

"Pair Up"

12 Ideas for Living Better by
Eating Together



Hop on Over...



... to a friend's for a meal together. Easter is a time of new beginnings, so why not try something new in the kitchen?

April 22nd is Earth Day!
Celebrate those who grow our food, and the connection between the earth and what we put on the table.



Mediterranean Hummus

- 1 can (16 oz.) chickpeas, drained
- 1/2 cup chopped green onions with tops
- 1/4 cup lemon juice
- 1/4 cup plain low-fat yogurt
- 1/2 teaspoon salt. optional
- 4 hard-cooked eggs, chopped
- 3 tablespoons sesame seeds
- 2 teaspoons cooking oil
- 3 cloves garlic, minced

Combine chickpeas, onions, lemon juice, yogurt and salt in a blender. Cover and blend at medium speed until smooth, about 1 minute.

Spoon into medium bowl. Stir in eggs.

In small skillet or saucepan over medium heat, cook sesame seeds, stirring or shaking pan constantly, until brown. Stir into chickpea mixture.

In same pan over low heat, cook garlic in hot oil until garlic is soft but not brown. Stir into chickpea mixture until well blended. Cover and chill to blend flavors.

Serve with fresh carrot, celery, or with your favorite vegetables as dip or spread on crackers or a whole grain pita as an appetizer.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19 Passover
20 Passover	21	22 Earth Day	23	24	25	26
27 Orthodox Easter	28	29	30			

Celebrate Liberty...



...by being liberal with your fruit and vegetable intake.

Lets make sure to include some tasty fruits and vegetables in all our meals and eat them as our snacks too. Ask your housemate to help cut some of the vegetables for this outrageous Cinco de Mayo salad!

Cinco de Mayo is a day that celebrates both freedom and liberty. 4,000 Mexican soldiers established victory over the French and traitor Mexican army of 8,000 at Puebla, Mexico on this day in 1862.

May 2008



Mexican Salad

Servings:3-4
Finely grate ½ purple cabbage
and ½ green cabbage
Chop 1 red bell pepper
Chop 1 tomato
Chop ½ of 1 red onion
Chop one bunch of fresh cilantro
Add ½ cup of cooked or canned
black beans or ½ cup of bean
sprouts
Add ½ cup of fresh or canned
corn
Add 3 Tlb. olive oil, ¼ cup
lemon juice and salt and pepper
to taste.

Mix together all ingredients and
enjoy with side of Quinoa or an
alcohol free Margarita!!

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				1	2	3
4	5 Cinco de Mayo	6	7	8	9	10
11 Mother's Day	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30 Memorial Day	31

Unify with Hawai'i



..... by preparing some traditional Hawaiian Foods.

Lomi-lomi salmon will be sure to add some variety to what may be your usual meal. "Lomi-lomi" means "massage" in Hawaiian, and it refers to the way the ingredients for this dish are massaged together. Why not "Pair up" with your housemate and massage the lomi-lomi salmon dish together!

King Kamehameha Day is the day the Hawaiian King united all Hawaiian islands under one rule in 1795!

June 2008



Lomi-lomi Salmon

Servings: 6

1 ½ lbs salmon fillets
Hawaiian sea salt

Lay Salmon in bed of Hawaiian salt
in a glass dish, cover with more salt.
Put in the refrigerator overnight.
Wash off salt and dice salmon.

3 tomatoes
1 onion
¾ cup lime juice
1/8 tsp. Tabasco sauce
1 tsp. sugar
1 tsp. pepper

Peel and dice tomatoes and onion.
Massage in salmon with other
remaining ingredients. Enjoy!!

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11 King Kamehameha Day	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

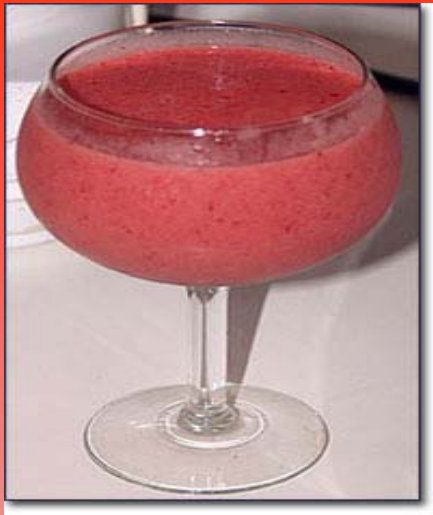
Happy Birthday America

Independence Day honors the birthday of the United States of America and the signing of the Declaration of Independence on July 4, 1776.

Have you ever thought of decorating your table with red, white and blue fruits and veggies?



July 2008



Bright Red Smoothie Recipe:

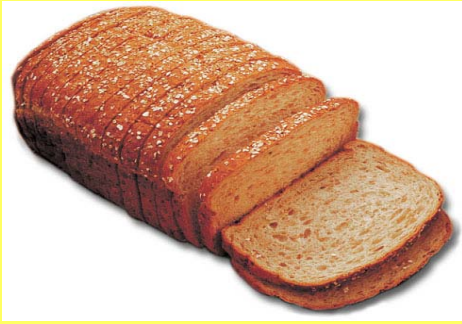
Makes 2 servings

Ingredients:

- 1 banana
- 5 strawberries
- 2 medium chunks of pineapple
- 1 large pinch of coconut
- 5 fresh cherries, pitted of course
- 3 oz of fresh squeezed orange

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
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6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Pair Up for a Picnic!



A picnic is great way to combine great food with company!



Make some sandwiches...



...and don't forget to bring lots of...

August 2008



fruits

and water





Vegetarian Sandwich

Makes 2 servings

4 slices of whole wheat bread
 4 tbsp of fat-free cottage cheese
 1 tomato, sliced
 1 cucumber, sliced
 1 carrot, shredded
 1 bag alfalfa sprouts
 4 leaves of lettuce

Lay 2 pieces of wheat bread on a cutting board. Add 2 tbsp of cottage cheese to one slice of bread. On top of that add as many slices of tomato, cucumber, shredded carrot and alfalfa as you want. Place a couple leaves of lettuce on top of the veggies. Finish off by topping with the other slice of bread. Repeat the steps to make your second sandwich. Wrap them up and enjoy them at a picnic or any other occasion.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 31	25	26	27	28	29	30

Enjoy a Rest with Friends



Labor Day Weekend is celebrating "day off for the working people". In Hawaii, people get together and enjoy BBQ on the beach for the relaxing day!

BBQ Safety Tips

- 1. Use liquid sanitizer to kill germs on hands and equipment.**
- 2. Bring a cooler and ice to keep raw food cold that prevent most harmful bacteria from multiplying.**
- 3. Use different side of a cutting board for meats and vegetables to prevent cross-contamination.**

September 2008



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1 Labor Day	2	3	4	5	6
7	8	9	10	11	12	13
11	15	16	17	18	19	20
22	23	24	25	26	27	28
29	30					

Korean BBQ Chicken

1/2 pounds of chicken thighs
 1 Tbsp salad or sesame oil
 1/2 Tbsp sugar
 1/2 Tbsp sesame seeds (optional)
 1/2 cup of green onion, chopped finely
 1/4 cup regular soy sauce
 1/4 cup of water
 1 tsp. black pepper

Directions

Place the chicken in a large zip lock baggie.
 Combine the rest of the ingredients in a bowl and pour over the chicken in the bag.
 Seal bag and marinate overnight.
 Broil or barbecue the chicken until fully cooked.

Servings: 2

Explore Local Farmers Market!



Columbus Day is the day to celebrate a famous explorer!

Get together with your roommate and stop at your local farmers market!

Hawaii Farmers Market List

<http://www.hawaiiag.org/Markets/marketslist.htm>

October 2008



Korean BBQ Chicken

Servings: 2

- 1/2 pounds of chicken thighs
- 1 Tbsp salad or sesame oil
- 1/2 Tbsp sugar
- 1/2 Tbsp sesame seeds (optional)
- 1/2 cup of green onion, chopped finely
- 1/4 cup regular soy sauce
- 1/4 cup of water
- 1 tsp. black pepper

Directions

Place the chicken in a large zip lock baggie.
Combine the rest of the ingredients in a bowl and pour over the chicken in the bag.
Seal bag and marinate overnight.
Broil or barbecue the chicken until fully cooked.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13 Columbus Day	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31 Halloween	

Gobble Gobble to Good Eats

It is Thanksgiving month!

Thanksgiving is a holiday to celebrate with family and friends. Invite people over to take part in this wonderful feast!

Try our Cacciatore recipe with those turkey leftovers!



November 2008



Tasty Turkey Dinner

- 1 (12 pound) whole turkey
- 3/4 cup olive oil
- 2 tablespoons garlic powder
- 2 teaspoons dried basil
- 1 teaspoon ground sage
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 2 cups water

Servings: 4

Preheat oven to 325 degrees F (165 degrees C).
Clean turkey and discard the giblets and organs.
Once finished, place the turkey into a roasting pan with a lid.

In a small bowl, combine olive oil, garlic powder, dried basil, ground sage, salt, and black pepper. Using a basting brush, apply the mixture to the outside of the uncooked turkey. Pour water into the bottom of the roasting pan, and cover.

Bake for 3 to 3 1/2 hours, or until the internal temperature of the thickest part of the thigh measures 180 degrees F (82 degrees C). Remove bird from oven, and allow to stand for about 30 minutes before carving.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
						1
2 Daylight Saving Time Ends	3	4 Election Day	5	6	7	8
9	10	11 Veterans Day	12	13	14	15
16	17	18	19	20	21	22
23/ 30	24	25	26	27 Thanks- giving Day	28	29

Happy Healthy Holidays Days



Tired of the typical fruitcake dessert? Try a healthy and delicious fruit salad instead as you sing Christmas carols with your family and friends.

December 2009



Honey Dressing Fruit Salad

- 1/3 cup honey
- 1/4 cup orange juice
- 1/4 cup canola oil
- 1/2 teaspoon fresh lemon juice, plus the juice 1 lemon
- 1 1/2 teaspoons poppy seeds
- 1/4 teaspoon salt
- 1/4 teaspoon prepared mustard
- 1 apple, cored and diced
- 1 banana, sliced
- 1 avocado, peeled and sliced
- 1 (11-ounce) can mandarin oranges, drained
- 1/4 cup raisins
- 1/4 cup chopped walnuts or pecans

For the dressing, combine the honey, orange juice, oil, 1/2 teaspoon lemon juice, poppy seeds, salt, and mustard in a jar with a tight lid; cover and shake well. Toss the apple, banana, and avocado. Then add juice from one lemon to prevent the fruit from turning brown. Place the fruit, raisins, and nuts in a glass bowl. Then add the dressing and stir gently. Serve on red leaf lettuce.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21 First Day of Winter/ Hanukkah Begins	22	23	24 Christmas Eve	25 Christmas Day	26 Kwanzaa Begins	27
28	29	30	31 New Year's Eve			

Try Something New!



Livening up your food can be as simple and delicious as trying new cooking methods like...

STIR FRYING

Cook bite-sized food quickly in a skillet or wok, tossing occasionally. Add oil and garlic to hot pan, then meat/dense ingredients first, softer additions, followed by sauces.

Est'd Time: ~5 mins Temp: Med-Hi

ROASTING

Bake ingredients, uncovered.

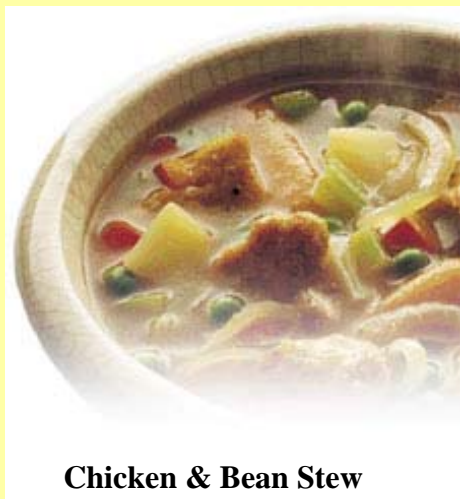
Est'd Time: 70-80 mins Temp: 400°F (for a whole chicken)

STEWING

Cook food over low heat in a lot of simmering liquid.

Try the Chicken & Bean Stew recipe!

January 2009



Chicken & Bean Stew

Ingredients:

- 15 oz can Kidney Beans
- 1 clove garlic
- 1 med onion
- 2.5 lbs chicken thighs
- 8 oz can tomato sauce
- 1/4 c vinegar
- 1 tsp. sugar
- Salt & pepper to taste

Directions:

1. Drain/rinse beans.
2. Crush garlic.
3. Dice onion.
4. Dice chicken thighs.
5. Cook chicken in large pot until half done.
6. Add tomato sauce, vinegar, onion, garlic, sugar, salt & pepper.
7. Simmer 30-45 minutes or until chicken is tender.
8. Add kidney beans and simmer 5-10 more minutes.
9. Enjoy!!!

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
				1 Happy New Year's Day!	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19 Martin Luther King Jr. Day	20	21	22	23	24
25	26	27	28	29	30	31

For The Love of Food



Preparing and Sharing a meal together is a great way to show you care.

Decorate your table with flowers or candles, and don't forget to turn off the TV and phone to enjoy a delicious Valentine's meal with loved ones!

February 2009

Valentine's Day was declared an official holiday by King Henry VIII in 1537!



Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2 Groundhog Day	3	4	5	6	7
8	9	10	11	12 Lincoln's Birthday	13	14 Happy Valentines Day!
15	16 Presidents' Day	17	18	19	20	21
22 Washington's Birthday	23	24 Mardi Gras Day	25 Ash Wednesday	26	27	28

Enjoy your food,
love your meals!

“The hunger for
love is much more
difficult to remove
than the hunger
for bread.”

-Mother Teresa

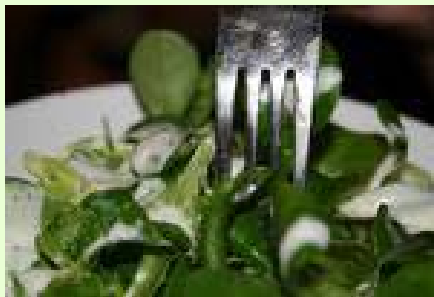
Delicious is Nutritious!



Celebrate St. Patrick's Day all year with your roommate by wearing **GREEN** on your plate everyday!

March is National Nutrition Month! What better time to experiment with new recipes that make eating veggies enjoyable?

March 2009



**Chicken and Baby Spinach
Salad with Raspberry
Vinaigrette**

Servings: 4

Dressing:

Combine ½ cup light balsamic vinaigrette salad dressing, ½ cup fresh raspberries, and ¾ teaspoon sugar in a blender. Blend until smooth; set aside.

Salad:

In a large bowl, toss together 8 cups baby spinach, 1/3 cup red onion, thinly sliced, 1 cup fresh raspberries, 1 cup sliced cucumbers, and half of the vinaigrette. Divide mixture among 4 chilled plates.

Add 1 1/3 cups cooked, store bought chicken breast strips to mixing bowl and toss with 2 tablespoons dressing. Divide among the plates. Garnish with ¼ cup crumbled feta cheese, ¼ cup chopped pecans, and freshly ground black pepper.

Enjoy with friends!

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
1	2	3	4	5	6	7
8	9	10 Orthodox Lent Begins	11	12	13	14
15	16	17 St. Patrick's Day	18	19	20 Spring Begins	21
22	23	24	25	26	27	28
29	30	31				