamburger buns, toasted
- Lettuce and thinly sliced red onion, for topping

### **Directions:**

1. In a large nonstick skillet, heat 2 tablespoons of the oil. Add the onion and cook over moderate heat until lightly browned about 6 minutes. Add the garlic and cook until softened, 2 minutes; season with salt.
2. Scrape the onion and garlic into a large bowl. Add the rice, lentils, nuts, flour and dried basil and mix until the mixture comes together; season with salt.
3. Using lightly oiled hands, press 1/3 cup of the mixture into a 1/2-inch-thick patty; transfer to a plate. Repeat with the remaining mixture for a total of 8 patties.
4. Wipe out the skillet and heat 1 1/2 tablespoons of the oil in it. Arrange 4 burger patties in the pan and cook over moderately high heat until browned on the bottom, about 5 minutes. Flip the patties and continue cooking until browned and heated through, about 5 minutes longer. Transfer the patties to a work surface. Repeat with the remaining oil and burger patties.

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## **Thoughts**

We all know that fiber is good for you but a recent study of 400,000 people ages 50-71 has found that fiber can help you live longer!

The men who ate 29 grams of fiber a day and the women who ate 26 grams of fiber a day were 22 % less likely to die after 9 years than those who ate less fiber.

More and more we are finding out that inflammation contributes to chronic diseases like cancer, heart disease and diabetes. The study also found that fiber has anti-inflammatory properties.

So how can you eat a high fiber diet?

Fruits, vegetables and whole grains are high in fiber but to get above 25 grams a day you really need to add some beans/lentils.

- You would have to eat 5 cups of broccoli or over 7 cups of brown rice to reach 25 grams but you only need ~1 ½ cups of beans or lentils to get to 25 grams of fiber.
  - You can add beans and or lentils to a salad, soup or vegetable dish.
  - You can have a bean and rice burrito for breakfast or lunch.
  - You can have hummus and veggies for snack.
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