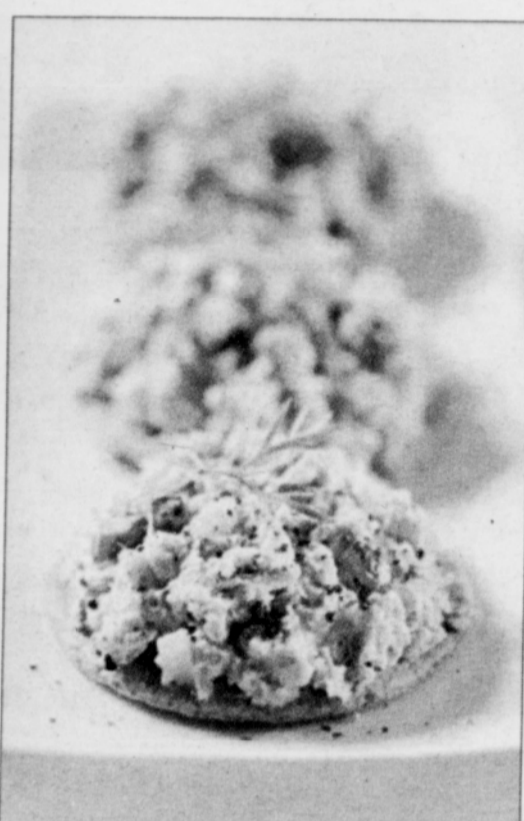
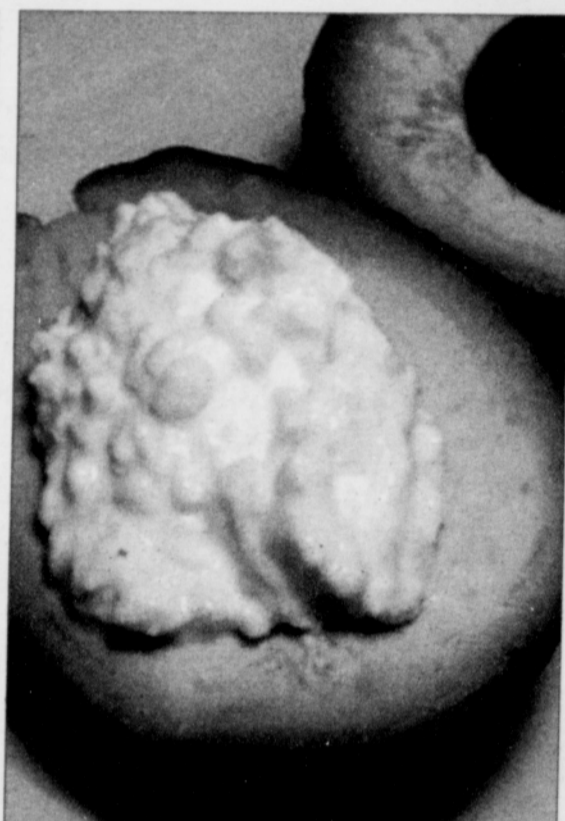
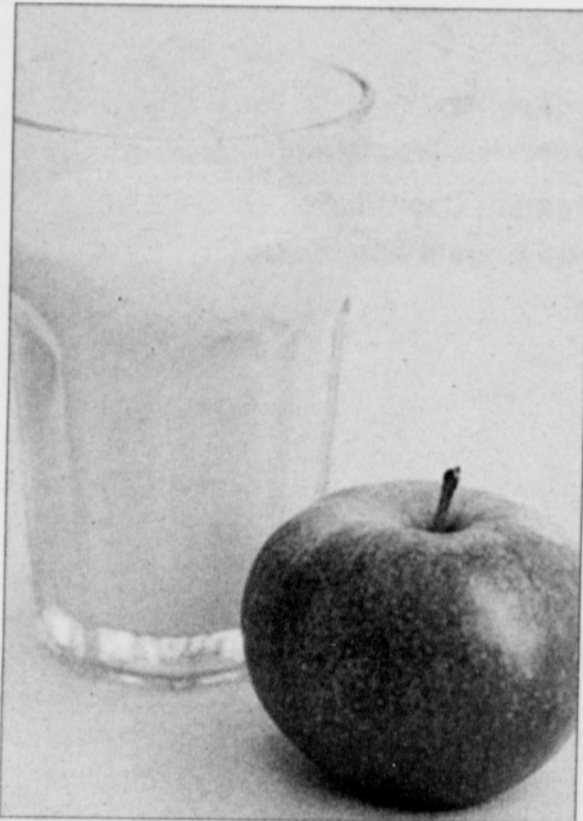


## FOOD

Snacks *For* Health

## Sunflower Lentil Spread With Pita Bread

**Ingredients:**

- 1 (15-ounce) can lentils, rinsed and drained
- 1 tablespoon lemon juice
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons sunflower seeds
- 1 celery stalk, finely diced
- 1 scallion, finely diced
- 2 tablespoons chopped fresh parsley
- 2 pitas, halved

**Preparation:**

1. Combine lentils, lemon juice, salt, and pepper in a blender; process until smooth.
2. Stir in sunflower seeds, celery, scallions, and parsley.
3. Microwave pita at HIGH 1 minute. Serve with spread.

Eating snacks with the right ratio of nutrients, with the right calories, will help keep you body energized and help you lose weight. Protein (plus exercise) fuels the growth of lean muscle mass, which boosts metabolic rate and increases calorie burn. Fiber, meanwhile, helps improve digestion and keeps you from binging on fats and sugars. So while there's no food that will literally "burn fat" while you eat it, smart choices with these ingredients will help your body operate at maximum efficiency. Here are a few simple snacks and one feature snack that also makes a good light meal.

1. An apple and skim milk
2. Remove the pit from one half of an avocado and fill the space with 2 ounces of 1% cottage cheese.
3. Canned tuna on whole-wheat crackers: For about 200 calories, you can enjoy 3 ounces of light tuna and 6 whole-wheat crackers—complete with 3 grams of fiber and 20 grams of protein.



Oregon Business Network in partnership with 100 invite you to:

## Retirement Celebration

Thursday, June 26, 2014

6:00 PM - 8:30PM

(please no gifts or flowers, Margaret wants it that way)

Ambridge Event Center  
1333 NE Martin Luther King Jr. Blvd  
Portland, OR

RSVP - 503-569-6757 or 503-231-8259

## Cheeses You Can Make in an Hour

Inspired to teach herself the ancient practice of cheesemaking, Portland author Claudia Lucero shares her expertise in the inspiring, full color cookbook *One Hour Cheese: Ricotta, mozzarella, chèvre, paneer, even burrata*. Fresh and simple cheeses you can make in an hour or less! (Workman publishing)

Based on thousands of years of cheesemaking wisdom, the approach is simple: Heat milk, add coagulant, drain, salt, and press. Simplified further with the guidance of Lucero, anyone can take on this beloved food.

Through step-by-step instructions and photos, Lucero teaches readers how to make 16 delicious cheeses - each with endless variations, simple instructions, easy-to-find ingredients, and limited prep

time; plus unique serving suggestions for each cheese (strawberry cheesecake anyone?), how to make the perfect cheese platter, cocktail recipes, and more!

