Dining Dining Dining

Salsas – A Healthy and Delicious Alternative

By Susie Iventosch



Oncology nutritionist Tinrin Chew at home in her kitchen whipping up a healthy meal!

Tinrin Chew's Mango-Avocado Salsa

2 ripe mangoes, peeled and cut into bite-sized pieces

1 avocado, firm yet ripe, cut into bite-sized chunks

(To serve over grilled fish or chicken)

afayette resident Tinrin Chew, ✓an oncology nutritionist who works at Alta Bates Hospital and in her own private practice, emailed me to say how she appreciated the "At the Plate" corn salad recipe featured in the column a few weeks ago. Tinrin also volunteers at The Wellness Community, a non-profit organization offering comprehensive support for cancer patients and their loved ones. Every other

Ingredients

2 tablespoons olive oil

Dash of sea salt

Dash of sugar

Directions

1 small garlic clove, pressed

1/3 cup cilantro leaves, diced

Juice of 1/2 lemon or lime

Photo courtesy of Tinrin Chew month, she presents a three-hour nutrition workshop at The Wellness Community.

"I am always looking for healthy, interesting and easy-tomake recipes for my patients and clients," she wrote.

So, of course I wrote back to see if she had any special recipes she'd like to share with our readers.

As it turns out, Tinrin doesn't really follow recipes, but adapts

those she finds to suit her tastes and her clients' needs.

"I really try to encourage people to eat food in its most natural, original form," she said. "By this I mean, if you buy an apple, eat an apple and if you buy a peach, eat a peach ... without altering its natural

Tinrin says she rarely serves anything for dessert besides fresh fruit, because most baked desserts have too much sugar and fat.

"In California, we have an abundance of fresh fruit and vegetables," Tinrin pointed out. "When I serve chicken, meat or fish, I usually chop up fresh fruit – whatever is in season – and mix it with spices and herbs as a sort of salsa."

Tinrin says the moisture from the fruit makes food easier to swallow for patients with dry throats and the vitamin C from the fruit, helps the body to absorb the iron from the meat. If the blood count/hemoglobin is low, the fruit contains good enzymes that help to break down protein and helps the digestive sys-

For her salsa, Tinrin uses whatever is in season, whether its papaya, kiwi, mango, pineapple, apple, pear, persimmon or pomegranate. Often she'll add chopped cucumber to whatever fruit she

"I try to educate the community to eat foods that are in season and grown locally," Tinrin said. "In the fall and winter, focus on root vegetables and squashes. Also, rutabaga, kale, leeks and collard greens, which are all high in iron."

Adopting this eating style, she says, is a good habit for anyone, as it naturally reduces intake of fats and salt.

The Wellness Community is located at the border of Lafayette, Walnut Creek and Pleasant Hill.

"Anyone in the community dealing with cancer should know about this place," Tinrin said. "They offer a variety of programs including support groups, educational seminars by health care professionals, exercise groups, music and more ... all for free!"

Tinrin Chew can be reached at (925) 299-1209. For more information on The Wellness Community, please visit: www.twcba.org/

The Wellness Community, 3276 McNutt Avenue, Walnut Creek, CA. 94597, Phone (925) 933-0107, Fax: (925) 933-0249

This recipe is available on our web site. Go to: http://www.lamorindaweekly.com

Susie can be reached at suziven@hughes.net

The Rise of the Locavores

Dining

... continued from page 9 Gail Feenstra is a food syslationship with the seasons and tem analyst for the Program; her the environment and reduces the task is to evaluate the carbon distance that food travels. "As a footprint of food. "It's not matter of national and food sestraight forward," says the recurity it is important to feed oursearcher, "we have to calculate selves," insists Lyddan. "To the energy that goes into fertilfeed the Bay Area, we probably izers and pesticides, whether the need the Central Valley," she believes, "but not strawberries crop is grown outside or in a hothouse, what packaging and from Chile." The recent incitransportation system was used, dent of salmonella-contamior the possible wastes. The fact nated tomatoes supports the that a food is local is only one of argument that it is safer to know the components." from where your food comes.

Dining ·

As a rule, Feenstra be-

lieves that organic food is less

energy consuming, but the low

yield of this kind of agriculture

can throw the balance off.

"There are other things that peo-

ple need to be thinking of when

it comes to their eating habits,"

she adds, "a vegetarian diet has

less impact, and among meats,

red is the most energy consum-

ambiguities, she believes that

the locavore movement has a

positive impact, "it's making

people more aware of the limits

of our natural resources, and

shows them that we have the opportunity to change our behav-

the foremost concern of the

Board of Supervisors; locavor-

ing makes sense because it sup-

ports local farmers. Katherine

Lyddan, who participates on the

County's task force, is the Ex-

ecutive Director of the Brent-

mom, convincing people to eat

locally produced food is a mat-

ter of survival. Brentwood is the

largest farming region closest to

Lamorinda, totalling 12,000

acres, but according to Lyddan,

"The farmers were having a

hard time making a living in

local small farms on the urban

She highlights that local

For Lyddan, a Moraga

wood Farming Land Trust.

The carbon footprint is not

iors," Feenstra concludes.

In spite of the doubts and

ing."

If health, national security, local economy, energy efficiency, a sense of place and connection to the earth are not enough reasons for you to become a locavore, most locavores will tell you that locally grown food just tastes better.

Locavore Resources:

Local nurseries to get your garden going.

Farmers' Markets, Orinda on Saturday morning, Moraga on Sunday morning. - Supermarkets:

Safeway gets its corn from Brentwood, ask for other products; some Longs Drugs try to get their dairy and produce locally, ask the management; Diablo Foods, Trader Joes: Check labels and ask management to encourage local products.

Gigi, Chow, Amoroma and Terzetto advertise use of local products.

- Restaurants:

- Individual farms: Hurst family, St Mary's Road.

Community Supported Agriculture (CSA) delivers individual baskets weekly to subscribers. "Outside the Box" in Walnut Creek has a drop off in Lafayette. Brentwood Land Trust, for

U-picks and visits: www.brentwoodaglandtrust.org

food is fresher, has a higher nutrient value, creates a strong re-

Mix all in a bowl and refrigerate until ready to serve. We served this delicious salsa over grilled swordfish, wild salmon and boneless chicken breast and it was wonderful with all three. You can substitute fruits and quantities of ingredients to suit your tastes. We also, sprinkled the dish with paprika for a dash of extra color.

To grill salmon filet, season to taste and place filet skin side down on a piece of foil. Cook over medium-high flame for two minutes, then tent filet with foil and continue to cook for another six or so minutes, depending upon the thickness of the filet. For swordfish steaks, cook approximately four minutes per side at medium high heat, again depending upon thickness.

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etar's is open for lunch Mondac through Saturdau from 11:30 to 4:00 and open for

edge."



925-

Petar's Restaurant is located in the heart of Lafayette at 32 Lafayette Circle.

Regular menu only, not valid with daily board specials, early dinner menu or with any other specials or promotions. (soup & salad sides are not considered entrees) $\,$ - Exp. Aug 15, 2008 $\,$

MOKINDA's Restaurants

,,		
American		
Bistro	3287 Mt. Diablo Blvd, Laf	283-7108
Chow Restaurant	53 Lafayette Cir, Laf	962-2469
Hungry Hunter	3201 Mt. Diablo Blvd, Laf	938-3938
Quiznos	3651 Mt. Diablo Blvd, Laf	962-0200
Ranch House	1012 School St, Mor	376-5127
Terzetto Cuisine	1419 Moraga Way, Mor	376-3832
The Cheese Steak Shop	3455 Mt. Diablo Blvd, Laf	283-1234
BBQ		
Bo's Barbecue	3422 Mt. Diablo Blvd, Laf	283-7133
Burger Joint		
Flippers	960 Moraga Rd, Laf	284-1567
Nation's Giant Hamburgers	400 Park, Mor	376-8888
Nation's Giant Hamburgers	76 Moraga Way, Ori	254-8888
Café		
Express Cafe	3732 Mt. Diablo Blvd # 170, Laf	283-7170
Ferrari- Lucca Delicatessens	23 Lafayette Cir, Laf	299-8040
Geppetto's caffe	87 Orinda Way, Ori	253-9894
Rising Loafer	3643 Mt. Diablo Blvd Ste B, Laf	284-8816
California Cuisine		
Gigi's	1005 Brown St., Laf	962-0882
Metro Lafayette	3524 Mt. Diablo Blvd, Laf	284-4422
Shelby's	2 Theatre Sq, Ori	254-9687
Chinese		
Asia Palace Restaurant	1460 B Moraga Rd, Mor	376-0809
Chef Chao Restaurant	343 Rheem Blvd, Mor	376-1740
China Moon Restaurant	380 Park St, Mor	376-1828
The Great Wall Restaurant	3500 Golden Gate Way, Laf	284-3500
Hsiangs Mandarin Cuisine	1 Orinda Way # 1, Ori	253-9852
Lily's House	3555 Mt. Diablo Blvd #A, Laf	284-7569
Mandarin Flower	581 Moraga Rd, Mor	376-7839
Panda Express	3608 Mt. Diablo Blvd, Laf	962-0288
Szechwan Chinese Restaurant	79 Orinda Way, Ori	254-2020
Uncle Yu's Szechuan	999 Oak Hill Rd, Laf	283-1688
Yan's Restaurant	3444 Mt. Diablo Blvd, Laf	284-2228
Coffee Shop		
Millie's Kitchen	1018 Oak Hill Rd #A, Laf	283-2397

Squirrel's Coffee Shop 998 Moraga Rd, Laf 284-7830 Village Inn Café 290 Village Square, Ori 254-6080 **Continental** 32 Lafavette Cir. Laf 284-7117 Petar's Restaurant Vino Restaurant 3531 Plaza Way, Laf 284-1330 3287 Mt. Diablo Blvd, Laf **Duck Club Restaurant** 283-7108 **Hawaiian Grill** Lava Pit 2 Theatre Square, St. 142, Ori 253-1338 Indian India Palace 3740 Mt. Diablo Blvd, Laf 284-5700 3602 Mt. Diablo Blvd, Laf Swad Indian Cuisine 962-9575 Italian 3406 Mt. Diablo Blvd, Laf Giardino 283-3869 La Finestra Ristorante 100 Lafavette Cir. St. 101, Laf 284-5282 La Piazza 15 Moraga Way, Ori 253-9191 Mangia Ristorante Pizzeria 975 Moraga Rd, Laf 284-3081 Michael's 1375 Moraga Way, Mor 376-4300 Mondello's 337 Rheem Blvd, Mor 376-2533 3600 Mt. Diablo Blvd. Laf Pizza Antica 299-0500 3565 Mt. Diablo Blvd, Laf 299-8700 Postino 360 Park St, Mor 377-7662 Ristorante Amoroma **Japanese** Asia Palace Sushi Bar 1460 B Moraga Rd, Mor 376-0809 3518-A Mt. Diablo Blvd, Laf Blue Ginko 962-9020 3474 Mt. Diablo Blvd, Laf 284-9709 Kane Sushi Niwa Restaurant 1 Camino Sobrante # 6. Ori 254-1606 Serika Restaurant 2 Theatre Sq # 118, Ori 254-7088 Tamami's Japanese Restaurant 356 Park St, Mor 376-2872 19 Moraga Way, Ori Yu Sushi 253-8399 **Jazz Dinner Club** Joe's of Lafayette 3707 Mt. Diablo Blvd., Laf 299-8807 The Orinda House 65 Moraga Way, Ori 258-4445 Mediterranean Alex's 2 Theatre Sg # 105, Ori 254-5290 Oasis Café 3594 Mt. Diablo Blvd, Laf 299-8822 Per Tutti Ristorante 3576 Mt. Diablo Blvd, Laf 284-5225 Mexican 360 Gourmet Burrito 3655 Mt. Diablo Blvd, Laf 299-1270 3339 Mt. Diablo Blvd, Laf El Charro Mexican Dining 283-2345 3563 Mt. Diablo Blvd, Laf

1375-B Moraga Way, Mor Baja Fresh Mexican Grill 3596 Mt. Diable Blvd, Laf 283-8740 Celia's Restaurant 3666 Mt. Diablo Blvd, Laf 283-8288 FI Balazo 3518D Mt. Diablo Blvd, Laf 284-8700 Maya Mexican Grill 74 Moraga Way, Ori 258-9049 Numero Uno Taqueria 3616 Mt. Diablo Blvd, Laf 299-1333 Pizza Mountain Mike's Pizza 3614 Mt. Diablo Blvd, Laf 283-6363 504 Center St, Mor Mountain Mike's Pizza 377-6453 Pennini's 1375 Moraga Rd, Mor 376-1515 Round Table Pizza 361 Rheem Blvd, Mor 376-1411 Round Table Pizza 3637 Mt. Diablo Blvd, Laf 283-0404 Village Pizza 19 Orinda Way # Ab, Ori 254-1200 Zamboni's Pizza 1 Camino Sobrante # 4, Ori 254-2800 Sandwiches/Deli Bianca's Deli 1480 Moraga Rd # A, Mor 376-4400 Europa Hofbrau Deli & Pub 64 Moraga Way, Ori 254-7202 Gourmet Bistro Café 484 Center St. Mor 376-1551 Kasper's Hot Dogs 103 Moraga Way, Ori 253-0766 3518 Mt. Diablo Blvd, Laf 299-0716 Noah's Bagels Orinda Deli 19 F Orinda Way, Ori 254-1990 396 Park St., Mor 376-2959 Subway Subway 3322 Mt. Diablo Blvd #B, Laf 284-2627 Subway Theatre Square, Ori 258-0470 Seafood Yankee Pier 3593 Mt. Diablo Blvd. Laf 283-4100 Singaporean/Malaysian **Kopitiam** 3647 Mt. Diablo Blvd, Laf 299-1653 Steak 20 Bryant Way, Ori Casa Orinda 254-2981 Patesserie Lafayette 71 Lafayette Cir, Laf 283-2226 107 Orinda Way, Ori 254-2206 Tea Party by Appointment Thai Amarin Thai Cuisine 3555 Mt. Diablo Blvd # B, Laf 283-8883 Baan Thai 99 Orinda Way, Ori 253-0989 512 Center St. Mor 377-0420 Royal Siam Siam Orchid 23 Orinda Way # F, Ori 253-1975

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23 Orinda Way, Ori

283-6639

258-9987

El Jaro Mexican Cafe

La Cocina Mexicana