

Featuring Salba Smart on *Eat, Drink And Be Aware* on January 19, 2010
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EAT, DRINK AND BE AWARE

NOTES ON THE EXAMINED LIFE FROM A FITNESS-MINDED FOODIE
TUESDAY, JANUARY 19, 2010

Cedar Fever

Good Afternoon!

I hope everyone is having a good day so far. I have to back track briefly to dinner last night because my hubby actually made something I love! He is a very good cook by the way, his meals are just not always low-cal so I think I hurt his feelings by not always eating his food. But last night he made a fabulous Lentil Salad with Gingered Beets and Lemon. He got the recipe from the Lee Bros. Simple, Fresh Southern Cookbook and it is absolutely delicious. The actual recipe is Field Pea Salad with Gingered Beets and Lemon but we could not find field peas and took a short cut by buying canned lentils instead (it is still fantastic and super simple.)



This is a super hearty salad that was great on a bed of greens but Lee Bros. also recommend making this a complete meal by pairing it with a simple two-egg omelet for a satisfying meal. Yum.... that just might be what I do for dinner tonight.

Lentil Salad with Gingered Beets and Lemon

2 cans organic lentils, rinsed

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1 pound fresh beets, peeled trimmed, and cut into small dice
2 tbsp fresh lemon juice
1 tsp Dijon mustard
1/3 cup grapeseed, peanut, vegetable or mild olive oil
1 bunch scallions
1/2 tsp freshly ground black pepper

Rinse and drain lentils and set aside. Pour 1 quart water into a small saucepan, add 1 tsp of the salt, and bring to a boil. Add the beets and cook until tender, about 15 minutes. Drain, and run them under cold tap water to cool. Then arrange in a single layer on paper towels spread across a cutting board and let them dry.

Grate the ginger onto a cutting board, using a ginger grater or a Microplane. Set aside 1/2 tsp of the grated ginger. Gather the rest of the grated ginger and place it in a mound in the middle of a double thickness paper towel. Pick up the corners of the paper towel and gently press the grated ginger over a small bowl to extract the juice; you should have about 2 tablespoons. Pour the ginger juice into a large bowl and add the lemon juice, mustard and remaining 1/2 teaspoon of salt. Drizzle in the oil, whisking constantly until the dressing is emulsified.

Add the lentils and reserved ginger to the dressing, and toss to coat. Add the beets and scallions, and toss gently. Season to taste with salt and pepper. (Covered the salad will keep in the refrigerator for 3 days.)

So onto today's events-- first and foremost my son is suffering terribly from Cedar Fever and if any of you have any suggestions of how to take away some of his discomfort, I am all ears! He had a full blown attack yesterday and his eyes are all swollen and he is coughing and sneezing.... this stuff is terrible. It was such a gorgeous day yesterday that they wanted to play outside and at some point Emmet came in looking so bad that I told him he had to stay inside to avoid Cedar Fever. Poor Guy! I did call the doctor and have picked up a few over the counter remedies but just wanted to know if anyone else has any advice.

Moving on..... I was able to drop the infamous Leopard Geckos back at school today (where they belong) as well as the kids and had a fabulous run in this fantastic weather. It is 60+ degrees today and a great day for running and teaching Bliss Boot Camp and just being outside in general. I also to the new yoga studio in Lakeway today called [Balance Yoga](#). I went to the noon Hot Power Fusion class and LOVED it. Nani is an awesome teacher and the absolute best was when she brought in cold lavender infused wash clothes during savasana. Wow! I was all sweaty

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and worn out and being able to cool off with the clean smelling wash cloth was a nice touch. The studio is beautiful and I am looking forward to practicing there more often. FYI-- the first week is free so go and check this place out.

Okay now for food- I started off the day with my favorite:

Almond Butter & Banana on Ezekiel English Muffin

1 Food for Life 7-Sprouted Grain Ezekiel English Muffin (toasted)

1 tbsp natural almond butter

1 banana, sliced



Pretty much, nothing better than this simple and delicious meal.

Before heading off to yoga, I had a Greek Berry Salba Bowl.

Greek Berry Salba Bowl

1 cup Fage 0% Greek Yogurt

Fresh Raspberries and Blueberries

1 tbsp Salba Smart

1 tsp Raspberry Jam



Nice protein punch before yoga.

My afternoon snack was a quick bowl of Kashi 7 Whole Grain Flakes. I love cereal. It is sometimes just what the doctor ordered!



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1 cup of Kashi 7 Whole Grain Flakes

Fresh Raspberries

1/2 cup Mootopia Skim Milk

Yum!

The rest of the day is going to include helping the kids with homework and practicing their musical instruments, dinner and possibly dessert.... and then I am teaching yoga tonight at Hill Country Fitness at 7:00pm.

I am definitely going to be having some of the Lentil Salad for dinner and dessert is most likely going to be chocolate pudding. I didn't want to admit to you that besides all the cupcakes and rice crispy treats that I also made chocolate pudding! Now to my defense, my nephew Henry loves chocolate pudding and when I said I would make him some he enthusiastically said "please do," and since I want to be his favorite Auntie, I will do anything to please so I currently have chocolate pudding in the house as well. Yes, I am a pig, and I am going to have a cup with some whipped cream and raspberries on top. Yum! I rationalize my pudding eating by saying it is a great source of calcium and that someone of my ripe ol' age (41) needs all the calcium she can. It is also made with dark chocolate so it is loaded with anti-oxidants and is good for me.

The kids are home and it is time for me to get to work. Have a great day and I will check back later.

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