

Whole-Grain Kamut & Cherry Salad



INGREDIENTS:

- * 1 cup whole Kamut berries or wheat berries
- * 2 cups unsalted chicken stock
- * 2 tbsp. extra-virgin olive oil
- * 1 1/2 tbsp. white wine vinegar
- * 1 tsp. Dijon mustard
- * 1 tsp. minced garlic
- * 3/4 tsp. kosher salt
- * 1/2 tsp. freshly ground black pepper
- * 1 cup fresh Rainier cherries, pitted and halved
- * 1 cup heirloom cherry tomatoes, halved
- * 1/2 cup chopped fresh flat-leaf parsley
- * 1/2 cup unsalted cashews, coarsely chopped

PREPARATION:

1. Heat a Dutch oven over medium-high heat. Add Kamut; cook 3 minutes or until grains are lightly toasted, stirring frequently (grains will make a popping sound). Add stock; bring to a boil. Cover, reduce heat, and simmer 50 to 60 minutes or until grains are chewy-tender (add additional liquid if needed). If any liquid remains, drain Kamut. Cool Kamut to room temperature.
2. Combine oil and next 5 ingredients (through pepper) in a large bowl, stirring with a whisk. Add Kamut, cherries, and remaining ingredients; toss to coat. **Serves 8**

Nutritional Information: Calories 185, Fat 8.1g, Saturated Fat 1.3g, Protein 6g, Carbohydrate 24g, Fiber 3g, Cholesterol 0.0mg, Iron 2mg, Sodium 233mg, Calcium 26mg **Source:** <http://www.cookinglight.com/food/in-season/cherry-recipes/whole-grain-kamut-cherry-salad-1>

WHAT IS KAMUT?

Protein-rich Khorasan wheat is one trendy grain

Now here's a grain we don't see often enough: kamut. It's also called Khorasan wheat or Pharaoh grain, owing to the fact that grains were discovered in ancient Egyptian tombs. It's healthier than conventional wheat, and has a crazy backstory to boot. Kamut grains made their way to the U.S. via airmail from a soldier, whose farmer father sprouted and grew them over the next few years. Sadly, the wheat-like kernels never caught on and ended up as cattle feed. Also sadly, conventional wheat edged kamut out of the game into near-extinction. Thankfully, once we all realized that unadulterated ancient grains like kamut, quinoa, teff, spelt and buckwheat were not only trendy and awesome but also delicious and far more nutritious, they came back with a vengeance. Kamut has about 30% more protein than wheat, and more fatty acids. As an added bonus, some people who are allergic to wheat can tolerate kamut, which is great because its chewy, toothsome texture and nutty, rich flavor makes a delicious spring and summer salad. Use it in tabbouleh instead of bulgur wheat or try baking with kamut flour. **Source:** <http://www.foodrepublic.com/2013/04/15/what-is-kamut/>



DIY Facial:

Cherry Pie Homemade Face Mask

- * 5 cherries, pitted and pureed
- * 1 tbsp almond powder
- * 1/4 cup honey
- * 1 tbsp brown sugar
- * 3 tbsp yogurt
- Mix all the ingredients in a small bowl until well combined.
- Apply the mixture to clean skin, gently scrubbing to exfoliate for 30 seconds, avoiding the eye area.
- Leave the mask on for 10 minutes to hydrate the skin before rinsing it off with warm water.
- *This homemade face mask is safe for all skin types, but, as always, don't use it if you're allergic to any of the ingredients.*
- **Source:** <http://thebeautybean.com/diy-beauty-recipes/facial-recipe-cherry-pie-homemade-face-mask>



5 reasons to eat more Cherries

Fresh, canned or frozen, this flavourful stone fruit is great for your health. Find out why you should make cherries a regular part of your diet

Nothing says summer like fresh-picked cherries warmed by the sun. The many varieties grown in Canada can be divided into sweet (mostly eaten raw) and sour (often baked into crisps and pies). **All are packed with impressive nutrients.** Here's what they can do for you:

1. EASE ACHING JOINTS

Cherries rich red colour comes from anthocyanins the antioxidants found in grapes (and red wine) that **inhibit enzymes associated with inflammation**, and may help soothe soreness linked to muscle and joint pain.

2. GUARD YOUR COLON

These mighty fruits also contain quercetin, which is a flavonoid with **anti-carcinogenic activity**. New research in the *Journal of Nutrition* found it helps prevent damaging lesions thought to be a predictor of tumours from forming in the colon.

3. CONTROL CHOLESTEROL

All cherries are high in pectin a soluble fibre that helps to **prevent heart disease** by lowering 'bad' cholesterol.

4. HELP YOUR EYESIGHT

Sour cherries contain 19 times the amount of **beta-carotene** found in blueberries. A precursor to vitamin A, it helps maintain eyesight and healthy skin.

5. IMPROVE YOUR SLEEP

Cherries, part of the stone fruit family that includes apricots, peaches and plums, are **one of the few known food sources of melatonin**, a naturally occurring hormone that helps to regulate the body's circadian rhythms and our sleep patterns.

Source: <http://www.besthealthmag.ca/best-eats/nutrition/5-reasons-to-eat-more-cherries/>

Know your Cook Out Calories

Whole-wheat hamburger bun	120
Hamburger patty (4 oz.) on bun	329
Burger with American cheese on bun	389
Fixings (2 romaine lettuce leaves, 1 thick slice tomato, 1 tbsp.ketchup)	34
Cheeseburger with fixings on bun	423
Veggie burger patty on bun	230
Veggie burger with American cheese on bun	290
Veggie burger with cheese and fixings on bun	324
Turkey burger (4 oz.) with bun	270
Turkey burger with American cheese on bun	330
Turkey burger with cheese and fixings on bun	364
Whole wheat hot dog bun	120
1 tbsp. ketchup and 1 tsp. mustard	23
Hot dog (beef) on bun	270
Hot dog with bun, ketchup, and mustard	293
Tofu Pup on bun	180
Tofu Pup with ketchup and mustard on bun	203
Barbecue chicken breast (6 oz.)	280
Grilled sweet Italian sausage link (2.9 oz.)	260
Grilled salmon (4 oz.)	233

Source: <http://www.popsugar.com/fitness/Calories-Barbecue-Foods-Hot-Dogs-Burgers-Chicken-3172594>

Races on Our Radar

Toronto 5k

September 10, 2016 - 5k

Oasis Zoo Run

September 24, 2016 - 5k & 10k

Scotiabank Toronto Waterfront Marathon

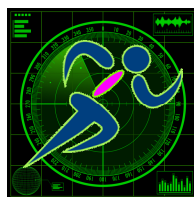
October 16, 2016 - 5k, Half-Marathon
& Marathon

Toronto Women's 8k/5k

October 22, 2016 - 5k & 8k

The Tannenbaum 10k

December 4, 2016 - 10k



10 Easy Ways to Beat the Heat

Summer's back with a vengeance, and you want to keep your cool without breaking the bank – or fueling a blackout. Don't despair – air-conditioning isn't the only answer! Whether you don't have A/C or are trying to save energy (and money!), these 10 tips will stop you from overheating.

- 1. Snack on treats from the freezer.** Munch on frozen grapes, berries or bananas, whip up some smoothies, or make homemade Popsicles with the kids. Fruit juice is the classic standby – and the most hydrating option – but you can also mix things up by adding chunks of fruit or freezing pudding with nuts and marshmallows.
 - 2. Keep the blinds closed during the day to keep out the sunlight; open windows at night to let in fresh, cool air.** Also think about switching up the drapes – lighter-coloured window coverings will reflect light and help keep the house cool, while darker-coloured ones will absorb the heat.
 - 3. Have a late-evening barbecue dinner.** You'll be spending time outside where it's cooler while keeping the oven off. If you must cook indoors, try using the microwave or toaster oven to reduce power consumption and avoid raising the temperature.
 - 4. Keep the lights off** – and any other electrical appliance that creates heat, such as computers. Even better, switch some lightbulbs to compact fluorescents, which emit less heat and use less energy.
 - 5. Up your intake of H₂O.** For a refreshing drink with more flavour, mix one part fruit juice (such as cranberry or orange) with two parts sparkling water. Also make sure your pets' dishes are full – try adding a few ice cubes to keep kitty cool. Avoid caffeine and alcohol as they promote dehydration.
 - 6. Have a pool party.** Fill up the wading pool and dip in your feet while the kids and their friends splash around. Remember to limit water use in areas with restrictions – that means no sprinkler, unfortunately. Instead, have the kids fill up their water guns for a more active way to cool down.
 - 7. Go on a field trip.** Take the kids to the library, where you can stay cool while catching up on your reading. This is especially important if you don't have air-conditioning at home, as your body will handle the heat better if it's not constantly overheated.
 - 8. Make something chilly to eat.** Try salads or chilled soups (some can even be made straight in the blender), and treat yourself to ice cream or sorbet for dessert.
 - 9. Wear loose, lightweight clothing in natural fabrics** like cotton or linen, which help your body breathe. Aim for light colours that reflect light and heat.
 - 10. If you exercise outdoors, do it in the morning or evening,** when the sun and the temperature are low. If you will be in the sun, make sure to wear a hat and sunscreen and stay hydrated.
- And remember, summer's supposed to be fun! Don't overdo things if the heat is making you sluggish. There's nothing wrong with lying in the shade with a good book and a cool drink – in fact, isn't that what you dreamed of all winter?

Source: <http://www.canadianliving.com/health/mind-and-spirit/article/10-easy-ways-to-beat-the-heat>