



A Message From Chef Mike

Welcome to the April edition of *The Service Foods Gourmet Kitchen*! This issue is loaded with brand new articles to help you prepare delicious, healthy spring meals at home.

We kick things off with a terrific recipe – grilled swordfish steaks with pecan wine sauce. This is a wonderful break from the “everyday” that truly bursts with flavor. We’ve also included important articles on

spring cleaning tips for allergy sufferers, common health myths, and more.

I always 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 e-mail me at **ChefMike@ServiceFoods.com**. Have a great April and thank you so much for your business.

Service Foods Recipe Of The Month - Grilled Swordfish Steaks With Pecan Wine Sauce

Ingredients

- 2 Service Foods swordfish steaks, thawed
- Instant Gourmet® Original Seasoning, (substitute: any seafood seasoning or salt and pepper) to taste
- 1 tablespoon olive oil

Pecan Wine Sauce

- 1 tablespoon olive oil
- 3 green onions, sliced white part only
- 1-2 cloves garlic, diced fine
- ½ cup light brown sugar
- ½ cup chopped pecans
- 3 tablespoons white wine (such as chardonnay)
- Water*



1. Rinse the swordfish steaks under cold water and pat dry with a paper towel. Rub the steaks with the oil and season to taste with the seafood seasoning. Place on a hot, well oiled grill and cook for 3-4 minutes per side (or until the center is just done). Remove the steaks to a clean plate and cover with foil to rest.
2. Heat a large skillet over medium high heat for one minute. Add the oil and green onions and sauté for one minute. Add the garlic and sauté for one more minute. Add the brown sugar, pecans, and wine to the skillet. Simmer until sauce thickens (about 2 minutes). **If sauce is too thick, add 1 tablespoon water to the skillet (at a time) until desired thickness.*
3. Place the swordfish steaks on a plate and spoon sauce over top.

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

Enjoy! Chef Mike

Fresh Herbs for Health

Fresh herbs normally contain more healthful antioxidants than the dried variety. And according to recent research by the U.S. Food and Drug Administration, **some fresh herbs are even higher in antioxidants than fruits and vegetables.**

Researcher Shiw Wang found that **fresh oregano** contains 42 times more antioxidant activity than apples, 30 times more than potatoes, and 12 times more than oranges. Other herbs with high levels of antioxidants include dill, thyme, rosemary, and peppermint. Now that spring is almost here, why not consider your own herb garden? Not only are they good for you but they will really bring your recipes to life!



"We're moving to a higher tax bracket!"

Congratulations To The Winner Of Our March Trivia Question!

Congratulations to **Lea Fantom of White, Georgia** for submitting the first correct answer to last month's St. Patrick's Day trivia question:

Celebrated on March 17th, St. Patrick's Day commemorates what anniversary? Is it his...

- a. Birth
- b. Death
- c. Sainthood
- d. Baptism



The correct answer was "b", his death. Now it's your turn to try your luck at this month's trivia question!

April Trivia Challenge

This month's challenge is a real "gem". If you were born in April, you might know this one. Which of these is April's birthstone?

- a. Peridot
- b. Garnet
- c. Amethyst
- d. Ruby
- e. Diamond



The first correct answer emailed to me at ChefMike@ServiceFoods.com wins one of our legendary **Key Lime Pies!**

Medical Myths Exploded By Researchers

Don't believe everything you hear. Researchers from Indiana University School of Medicine say these common beliefs are false.

Untrue medical myths

- **Turkey makes you sleepy.** It does contain tryptophan, an amino acid involved in sleep, but so does beef, and chicken. A ham and cheese sandwich has more. Sitting around after a big dinner is what makes you sleepy.
- **You have to drink eight glasses of water a day.** You can get much of that required fluid from fruits, vegetables, coffee, or tea.
- **We only use 10 percent of our brains.** The researchers say no area of the brain is completely inactive.
- **Hair and fingernails grow after death.** No, they may appear to grow because the skin around them is shriveling and pulling away.
- **Reading in dim light ruins your eyes.** Untrue. It may cause eye strain but reading in dim light doesn't cause

permanent damage.

- **Shaving your hair makes it grow back faster and thicker.** No. Hair is no thicker after it has been shaved, and its growth rate doesn't change. Uncut hair appears to be lighter or finer because it tapers more at the ends and isn't bleached out by the sun or chemicals.
- **Cell phones cause hospital equipment to misfire.** Reports of malfunctioning in the 1990s caused hospitals to ban cell phones. A 2007 study found no interference from them in 300 tests.

And of course, one of the most common myths of all: **"Don't swallow your gum; it'll stay in your stomach for seven years!"** How many times did you hear that when you were growing up? In reality, gum passes through your digestive system at about the same rate as the foods you eat. Unlike your food, however, it won't undergo much change. Gum is unaffected by the digestive process.



April Showers Bring May... Appetites!

Spring is finally here for good! There's no better way to celebrate the warmer weather than with our beautiful steaks, roasts, chops, filets, and other top of the line selections. Our nutritious and delicious food always fits the bill whether you're serving ten or preparing an intimate dinner for two. Are you ready to restock for spring? **Call Adam for a download on this month's special.**

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



Don't Rely On Vitamins Alone

Many people believe that taking a multivitamin means that they don't have to watch what they eat. However, Dr. Isadore Rosenfeld, a professor of medicine at New York Hospital Weil Cornell Medical Center, disagrees. "Even the best multivitamins don't provide all the nutrients you need and are not a

substitute for a healthy diet," he says. **"It's much better to fulfill your vitamin and mineral needs from food sources."** In addition, some nutrients and vitamins, such as beta-carotene and Vitamin E, can be harmful when taken in the high doses available in some vitamin pills.



All-New Items Added To Our Menu

I'm so pleased to let you know that we've expanded our menu with many wonderful new and exciting items. This is the latest step in our ongoing effort to provide you with food that's not only better for you, but food you really enjoy eating!

First off, we're now carrying a complete line of **certified organic fruits and vegetables**. Picked at the peak of ripeness, your entire family will love everything from our juicy blueberries, strawberries, and sliced peaches to our orange-glazed baby carrots and snap peas. Kids often eat more fruit and vegetables in the warmer months, so you'll feel good serving the little ones this pesticide-free produce.



If you're in need of a quick but tasty meal at the end of a busy day, look no further than our **new heat-and-serve entrées**. Our Hibachi House oriental dinners cook to perfection in your microwave in just minutes, and the tantalizing flavors will have everyone asking for seconds. Choose from honey teriyaki chicken with rice, sesame chicken with rice, chicken with broccoli, or General Tso's chicken with rice. Whether you enjoy spicy Asian flavors

or a sweet and savory combination, you're sure to find one to your liking.

Another great new heat-and-serve item perfect for busy families is our latest line of delicious **empanadas**. They are oven-baked, easy to prepare, and will have even the pickiest eaters running to the dinner table.

Finally, for a unique, refreshing spring dessert, try a pint or two of our just released **Bravo Gelatos**. Gelato is a great dessert choice for health-conscious families. It has half the fat of traditional ice cream, yet is much denser, yielding intense flavor. New flavors include Donatella, Cookies and Cream, Creme Caramel, Heath, and Limoncello Sorbet. Bon appétit!



The Service Foods Spotlight!

Look who's in the spotlight on this month! Thank you to our generous clients who referred us last month. You are the best! My heartiest thanks to:

- **Mark & Kristi DeBrincat** of Ball Ground for referring Kenneth & Cari Kilgore
- **Rodney & Kathleen Thurman** of Ellijay for referring Don & Heidi Kerley
- **Michael & Leigh Schiff** of Atlanta for referring Edward & Debra Levin
- **Ashley & Kristen Terrette** of Ball Ground for referring Steve & Nanalee Wanha

Special appreciation to **Jason & Haley Bilotti of Mableton** for referring both John & Christina Crays, and Brian & Nicole Patterson.

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!



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:

Louie & Jennifer Benitez; Jeff & Fonda Bromeland; **Keith & Fre Broughton**; Brian & Florence Brown; **Chris & Crystal Bryant**; Mark & Candi Buckner; **Kenneth Byers**; John & Cristina Crays; **Rod & Kelly Daugherty**; Tony & Sabrina Finch; **Tom & Sally Francisco, III**; Tamu & L Galloway-Woolfork; **Alisha Hill**; Tony & Chris Jackson, III; **James & Kelli Jeong**; Don & Heidi Kerley; **Ken & Cari Kilgore**; Eddie & Debbie Levin; **Ryland & Sandra Long, III**; Dwight & Juan Meacham; **George & Sherrill Meeker**; James & Nadine Nance; **To & Gg Overton**; Brian & Nicole Patterson; **Ray Rogers**; Kenvin & Kelly Sandt; **Craig & Gracie Terrett**; Ashley & Kristen Terrette; **Bob & Tara Vanorder**; Charlie & Sandy Vecchio; **James Walker**; Steve & Nanalee Wanha; **Brian Williams**.

Spring Cleaning Tips for Allergy Sufferers

It's hay fever and allergy season. If someone in your family suffers from allergies, try these suggestions from the Mayo Clinic to help reduce allergens in your home.

- **Wash sheets and blankets once a week in water heated to at least 130 degrees Fahrenheit.**
- **Use allergy-proof covers on mattresses, box springs, and pillows.**
- **Vacuum carpets and furniture weekly with a vacuum cleaner equipped with a small-particle or HEPA filter.**
- **Consider removing carpeting, especially where you sleep, if you're highly sensitive to dust mites.**

Also, make sure and call **Adam at 800-750-7239 ext. 300** about our full line of air-filtration systems.

Project Of The Month: Making Sachets

If you want your clothes and linens to smell **springtime fresh** all year round, go to a local florist and grocery store to gather the ingredients for these herbal sachets:

- ❁ 1/2 pound lavender flowers
- ❁ 2 tablespoons sea salt
- ❁ 1 tablespoon dried mint
- ❁ 1 tablespoon dried thyme
- ❁ 1 teaspoon ground caraway
- ❁ 1 teaspoon ground cloves

Strip the lavender blooms from their stems and mix with the rest of the ingredients. Place two tablespoons of the mixture in small 4x4 inch squares of cotton or silk cloth. Gather the four corners together and securely tie with string. Place in closets, drawers, and boxes. In addition to a pleasant scent, these sachets will protect against insect infestations.



Mark Your Calendar

Earth Day April 22

To draw attention to accelerating the transition to renewable energy worldwide. For more information, go to www.earthday.net.



Choosing A Wine

Dorothy Gaiter and John Brecher, authors of *The Wall Street Journal's Guide to Wine*, say that the best value on most restaurant's wine list is the second to least expensive bottle. The cheapest selection is there strictly for budget-minded diners so there is little thought given to its flavor

or taste. By the same token, the most expensive bottles are sometimes there for show in case someone wants to make a big impression. Generally, the second to least expensive bottle has been selected specifically to match the restaurant's entrees and is a good bet.



- Inside this month's issue:
- ❖ Service Foods Recipe Of The Month
 - ❖ Grilled Swordfish Steaks With Pecan Wine Sauce
 - ❖ Medical Myths Exposed!
 - ❖ All-New Items Added To Our Menu

The Newsletter For Healthy Living



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