

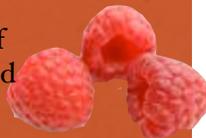
MISSION BISTRO

"food is our passion, service is our strength"



Its 2009!

Did you know... That 'getting fit' is americas second resolution when it comes to the new year. Over 66% of people have chosen to start the year by eating right and exercising more.



Food Alternatives

Extra Virgin Olive Oil

Instead of butter or margarine... Not only do you save calories , but good olive oils have really great flavor. Olive oil can be substituted for butter when cooking vegetables, sauteing proteins (chicken, beef, fish or pork) and for your pastas.

Granola

Instead of chips... Granola is a great way to get an extra boost of energy. Unlike chips , granola isn't greasy and isn't filled with 200+ calories (eek). Other uses for granola are mixing it in with yogurt , atop your favorite berry mix and topped onto non-fat frozen yogurt.

Mineral Water

Instead of a canned cola and juices. Try adding slices of fruit to your water for extra flavor (strawberries/citrus/ cucumber and mint).

Whole Grain Oatmeal

Instead of boxed cereals which are loaded with sugar and preservatives try oatmeal. You can add all your favorite ingredients such as fruits , nuts, brown sugar and honey.

Graham Crackers

Instead of cookies. Different kinds of graham crackers can fulfill different cravings. You can add low fat peanut butter, Nuttela, or flavored low fat cream cheese.

NEW YEARS RESOLUTION- CUTTING BACK

It's never easy "starting fresh" but sometimes it can be nice to begin the year right. Now we won't call it a diet , let's call this plan 'spending less time in the kitchen'. I have some great , flavorful recipes that take 15 minutes or **less**. These helpful recipes can get you in and out of the kitchen in no time. Gives you a chance to spend more time with your family and friends, keep up on your reading , and even fit in a nice walk with your dog.

I hope you enjoy your new freedom!

Snacks

Zuchinni Chips & Apple and Cheddar Grilled Cheese

Entree

Pizza with Chicken and Artichoke,
Chicken with Bernaise Sauce,
Cranberry Glazed Salmon, Cilantro and Garlic Shrimp Pasta

Side Dishes

Polenta Rounds, Balsamic Asparagas, Roasted Green Beans with Shallots

Desserts

Banana Split Sundaes, Gooley Peanut Butter S'mores , Carmelized orange bananas

