



A Message From Chef Mike

Happy Valentine's Day and welcome to the February edition of *The Service Foods Gourmet Kitchen!* This month's newsletter is packed with all-new articles, important tips, and of course my Valentine's "romance" recipe!

the best olive oil, the health benefits of rosemary, and even a piece on the dangers of radon gas. Plus, you'll find our regular columns, trivia, and more!

I always check my email and I absolutely love hearing from you so if you have thoughts, comments, or feedback for me on this newsletter, my recipes, our food, or anything else, please email me at ChefMike@ServiceFoods.com. Have a lovely Valentine's Day, try to stay warm out there, and thank you again for your business.

Some of this issue's highlights include features on how to choose

Service Foods "Romance" Recipe Of The Month

Pan Roasted Lamb Chops With Rosemary Balsamic Syrup & Wilted Spinach

Serves 2

First, make the balsamic rosemary syrup. In a non-reactive saucepan, combine $\frac{3}{4}$ cup of good quality balsamic vinegar and $\frac{1}{4}$ teaspoon of chopped fresh rosemary leaves.

Over moderate heat, let mixture reduce until it is syrupy (this will take approximately 8-10 minutes). Please utilize your ventilation hood, or open a window during reduction process. Finished mixture will be about $\frac{1}{4}$ cup of syrup.

Lamb Chops:

- 4 Premium lamb chops, trimmed of all visible fat
- 1 Teaspoon of finely minced garlic
- $\frac{1}{2}$ Teaspoon salt, or to taste
- $\frac{1}{4}$ Teaspoon fresh cracked pepper, or to taste
- 2 Tablespoons olive oil to coat the pan
- $\frac{1}{4}$ cup of your favorite light red wine, such as pinot noir

Season lamb chops with salt and pepper. Heat olive oil in a skillet over medium high heat until it begins to smoke. Cook lamb chops for approximately 4-5 minutes per side, to yield medium rare. Remove chops and set aside. Add chopped garlic to skillet and cook until just softened (do not brown), about a minute or so. Take pan away from heat and add the wine to deglaze. Pour sauce over

lamb chops and cover with foil to keep warm.

Wilted Spinach:

- $\frac{1}{4}$ Cup finely chopped red onion
- 1 Teaspoon chopped garlic
- 1 Tablespoon olive oil
- 1 Large bag of washed and ready to use spinach leaves



In the same pan used for the lamb chops, combine the olive oil, onion, and garlic and cook over medium high heat until softened (about 3 minutes). Add spinach to the pan. Keep the spinach moving during the wilting process to prevent burning. This only takes about 2 minutes.

Final Assembly:

Plate spinach onto serving plates. Place lamb chops over the spinach. Drizzle with balsamic rosemary syrup.

You can watch a video demonstration of me preparing this delicious recipe at www.ServiceFoods.com! Enjoy! Chef Mike



"He's out throwing money at problems. Can I take a message?"

Did You Know Rosemary Is Good For Your Brain?

The herb rosemary has a long history as a memory aid. Now researchers are saying rosemary contains an ingredient that fights off damage to the brain. The active ingredient in **rosemary can protect the brain from stroke and neurodegenerative conditions such as Alzheimer's** and

also from normal aging, a collaborative group of researchers at the Burnham Institute for Medical Research say. The ingredient, carnosic acid, protects the brain cells from free radicals. The findings were originally reported in *The Journal of Neurochemistry* and *Nature Reviews Neuroscience*.



Congratulations To The Winner Of Our January Trivia Question!

Congratulations to **Lisa Butler of Kennesaw, Georgia** for submitting the first correct answer to last month's trivia question...

What American institution opened its first location in the Soviet Union on January 31st, 1990?

- a. WalMart
- b. Kentucky Fried Chicken
- c. McDonald's
- d. Taco Bell
- e. The Gap

The correct answer was "c", McDonald's!



Now how about you? Care to give this month's trivia question a try?



February Trivia Challenge

In honor of Valentine's Day, here's a question I think you will love. Celine Dion's "My Heart Will Go On"



is the theme song for which 1997 blockbuster movie?

- 1. Men in Black
- 2. The Matrix
- 3. Fools Rush In
- 4. Titanic

The first correct answer emailed to me at ChefMike@ServiceFoods.com wins one of our N.Y style **cheesecakes** – the perfect way to top off any meal.

The Service Foods Spotlight!

Who's in the spotlight this month? Just our wonderful clients who referred us last month, that's who. A heartfelt thank you to:



- **Jesse Gunnin & Crystal Humber** of White for referring Michael & Amy Buckner **REFERRALS 2 MONTHS IN A ROW**
- **LTC Darryl & Markgetta Langford** of Fayetteville for referring LTC Reginald & Terrie Belton
- **Derrick & Greta Sorrow** of Social Circle for referring Angela L. Moon
- **Mark & Kristi Debrincat** of Ball Ground and Ray & Sue Debrincat of Gainesville for referring Suzanne Gudakunst
- **David & Jeri Moran** of Atlanta for referring Michael & Leigh Schiff
- **Rick & Jo Ann McClain** of Loganville for referring John & Linda Verschuren

If you know someone who could benefit from our service, please let them know about us!

For each referral that joins the Service Foods family, **you'll receive a \$100 credit and the free dessert of your choice on your next reorder!** I hope you'll consider referring us not just for the reward but because you believe we provide better, healthier food. To refer a friend, simply go to www.ServiceFoods.com and fill out the easy referral form. We'll take special care of your friends and even give them a surprise gift from you! Thank you in advance for your support! 😊

It's Cold Outside. I'm Hungry. What's For Dinner?

Don't let old man winter get you down. Boost your spirits with our delicious (and nutritious) gourmet food. There simply is no finer cuisine available! If it's time to restock, you're in luck! Adam has a lovely Valentine special for you. Call him today and he'll give you all the details.

Three Easy Way To Place Your Order:

- 1. Call Adam at **800-750-7239 ext. 300**
- 2. Order Online at www.ServiceFoods.com
- 3. Email Adam at Service@ServiceFoods.com



Welcome To New Clients!

Here are some of our new clients who became members of my Service Foods Family this past month. I'd like to welcome you and wish you all the best:

Max Gudakunst; Michael & Amy Buckner; Merrill & Sandra Fowler; Michael & Leigh Schiff; Karl & Beth Dittmer, Jr.; Jeromie & Amy Hartline; Chris & Mek Gravett; Angela Moon; Damon & Stacey Benson; Nicole Smith-Franco; Reggie & Terrie Belton; Ron & Santra Pickee; Tim & Linda Squires; John & Linda Verschuren; Larry & Victoria Monk.

Welcome!



John Grisham



Sheryl Crow



John Travolta



Gloria Vanderbilt

February Celebrity Birthdays

| | | |
|--|---------------------------|----------------------|
| Farrah Fawcett, actress | Corpus Christi, TX | Feb. 2, 1947 |
| John Grisham, author | Jonesboro, AR | Feb. 8, 1955 |
| Carole King, singer | Brooklyn, NY | Feb. 9, 1942 |
| Sheryl Crow, singer | Kennett, MO | Feb. 11, 1962 |
| Jerry Springer, TV host | London, England | Feb. 13, 1944 |
| Michael Jordan, basketball player | Brooklyn, NY | Feb. 17, 1963 |
| Paris Hilton, actress | New York, NY | Feb. 17, 1981 |
| John Travolta, actor | Englewood, NJ | Feb. 18, 1955 |
| Gloria Vanderbilt, fashion designer | New York, NY | Feb. 20, 1924 |
| Bobby Unser, auto racer | Albuquerque, NM | Feb. 20, 1934 |

Indoor Air Quality Alert!

Does someone in your family suffer from allergies, asthma, dry mouth, snoring, coughing or sneezing?

More than 25 million Americans do. Did you know that culprit could be the air in your home?



According to the EPA, **indoor air pollution is one of the greatest risks to public health.** When you consider that Americans typically spend up to 90% of our time indoors, it's a very important health concern. In fact, the EPA says the air in your home may be up to 100 times more polluted than outdoor air!

Rooting Out Radon

Radon is a natural radioactive gas that you can't see, smell, or taste. According to the Environmental Protection Agency (EPA), **radon is the leading cause of lung cancer among non-smokers**, killing 20,000 people each year. The EPA says radon levels are higher in winter months, so hire a professional to conduct a radon test in your home or buy an inexpensive radon detection kit at your local home improvement store (about \$15).



The Carico Nutri-Tech air filtration system can make the air you breathe 99.97% cleaner, removing mold, bacteria, smoke, odors, viruses, dust, allergens, pet dander and more. If you'd like more information on how you can get fresh, clean, air in your home, watch our online video at <http://caricovideos.com/air.htm> or call 800-750-7239 and ask for Adam. Of course, you can always email me too at ChefMike@ServiceFoods.com. Here's to better breathing!

Project Of The Month – Valentine Gift Topper

Here's the perfect way to personalize your Valentine's Day gift wrapping for someone special. Just print out a favorite photo



and use it to make a special and memorable gift decoration. Simply wrap a ribbon around the present and affix the ends. Center the photo over the ribbon and glue. You won't believe how great your gifts will look! More information available at www.MarthaStewart.com, **keyword: photo Gift Topper.**

Grape Juice: The New Red Wine?



Concord grape juice stimulates an arterial relaxation effect similar to red wine, laboratory research has found. The results were presented at the WineHealth 2007 conference in Bordeaux, France. In fact, the **grape juice produced a prolonged relaxation effect** that red wine has not been cited as stimulating.

Researchers say the grape juice stimulates the production of nitric oxide, which is known to be important in maintaining flexible blood vessels and supporting healthy blood pressure. The effect of the grape juice lasted for up to six hours, significantly longer than red wine. So if you're looking for an alternative to red wine, this may be the answer.

Giving Your Valentine Something Sweet? Dark Chocolate Is Best!

While nutritionists have long touted the health benefits of chocolate, registered dietician Jean Stork specifies that dark chocolate, made with **70 percent cocoa or more, delivers the maximum amount of antioxidants.** For variety and even greater nutritional value, try chocolate with nuts, but avoid the extra calories of cream or caramel fillings.



How To Choose The Right Olive Oil

Many people are switching from regular vegetable oil to olive oil for their salads and cooking. **The phenols in olive oil reduce the danger of blood clots, which could cause a heart attack or stroke.**

There are several types of olive oil including **extra virgin, virgin, pure, and extra light.** **So which one is best?** Researchers reporting in the American Journal of Clinical Nutrition have found that **extra virgin olive oil** has a far higher phenol content than other forms and is the healthier choice.



People who ate **extra-virgin olive oil**, had lower levels of clot-promoting substances in their blood than those who ate non-virgin olive oil. When you shop, look for a brand that reads “extra-virgin” on the label. It’s the only type that’s entirely unrefined.

Mark Your Calendar

Valentine’s Day

Feb. 14

Traditional day to send cards, gifts, and flowers to express love.



Presidents Day

Feb. 18

Observes the birthdays of George Washington (Feb. 22) and Abraham Lincoln (Feb. 12).



Leap Year Day

Feb. 29

A day that is added to our calendar to keep more in accord with the seasons. A day is added every four years, except in century years.



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The Newsletter For Healthy Living



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