

## *“Eating **Healthy** doesn’t mean Eating **BORING**”*

Greetings all!

I have the pleasure and opportunity to aid several people through some of the most challenging changes that they’ve ever experienced... Changes to the way they eat!! Trust me when I say that this is NOT necessarily an easy thing to change. The way we eat, the way we think about food, the way that we treat food is often a force of tradition. These are inherited habits that have been passed down from generation to generation. Often we don’t know why or how these traditions started, nor do we take the time to figure them out. All we know is that this is the way that it has always been and that’s THAT!

What we often don’t know or don’t analyze is how those eating traditions have affected our predecessors and ancestors, whether negatively or positively. We don’t know if the milk and ice cream they ate gave them GI upset, or the chocolate they ate gave them acne, or the salt they ate really did increase their blood pressure. No one ever suggested that our foods can have a direct effect on the way that our bodies act and react. We just accept it as a part of life and keep going... Until now!

Instead of talking today about specific foods, I’d like to go into looking at how we season our foods. Too many times I’ve heard that when a person tried to eat better, cut out the “bad” fat, and decrease the salt, that the food tastes bland and boring. This will either lead the person to give up at trying to change or they will just give in to thinking that they are forever doomed to eating food that has no flavor and as long as it’s “good for me, I’ll do it.” Well, this is unacceptable!! Food, no matter what, should be experienced, enjoyed and savored. Whether you are eating to live or living to eat [preferably the first!], you should enjoy each meal and look forward to experiencing the same type of joy and satisfaction with each spoonful.

For this reason, I suggest that we start learning how to use spices and fresh herbs. Play with different flavors and see what you really do like or dislike. You may actually discover that your tastebuds have been asleep for years because you were only locked into a particular taste (like sweet and salty) and didn’t know that others existed.

Try this. The following is an example recipe for Creole seasoning. I personally never realized how many different herbs went into creating the taste that I’d grown up with {because it all came out of the same box}.

### **Ingredients:**

- 4 teaspoons Paprika
- 3 teaspoons Garlic powder
- 3 teaspoons Fresh ground Black pepper
- 2 1/2 teaspoons Onion powder
- 2 teaspoons Celtic Sea Salt [try adding this in last; see if you can spice up the food without the salt first]
- 1 1/2 teaspoon Cayenne pepper
- 1 1/2 teaspoon Dried thyme – crumbled
- 1 1/2 teaspoon Dried oregano -- crumbled

**Directions:**

- Combine all ingredients in small bowl and mix thoroughly. This recipe makes ½ cup seasoning that can be stored in an airtight container for several month.

There are many, MANY different versions of Creole and Cajun seasonings so I suggest that you play. Play around with adding different spices, removing some, change the amounts of each, etc. Once you try this recipe, you can add other seasonings such as Chili Powder, Basil, Sweet Basil, Crushed (crumbled) Bay Leaves, Ground White Pepper, Dry Mustard, Celery Seed, or Kosher Salt (instead of Celtic) for example. This is your time to get creative!!! See what you come up with.

If you have children, include them in the fun! There is no better way to introduce a child to eating well and being creative than to have them become a REAL part of the food preparation process. Enjoy food again while still being healthy!!

Until next time... Peace and Health

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