

**SIMPLY GLUTEN-FREE**

# A smooth way to detox after a season of excess



**Carol Kicinski**

Every once in a while it is probably a good idea to do a little detoxifying of the body, especially when you've spent the last two or three months enjoying sweets, fatty foods and cocktails.

There are all sorts of radical ways to do this, and while there may be benefits of extreme detoxification, I prefer a more gentle and gradual approach.

I still need to function and work while my body is getting rid of toxins, and so I turn to smoothies and juices.

The caffeine in this smoothie comes in the form of green tea; it's not enough caffeine to give you the jitters, just enough to get your eyes open. Green tea is packed with antioxidants and is even considered to be an antiviral agent — great for helping to ward off certain illnesses in these cold



winter months. It helps purify your system and aids with digestion.

Also in this smoothie is spinach — the original super food (just ask Popeye). Spinach is an aid in detoxification; it is high in chlorophyll, which helps your liver to break down and eliminate toxins.

Grapes help stop the formation of mucous in the gut and are good cleansers for the skin, liver, intestines and kidneys. They are a



CAROL KICINSKI

**Go green** after a season of overindulgence with a sweet smoothie packed with nutrition and bright flavors. Green tea, apples, spinach, avocado and grapes detox the body naturally.

great source of energy as well. Not to mention they taste pretty darn good. I keep a bag of frozen grapes in my freezer at all times for snacking and throwing into smoothies — it chills them enough so that you don't need to add ice cubes.

Apples are like scrubbing pads for the liver and digestive system, high in fiber. The old wives' tale that an apple a day keeps the doctor away may have more truth to it than we think.

I add a little sweetness to my detox smoothie with

organic stevia and frozen mango, some creaminess with avocado, and tons of bright flavors with mint, ginger and lime.

I love this smoothie — detoxing has never tasted so good!

## Gluten-Free Going Green Detox Smoothie

- 2 green tea bags
- 1/2 cups boiling water
- 1 teaspoon organic stevia
- 2 cups (loosely packed) organic baby spinach leaves
- 1 cup frozen mango chunks
- 1/2 green apple, chopped
- 1/2 avocado
- 1/2 cup seedless green grapes
- 1/4 cup (loosely packed) fresh mint leaves
- 1 (1/2-by-1/4 inch) piece fresh ginger, chopped
- Juice of 1/2 lime

Steep the tea bags in boiling water for 3-5 minutes. Discard tea bags and let the tea cool. Put cooled tea and remaining ingredients in blender and process until smooth. Drink immediately.

Serves 1.

**HEALTHFUL EATING**

## Quinoa-yogurt parfaits pack a protein punch

Dynamic duo are the building blocks of an ultra-healthy breakfast

By JILL WENDHOLT SILVA  
THE KANSAS CITY STAR

Trend trackers have been watching both quinoa and Greek yogurt steadily rise in the American diet. Both are wholesome, natural and packed with protein.

This Quinoa Breakfast Parfait layers quinoa (pronounced keen-wah), a bland but fluffy and filling grain, with tangy Greek yogurt for breakfast.

You can make the parfaits up to three days ahead and keep them refrigerated. Or, prepare the parfaits in half-pint jelly jars and take them to go.

**Cooking tip:** Toasting intensifies the flavor of the almonds. To toast, spread almonds in a single layer on a baking sheet. Bake at 350 degrees for 5 to 7 minutes or until lightly toasted. Watch carefully so they do not burn. Or substitute low-fat granola for the almonds.



KANSAS CITY STAR/TAMMY LJUNGBLAD

**Quinoa, an ancient grain, adds a protein boost to Greek yogurt, making this parfait a real eye-opener.**

### Quinoa Breakfast Parfaits

- 1/2 cup quinoa
- 1 cup water
- 1/2 cup chopped dried, pitted cherries
- 2 (5.3-oz) cartons fat-free black cherry Greek yogurt
- 1/4 cup sliced almonds, toasted

Rinse quinoa; drain. Cook quinoa in water in a small saucepan according to package directions. When done, and water is absorbed, stir in cherries. Cover, remove from heat and let stand 5 minutes.

Spoon quinoa cherry mixture evenly into 4 (8-ounce) parfait glasses or straight-sided glasses. Spoon yogurt evenly over the quinoa. Cover and refrigerate overnight.

When ready to serve, sprinkle with almonds.

Makes 4 servings  
Per serving: 261 calories (21 percent from fat), 6 grams total fat (1 g saturated), 1 milligram cholesterol, 44 g carbohydrates, 9 g protein, 59 mg sodium, 3 g dietary fiber.

**WHAT'S FOR BREAKFAST?**



DETROIT FREE PRESS/SUSAN TUSA

**Sausage, cheese and herb strata** can be made the night before, leaving only the baking for the morning.

## Make-ahead stratas simplify your morning

By SUSAN SELASKY  
DETROIT FREE PRESS

If you have 20 minutes to spare, you can put together a breakfast casserole. All it takes is a little prep work, then assembly. Cover the casserole and refrigerate overnight and pop it in the oven in the morning.

Stratas are time-savers because they are easy to

prepare and assemble a day ahead. Whether you are looking for a no-fuss, tasty recipe or need something to feed out-of-town company, this breakfast dish fits the bill. This strata uses sweet Italian sausage, but you can substitute any mild or hot Italian or other breakfast sausage. You also can use Italian turkey sausage.

### Strata With Sausage, Cheese And Herbs

- 20 ounces sweet Italian sausage, casings removed if in links
- 1 tablespoon butter
- 1 medium onion, chopped into 1/2-inch pieces (about 1 cup)
- 8 ounces cremini mushrooms, cleaned, sliced
- 1 red bell pepper, diced
- 1 tablespoon chopped fresh thyme, optional
- 1 cup heavy whipping cream
- 1/2 cup half-and-half
- 10 eggs
- 1 tablespoon salt
- 1/2 teaspoon freshly ground black pepper
- 16 ounces egg bread or country bread (preferably 1 to 2 days old), cut into 1/2-inch-thick slices
- 2 1/2 cups shredded Fontina or Swiss cheese

Butter the bottom and sides of a 9-by-13-inch baking dish.

In a large skillet over medium heat, break up sausage and sauté until golden brown, about 10 to 12 minutes. Remove from heat and set aside on paper towel to drain. Add the 1 tablespoon butter to the same skillet and melt. Add the onions, mushrooms and bell pepper and sauté until they are tender. Remove from the heat and cool.

In a medium bowl, whisk the thyme, if using, with the cream, half-and-half, eggs, salt and pepper, and set aside. Lay half of the bread in the buttered baking dish, then sprinkle with half of the sausage mixture, half of the mushroom mixture and about half of the cheese. Repeat layering with remaining bread, sausage, mushroom and cheese. Slowly pour egg mixture over top. Press down on the bread so it gets covered with the egg mixture. Cover and refrigerate 30 minutes or overnight.

Preheat the oven to 350 degrees. Remove the strata from the refrigerator while the oven is preheating. Uncover and place the baking dish on a baking sheet to catch any overflow. Bake 40 minutes, or until golden brown. Allow to sit 10 minutes before serving.

Serves: 12 (generously). Preparation time: 20 minutes  
Total time: 1 hour  
388 calories (61 percent from fat), 30 grams fat (14 g saturated fat), 23 g carbohydrates, 21 g protein, 929 milligrams sodium, 269 mg cholesterol, 214 mg calcium, 1 g fiber.

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