

January
2011

Go ahead, make some soup!

Findlay
Foods (Kingston) Ltd.

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Product of the Month
#02891 Major Chicken Base Paste
#02893 Major Beef Paste
#02892 Major Vegetable Base Paste
(No MSG) - 6/1Lb

Dates to remember:
*New Years Day

January is :
-National Soup Month
-National Oatmeal Month
-National Hot Tea Month
-National Wheat Bread Month

Findlay's Monthly Features

Prices in effect while quantities last



Mmm...Duck for Valentines!

1) 32915 **Duck Breast Bnls/Skin on** 30/7.5oz KING COLE DUCK

2) 59371 **AAA Tenderloin 8oz C/C** 1/4.5kg GREAT STEAK

3) 36292 **Limoncello Cake Rnd 10"** 1/16 cut GOURMET

4) 36294 **Cheesecake Mini Variety 28oz** 6/12 cut GOURMET

5) 10974 **Chai Tea 1/20's** HIGG & BURKE

6) 19033 **Tomato Ravioli Soup** 1/4Lb CAMPBELL'S

7) 73400 **Glass Cleaner R.T.U. Liquid** 1/4Lt TRI-CLEAN



Turkey Oatmeal Meatballs with Spinach

INGREDIENTS

1/2 cup instant oats	1 tsp salt
1/4 cup nonfat plain yogurt	1/2 tsp freshly ground black pepper
1/2 cup frozen baby spinach	1/2 Lb all-white-meat ground turkey
1 tsp frozen basil	1 tsp olive oil
1/4 cup grated parmesan	1 can (26 oz) diced tomatoes, plus juice
1 egg white	1/2 cup dry white wine
3 cloves garlic, finely chopped,	4 oz whole-wheat pasta, cooked

DIRECTIONS

Heat oven to 400°. Mix oats and yogurt with 1/4 cup water in a bowl until oats begin to absorb liquid. Add spinach, basil, parmesan, egg white, half the garlic, salt and pepper, and stir. Add turkey and mix until well combined. Form into 16 2-inch meatballs. In an oven safe pan add meatballs and bake until they begin to brown, 20 to 25 minutes, turning once half way through. Add remaining garlic, basil sprig, tomatoes and wine. Cover and cook until meatballs are cooked through and sauce begins to thicken, another 20 minutes. Serve with cooked whole wheat pasta. 4 Servings.



PROFIT POTENTIAL

Approx. Cost - \$2.35/serving*

Suggested sell - \$7.99-\$9.99

Profit - \$5.64-\$7.64/serving

* includes a provision of \$.30 for whole wheat garlic bread.

*Super Foods to help you and your customers
stay healthy and lean!*

"Many people have "eating healthy" on their new years resolution list.

Make it easy for them to eat out and stick to their diet. I have put together a list of foods that promote health and weight loss. You more then likely have these super foods in your kitchen already, now the only challenge is putting them together to offer healthy menu choices!"

1. SALMON (Fresh, frozen, whole or portioned, we can help you find the right product.)
-Full of essential fats, calcium, magnesium, B-vitamins, long-chain Omega-3 fatty acids that reduce blood clots, improve cholesterol and help prevent heart attacks.
2. TURKEY (Whole, boneless breast, ground, whatever way you need it.)
-Lean protein and low in calories. Contains the trace mineral selenium, plus niacin and Vitamin B6, which inhibit cancer development, improve the immune system, and aids in the metabolism of our thyroid hormone.
3. EGG WHITES (whole eggs, limited) (We have a wide variety to choose from.)
-Egg protein is filling, so you eat less later in the day.
4. OATMEAL (Instant, cookies, muffins and more)
-Revives your calorie burn and curbs cravings. Also, digests slowly, so it has little impact on your blood sugar.
5. LEGUMES (lentils, beans & chick peas) (Canned or dry we have lots.)
-A good source of fibre, omega-6 fatty acids, water-soluble vitamins and phytochemicals. Won't cause a spike in blood sugar.
6. GREEN VEGETABLES (spinach, kale, broccoli ect.) (Flash frozen by ALASKO)
-Contain fiber, calcium, iron, vitamins A, C and K. Packed with antioxidants, and sulforaphane known to help prevent cancer.
7. ALLIUM FAMILY (garlic, onions, leeks ect.) (#18195 diced, #18191 pearl onions)
-They can help lower cholesterol and blood pressure, reduce the risk of blood clots and certain cancers and help fight neurological diseases. They also help support the immune system. Low in calories, big on flavour!
8. CITRUS (grapefruit, oranges, lemons ect) (A wide variety of juices to choose from.)
-The citrus bioflavanoids in all of these fruits have anti-cancer and antioxidant properties. They also have anti-inflammatory and blood clot inhibiting abilities and speeds up metabolism.
9. BLUEBERRIES (#37830 Frozen Wild Blueberries, blueberry pies and muffins)
-Packed with antioxidants and phytoflavonoids, high in potassium and vitamin C and help to lower your risk of heart disease and cancer.
10. NUTS (walnuts, almonds ect.) (We carry a wide variety from DAVID ROBERTS)
-An excellent source of omega-3 fatty acids which protect us against heart disease. Almonds lower LDL cholesterol levels.
11. YOGURT (#44210 SPO)
-With hundreds of millions of probiotic organisms in the body it boosts the amount of healthy bacteria in the digestive system, keeping digestion smooth and efficient. Great in promoting weight loss.
12. EXTRA VIRGIN OLIVE OIL (#13736)
-Has healthy fat that increase the feeling of fullness. It also has anti-inflammatory properties. Great for your heart.
13. SUPER SPICES (We carry all your spice needs from HORTON)
-Did you know...one tsp of cinnamon has as many antioxidants as a serving of blueberries. Cloves, ginger, oregano and sage are also packed full of antioxidants.
14. GREEN TEA (#10951)
-A natural weight-loss stimulant and rich in antioxidants, promoting heart health, aids

Suggestions

- Grilled salmon served over mixed fresh greens with olive oil and lemon dressing and topped with sliced almonds and dried apricots.
- Poached salmon spiced with garlic, dill & lemon, side of broccoli and garlic chick peas.
- Lentil soup with lots of vegetables and fresh garlic.
- Hot oatmeal with a sprinkle of cinnamon, allspice or blueberries.
- Plain yogurt with blueberries and oat granola.
- Egg white omelette with spinach, tomatoes, onion, leek and parmesan cheese.
- Offer grapefruit juice on your breakfast menu.
- Stir fried spinach, kale, broccoli, peppers, mushrooms, onion, garlic and basil over brown rice or tossed with olive oil and whole wheat pasta.
- Blend a smoothie with yogurt, blueberries, banana, strawberries and honey.
- A wrap with garlic hummus, fresh greens, sliced turkey and olive oil and lemon juice dressing.
- Green Tea spiced up with a cinnamon stick or whole cloves.