



Personal Chef Service

Presents

INSIDE SCOOP

Our networking group, Community Connections, was delighted to have Jason prepare lunch for our monthly meeting.

Our taste buds were tantalized with a pork tenderloin rubbed with cinnamon and our group is still talking about Jason's vanilla vinaigrette on the salad. The mint potatoes were a lovely side and who could resist the scrumptious brownies.

Jason served up this fabulous feast and made it appear effortless. It brought a touch of class to our meeting and we look forward to having him when our appetites at future functions.

Cheryl Anderson

Battlefield... Lunchbox

September is here and it's back to school time. Here are some tips to get your kids to eat tasty nutritious lunches.

Lunch Lists: get kids involved in choosing the items they want to eat by making a list of favourite healthy snacks and foods for lunch. Remember, desserts are a bonus not a guarantee.

Healthy Snacks: give kids what they want, kind of. Use healthy versions of all their favourites. Look for 100% Whole Wheat on labels. There are organic version of most things kids like snacking on like crackers and granola.

PB&J is back on the menu: Pumpkin seed butter is a healthy alternative to peanut butter and is packed with protein and healthy fats which children need. Put that on whole grain bread and you are set.

Trail Mix: Make a healthy, peanut free, trail mix that your kids will love to eat by starting with a base of organic granola, add some dried fruit, and nuts. *Note: Dried fruit packs all the nutrition of fresh fruit with added sweetness of concentrated natural sugars.*

Every day is an adventure: Use re-sealable containers and separate bags for each item that goes into the lunch bag so each day their lunches are new and exciting.

Yogurt: use organic plain yogurt as a base for dips that your kids will love. Make onion dip for veggies, or maple syrup & cinnamon dip for fruit. Add some homemade jam to plain yogurt for healthy fruit yogurt.

Getting kids involved in making their lunches means they buy-in to those choices which means they're more likely to eat their lunches.

Pick a Peck of Pears... or 4

September is the month for local pears according to the Grown In Peel website <http://www.peelregion.ca/scripts/gip/grown-ex.pl?action=details&type=pears>. Pears are great for healthy snacking or in a dessert anywhere apples are used.

The month starts our with Clapp pears, which I happened to see this past weekend at the farmers market. Good for eating or canning.

Next Bartlett pears are ready which have a buttery texture and a mild, sweet flavour. Bartlett pears are also

best for preserving so if you want to try your hand at home preserving these are an ideal fruit to start with.

Flemish Beauty pears are next and are the hardiest of all commercial pears. Excellent for eating and the favourite in our house.

Finally Bosc and Anjou pears are ready late in the month. Both have a slightly spicy flavour with firmer flesh when ripe. Ideal for cooking in desserts.

Buy them by the 8 quart basket (peck) or the bushel, 32 quarts.

Leftovers for Lunch

With September comes the new school year and often new beginning for sports or club memberships. It's also an unofficial time to start new habits like eating better and being more active.

Lunch can be a pitfall for adults too and it's important we put as much effort into our lunches as we do our children's. If you make dinner on a regular basis, congratulations! Most likely you have leftovers from dinners. With some creativity and imagination leftovers can become healthy lunches that save us money and calories while not ending up an experiment to be thrown out weeks later.

Any meat can be sliced up and added to a salad. Steak, chicken, pork chops, and especially fish all make great protein additions to a green salad. This is where a selection of dressings comes in handy so you

can choose one that highlights the salad that day.

Pita bread spread with hummus and filled with leftover vegetables make a great sandwich. Especially if you cooked them with some Moroccan spices. Add some lettuce and off you go!

Leftover potatoes... well do I need to say it? Potato salad. Or chunk them up and add the leftover meat and veggies to make a crazy unique salad of the day. Top with your favourite creamy dressing and you are set to use it either as a sandwich filling or topping for a green salad.

Keep your lunch cold either in a fridge at work or with an ice pack in a cooler lunch bag. Keep some cutlery and a plate or large bowl at work so you aren't always eating out of plastic. It also makes warming lunches easier. Don't forget your fruit and healthy snacks too!!

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Freezer Service

5 dinners for a family of 4. We shop for groceries, arrive at your home with our own equipment, cook, package the meals, and clean-up.

All meals are labeled and include reheating instructions along with an inventory list for the freezer door.

Home Entertaining

You can enjoy the same benefits when entertaining at home.

Dinner Parties and Family events are not the time for hosts to be stuck in the kitchen one day then spend the next day cleaning up. We can take care of the food for you and we'll clean up before we go, leaving you to have fun as a guest in your own home!

Food... for the Speed of Life!

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Pear & Walnut Salad with Gorgonzola

Fruit is an excellent addition to salads. The sweetness and slight crunch of the pears nicely contrast the pungency of the creamy cheese and vinaigrette on the greens. Serves 4

- 4 medium pears
 - Gorgonzola cheese, 350g
 - 6 C mixed greens
 - 1 C walnuts
 - 1 C walnut oil (olive oil can also be used)
 - 1/3 C red wine vinegar
 - 1/2 C minced shallot or red onion
 - 1 Tbsp Dijon mustard
 - Salt & pepper
1. In dry skillet toast walnuts over medium heat until lightly coloured and pungent
 2. Whisk together oil, vinegar, and mustard, add salt and pepper to taste
 3. Add shallots and walnuts to vinaigrette
 4. Arrange salad greens on plates
 5. Core pear and slice into 8
 6. Arrange pears on greens
 7. Divide cheese equally and drop chunks randomly on each plate
 8. Top with vinaigrette and walnuts

Call for a free consultation 416.465.9982 or Jason@TaylorDforTaste.com