

Fall 2009

With fall temperatures in the air and harvest season at its peak, we look forward to the warming stews and comfort foods. My newsletter aims to help you continue to feel energized as we return to our busy schedules.

Are you confused about healthy fats and why we need them? See my article on my website on Coconut Oil, Nutritious and Delicious
<http://www.nutritionallyfit.ca/News.html>

on why coconut oil/butter is so good for us.

In keeping with the theme of coconut, try this quick to prepare recipe for your family.

Turmeric Curry Chicken

4 whole (preferably organic) chicken breast, with the skin removed (optional to cut the chicken into strips for an even faster meal)

2 tbsp olive oil

3 garlic cloves

4 shallots, sliced or one small onion

2 tsp curry powder

1 tsp ground turmeric

2 tbsp fish sauce

2 tbsp of sucanat (or brown sugar but the nutritional properties won't be as good)

2 cups (1 can) of organic coconut milk (not light)

Freshly ground pepper

Heat the oil in a large skillet. Sauté the garlic and shallots 2-3 minutes over medium heat. Add all other ingredients and mix well. Let simmer slowly for about 20 minutes until chicken is cooked. Serve this dish with Basmati Rice or Quinoa (keen-wah) and a steamed vegetable. Looking for a dessert option check out Trail Mix Bars <http://www.nutritionallyfit.ca/News.html>

Anyone of any age can benefit from holistic nutrition. Let me help you take the preventative approach to help you reverse pre-existing conditions, or help you achieve more energy through whole natural foods. As always I am available for Nutrition consultations and am happy to help.

Yours in health,

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