



Welcome to Foodspiration!! A Newsletter with food and cooking tips and Stories about inspirational people



A Simple Tip for Savory Meat

Have you ever been frustrated by over-cooking a perfectly good cut of meat to the point that it tastes like rawhide suitable for the neighborhood coyotes? That used to be me. That is, however, until I decided to use those food thermometers taking up space in my cabinets. After all, as the owner of a commercial food business I have LOTS of food thermometers --- I just didn't use them when cooking outside of the commercial kitchen.

Now, whether it's hamburgers, chicken, fish, steaks or roasts, a 5 second temperature check means I can stop worrying about breaking a tooth trying to chew overcooked, tough, meat. So.... If you are not already using a thermometer, the probe-style digital thermometer pictured is very easy to use and gives an almost instant reading. In case you want to try it, here are some "rule of thumb" temperatures for cooking meats. Please adjust accordingly for your personal taste!

Pork, Beef Steaks, Lamb, Veal: 145° F

Poultry, Ground Poultry: 165° F

Hamburger, Sausage 155° F

Fish, Seafood: 145° F



My Inspiration!

Throughout my decades of teaching dance, I've had the privilege of teaching some very inspirational students. I've had students where our entire goal for the year was just to get an arm straight; I've also had the opportunity to prepare gifted young dancers to further their dance studies with college or dance company scholarships. No one, however, has touched me more than one of my current students, Shelly.

Shelly is in her 70's, and is a retired army veteran who has had both knees, hips and shoulders replaced. During the 45 minutes we work together each week, Shelly does not see herself as a victim, a senior citizen, or a person with physical limitations. She sees herself as an artist who loves to dance, and that is how I see her too.

Instead of focusing on physical limitations, we simply pay attention to all of the subtle nuances of dance – the position of a hand, the attitude of a head, and accentuating the accents of the music. Each week when we meet, I can see how Shelly has worked on these subtleties from the previous week. Shelly is quietly and humbly the poster child for not letting your circumstances stop you from your dreams. I wish she had been picked for a “Just do it!” ad campaign! Here she is in this picture, working on our latest creation, a tap dance to “Monster Mash.”

Now just by being who she is, she has challenged me to ignore my adversities (and we all have them!!) and just get on with living my dreams in the best way I can.



Pumpkin Power!

I try to put a lot of thought into my Delights from the Vine food ingredients, and each month I will share information about one ingredient. Since October means Halloween and Pumpkins, I thought I would start with Pumpkin Seeds. My information comes from publicly-available research that I will share, so that you can make up your own mind, and not just take my word for it!

Pumpkin seeds are great year-round, not just in the fall. They are described as

being “powerhouses of nutrition.” Pumpkin seeds are loaded with magnesium, helpful for blood flow; zinc, beneficial toward immunity and healing; Insulin regulation (currently demonstrated in animal studies); tryptophan, helpful for restful sleep; and possible Anti-inflammatory properties.

References: "Food is Medicine", Volume 2, by Brian R. Clement, PhD, NMD, LN, Hippocrates Publications, 2013

[Here is a Link for even more information.](#)

Take Delight in the Joy each day Brings!!

Brought to you from Cyndy, founder of Delights From the Vine, LLC, a company specializing in Low Carb, Full Flavor Snacks delivered to your door



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