

# In Your Kitchen!

A Dandy Life Publication

## Welcome to In Your Kitchen!

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Volume 1, Issue 1

Thank you for picking up the first edition of In Your Kitchen (IYK). A healthy lifestyle begins in your kitchen! The goal for IYK is to give you the tools and tips to get you to take control of the way you eat! This first edition is for you to get to know us, and where we come from. Going forward IYK will offer you fun food facts, recipes, tips on stocking your pantry, rules for your refrigerator, and so much more!

In Your Kitchen is the perfect fit for Dandy Life (see the Dandy Life story below). We were looking for a medium to

combine Jess' passion for food, with Tonya's obsession with Nutrition, and of course, our shared love of cooking. A blog seemed daunting, and hard to manage for two people, but a newsletter gives us time to plan out fun ideas, and put our thoughts together, before sharing the wealth! A healthy lifestyle is something you have to put thought and effort into, so a healthy eating newsletter owes you just as much.

We hope that you will let us know when you've tried a recipe or tip!

The success of this newsletter depends on your feedback! We are here to support you as you create a healthy life, and we thank you for supporting our new adventure!

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## The Dandy Life Connection

Eat Right, Live Well, Be Healthy.  
This is Dandy Life's motto.

Dandy Life is about creating a healthy way of living. We do not sell supplements, vitamins, or weight loss products. We will not push you into unrealistic diets.

Dandy Life's goal is to teach you how to eat healthfully, providing you

with tools to beat your healthy eating barriers.

One of those tools is finding recipes to make healthy eating more fun! That's where IYK comes into the picture!

Whether your goal is to lose weight, gain more energy or just be healthier, Dandy Life has a program for you!

Take the first step towards a healthier you, and sign up for a FREE nutrition consultation today!



## Introducing Tonya

I am a self-proclaimed health-nut, so much so that people are always asking me for advice on eating healthier.

I have been fascinated with nutrition since college. As an athlete, I have always understood the importance of taking care of myself, by eating right, exercising and getting enough sleep. It's been a dream of mine for several years to take all of this nutrition knowledge and teach it to others. I was certified as a "Lifestyle & Weight Management Specialist"

this spring, and ran with it. I created Dandy Life and IYK, so I can share with you the tricks I have learned through the years.

I hear a lot of people say that eating healthy takes a lot of time. As someone who has worked 2 jobs for the better part of 15 years, I would agree. But if I can get up at 5 am, after working until 11pm the night before, and still make time to eat right- so can you!

There's no question, choosing a healthy life takes effort. My hope is that by sharing tips and fun new

recipes I can help you beat your healthy eat barriers, and it all starts... In Your Kitchen.



## Featured Food of the Month: Pumpkin

Pumpkins. Most of us think pumpkins have just two uses; making scary jack-o-lanterns for Halloween, and making fabulous pie at Thanksgiving. A few of us know that roasting the seeds make a delicious treat too.

So why would we pick such a useless food for our November issue of IYK? Because, pumpkin is nutritious, delicious, and so much more than pie filling!

Nutritionally, pumpkin is a bit of a wonder food. High in Vitamin A (beta carotene), pumpkin makes a great cancer fighter. It's also high in fiber, and low in fat and sugar.

**When cooking with pumpkin, be sure to check the label! Use pure pumpkin puree, not pumpkin pie filling.**

How many other vegetables would you want to make a pie out of? Well, ok, maybe a sweet potato!

As an added bonus you can pick up a can of pumpkin puree for under \$1, and put it to good use.

Check out some of the great recipes we put together for you! You may only think of it in the Fall, but Pumpkin is great any time of year!

## Nutrition Nugget: Banish Boredom

They say that variety is the spice of life. Variety also helps keep you on track when you are trying to eat healthfully. Boredom is one of the leading causes of why people give up on diets.

I will tell you over and over again, that I do not believe in diets, or counting calories. I believe that if you are eating what you are supposed to eat, those issues take care of themselves.

One of the keys in learning to eat right is of course getting in all of your fruit and vegetable servings (USDA says 5-7 servings per day).

**Trying new foods is essential in kicking diet boredom. Try using pumpkin in a non-dessert recipe!**

How do you fight boring meals while eating right? Try new foods! Maybe you've never cooked with pumpkin before? Try one of these recipes! Make it a personal goal to try one new food a month. It can be as simple as selecting something you've never tried from the salad bar!

Give it a shot- and let us know how you did!

## Baked Pumpkin French Toast

### Ingredients

12 slice whole grain bread, torn into large pieces

3 eggs

1 cup milk

1 cup pumpkin puree

1 teaspoon cinnamon

¼ teaspoon nutmeg

1 teaspoon vanilla

¼ cup brown sugar

¼ teaspoon salt

½ cup raisins

Maple syrup (optional)

### Instructions

Preheat oven to 350°.

Place bread on sheet pan and toast in oven until dry, and slightly browned.

Spray a 8x8 baking dish with non-stick cooking spray.

In a large bowl, combine eggs, milk, pumpkin, cinnamon, nutmeg, vanilla, brown sugar and salt. Whisk to combine well.

Add raisins, and bread. Stir to combine.

Pour into prepared baking dish. Bake, covered for 30 minutes. Remove cover and bake an additional 15 minutes until top is golden brown.

Serve with maple syrup, if desired.



## What's Coming up next for IYK and Dandy Life

Be on the lookout for the next edition of IYK- a special edition look at what to do with your Thanksgiving leftovers!

In December IYK will be squeezing out flavor with recipes and articles on citrus. Winter is prime time for citrus fruits!

Tune up your nutritional knowledge with these Dandy Life Classes starting in early 2011 (locations to be determined)

### Season's Eatings:

#### Hints for a Healthier Holiday

Saturday, Nov 13<sup>th</sup>, 2pm

check website for details

January- "Portion Distortion"- Kick off your new year the healthy way- learn how to judge portion sizes, based on real life objects (like dice, computer mice, and even your fingers!). It's a hands-on workshop!

March- Energize! Learn how to energize your life with food and other simple tasks!

## A Word from Jess Jellings

As a self-taught food geek, I have been cooking since before I can remember. My earliest food memory was helping to roll a batch of homemade noodles when I was 9 years old. I have always helped my family cook Holiday dinners and hosted my first Thanksgiving dinner at 17.

Utilizing real, fresh ingredients, I hope to create recipes that can show you healthy food is simple to prepare. Each recipe will carry step by step directions and will use ingredients you can find in any supermarket. With a few interesting

twists thrown in along the way!

I believe in passing down the knowledge you attain In Your Kitchen, and will routinely create recipes that cooks of all ages can help prepare. I have shared numerous meals with my young cousins and relish in the memories we have created and the knowledge that these skills will carry on throughout their lives.

When I'm not creating delicious, healthy recipes for Dandy Life you'll find me working at Pizza Lucé and spoiling my 12 year old

black lab/german shepherd Zuko, the world's most savvy food taster!



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## Dandy Life

7790 Arboretum Village Circle  
Chanhassen, MN 55317

Phone: 612-396-1256

E-mail:

Tonya: [1dandylife@gmail.com](mailto:1dandylife@gmail.com)

Jess: [jess.jellings@gmail.com](mailto:jess.jellings@gmail.com)



*Eat Right. Live Well. Be Healthy*

[www.dandylifenutrition.com](http://www.dandylifenutrition.com)

Happy  
Thanksgiving!  
Gobble til you Wobble  
(just gobble healthfully)  
~Tonya & Jess~

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## Cheese Tortellini with Pumpkin-Sage Sauce

1 pound cheese filled tortellini  
2 tablespoons unsalted butter  
4 fresh sage leaves OR ½  
teaspoon dried sage  
1 small onion, minced  
2 cloves garlic, minced  
1 pinch to ½ tsp chili flakes  
1 cup pumpkin puree  
1 cup chicken or vegetable  
stock (low fat/low sodium)  
Parmesan cheese

Prepare pasta according to  
package directions.

While pasta is cooking, lightly  
brown butter in a large skillet.  
Add sage leaves (if using) and  
let fry until crisp, remove from  
pan.

When butter is golden brown  
and the solids have fallen to the  
bottom of the pan, add the  
onions, garlic and chili flakes.  
Sautee until onions are  
softened, but not browned.

Add pumpkin and cook until  
thickened, about 5 minutes. Add  
stock, stir to combine and return  
sauce to simmer. Let cook about  
5 minutes until sauce thickens  
and flavors concentrate. Chop  
the sage leaves and return to  
the pan, or add dried sage at  
this point.

Drain pasta and pour  
immediately into skillet. Stir to  
combine sauce with pasta, and  
cook for about 2 minutes to  
allow the pasta to absorb some  
of the sauce.

Sprinkle with Parmesan Cheese  
before serving.

Serves 4

