



SHOP TALK

A Twice-Monthly Newsletter for our Team.

July 15, 2023

Work hard, be kind, and amazing things will happen

Conan O'Brien

If you do the work, you get rewarded. There are no shortcuts in life.

Michael Jordan

Start by doing what's necessary, then what's possible; and suddenly you are doing the impossible.

Francis of Assisi

Without labor, nothing prospers.

Sophocles

Striving for success without hard work is like trying to harvest where you haven't planted.

David Bly



TUSCAN POTATO SOUP ●

A simple, delicious and savory use of kale. Makes about 1 1/2 gallons of soup. (about 200 cal/serving)

- 2 lbs Italian sausage, out of casing
- 2 tsp red pepper flakes
- 8 slice bacon, crisp 1/2 inch pieces
- 2 each large onions, diced
- 2 Tbsp fresh garlic, minced
- 1 gallon chicken stock / chicken broth
- 10 each potatoes, skin on, thin sliced
- 2 cups cream or 1/2 and 1/2
- 1 bunch fresh kale, stems removed

- Brown the Sausage; remove, leaving some fat.
- Sauté onions & garlic until tender.
- Add remaining ingredients – except kale – to the pot and bring to boil.
- Reduce to a simmer and cook until potatoes are tender but not falling apart; just a little firm.
- Add the kale, sausage, bacon and cream and cook until the kale is tender and wilted.
- Serve with Parmesan cheese on the side.



BANG BANG SHRIMP TACOS ●

Our spin on the classic dish. The key to lower calories? Cornstarch instead of flour. Serves 12

1	cup	mayonnaise
3/4	cup	Thai sweet chili sauce
1	tsp	Sriracha sauce (or Tabasco)
1	cup	cornstarch (more if needed)
3	lbs	50/60 shrimp, peeled, thawed
24	each	taco shells or corn tortillas
8	each	green onions, sliced
6	cups	shredded lettuce
1	each	tomato, diced
1/4	cup	cilantro, chopped (optional)

- Mix mayo, Thai and Sriracha sauce; set aside.
- Coat the shrimp in cornstarch well to coat.
- Fry at 350 F about 1 ½ - 2 minutes, until done.
- Remove and drain well
- Lay taco shells in a pan, put about ¼ cup lettuce into each one, followed by tomatoes
- Drizzle in some sauce and top with a single layer of shrimp.
- Add more sauce on top of shrimp, about 1 ounce total per taco. Top with green onions.
- Sprinkle on some cilantro if using.

Note: 2 tacos are only about 550 calories.

GRILLED SHRIMP TACOS ●

Same as the recipe at left, but the shrimp are grilled instead of fried. Serves 12

1	cup	mayonnaise
3/4	cup	Thai sweet chili sauce
1	tsp	Sriracha sauce (or Tabasco)
3	lbs	50/60 shrimp, peeled, thawed
24	each	taco shells or corn tortillas
8	each	green onions, sliced
6	cups	shredded lettuce
1	each	tomato, diced
1/4	cup	cilantro, chopped (optional)

- Mix mayo, Thai and Sriracha sauce; set aside.
- Coat the shrimp in cornstarch well to coat.
- Grill the shrimp or sauté with very little oil until done. Remove and drain well
- Lay taco shells in a pan, put about ¼ cup lettuce into each one, followed by tomatoes
- Drizzle in some sauce and top with a single layer of shrimp.
- Add more sauce on top of shrimp, about 1 ounce total per taco. Top with green onions.
- Sprinkle on some cilantro if using.

Note: 2 tacos are only about 400 calories.

SPICY BANG BANG SAUCE

In case you need a little lagniappe...

1	cup	mayonnaise
1/2	cup	Thai sweet chili sauce
2	tsp	Sriracha sauce
1/4	tsp	cayenne pepper
1	Tbsp	honey
1	Tbsp	vinegar (white or cider or wine)

- Combine all ingredients and allow to stand for about an hour (under refrigeration).
- Keeps 7 days refrigerated. Use as desired.

GARLIC NOODLES



Simple and satisfying, these go well with almost any Asian-themed meal or just as an everyday item on the menu. Serves about 10.

1	lb	egg noodles, uncooked
1/2	cup	soy sauce (low sodium is best)
1/3	cup	peanut oil
1/4	cup	sesame oil
2	Tbsp	granulated garlic
2	Tbsp	fresh garlic, minced
1/8	cup	minced green onion

- Cook egg noodles in salted water.
- While noodles cook, sauté the fresh garlic in peanut oil until tender; do not brown.
- Add the sesame oil and granulated garlic; stir.
- When noodles are done, remove and drain;
- Add to the peanut oil and stir in soy sauce.
- Cook just a minute to blend everything a bit.
- Remove and place in serving pan.
- Top with the minced green onions.



Why Eat Veggies for Weight Loss?

Filling half of your plate with vegetables is one of the simplest and most effective things you can do to lose weight. Vegetables offer a lot of nutrients but not a lot of calories. In order to lose weight, you need to be in a calorie deficit—meaning you are expending more energy than you are taking in. This can be achieved through engaging in exercise and diet, but at the same time, you don't want to feel restricted, deprived, or hungry. Otherwise, you won't be able to stick with your plan. Read on to find out why vegetables aid weight loss.

Vegetables are low in calories and high in water and fiber. Typically, 1 cup of vegetables has only 20 to 50 calories. Contrast that with 1 cup of pasta or rice, which has about 200 calories. This is not to say that carbs don't also have a place on your plate, but just to put the calorie difference into perspective.

Fiber is a type of carbohydrate that is key for weight loss because it moves through the digestive tract slowly, keeping you full longer. We don't absorb calories from fiber, so it just provides satisfying volume. This helps to suppress your appetite throughout the day, making it easier to eat fewer calories. Fiber also slows blood sugar and insulin spikes, which can slow fat storage.

If you eat more calories than your body needs, the extra calories are stored as fat. But excess fiber is not stored as fat. Fiber passes mostly intact into the large intestine, where gut bacteria feed on it and produce

beneficial compounds like short-chain fatty acids (SCFA). A 2019 study published in *Nutrients* showed that SCFAs may have fat-burning properties.

Cauliflower

From cauliflower pizza to cauliflower rice, cauliflower is here to stay—and for a good reason! One cup of chopped cauliflower has only 27 calories, with 2 grams of fiber and 2 g of protein. "It's filling and versatile," says Elysia Cartledge, M.A.N., RD, a registered dietitian at Haute & Healthy Living. "My favorite way to prepare cauliflower is to chop it up, drizzle it with some olive oil and a generous sprinkle of garlic powder and nutritional yeast, and then roast it in the oven until lightly browned and crispy along the edges. Roasting the cauliflower brings out so much flavor, so it's a great way to incorporate more vegetables and fiber, especially if you're not a veggie lover."

Cabbage

"Cabbage is low in calories and high in fiber," says registered dietitian Jinan Banna, Ph.D., RD. "Consuming enough fiber is an important part of a diet for weight loss, as it helps you to stay full and provides little in the way of calories." Cabbage is a cruciferous vegetable, along with broccoli, Brussels sprouts, cauliflower, and kale. These contain potent phytonutrients that can help fight off cancer and reduce inflammation. With only 22 calories and 5 g of total carbs per cup, cabbage is diabetes- and weight loss-friendly. Plus, it's versatile—you can roast it, create a coleslaw, or throw it on fish tacos. "It also can be used to make fermented dishes such as kimchi, which [may] promote a healthy gut," says Banna.

Zucchini

"Zucchini is a great way to add fiber, volume and nutrients with very little calories," says Anya Rosen, M.S., RD, LD, CPT, a functional medicine practitioner based in New York City. One cup of sliced zucchini has only 19 calories and 3.5 g of total carbohydrates. "It has a neutral taste that easily adapts to other more flavorful ingredients—both sweet and savory. You can grate it into oatmeal, add it to a smoothie or sub it for pasta," Rosen says.

Zucchini is also delicious when it is roasted and cooks quickly on the stove, making it easy to add to stovetop dishes like pasta and stir-fries. In fact, you can swap out noodles for zoodles, also known as zucchini noodles, which are made by using a spiralizer. And don't forget

Romaine Lettuce

If you're looking for one of the lowest-calorie vegetables, romaine lettuce has only 8 calories per cup. The downside is that it is pretty low in fiber too, with just 1 g per cup. But it's a great "catch-all" vegetable, says registered dietitian Jennifer Fiske, M.S., RDN, LD, "Meaning you can toss a lot of things in and have a great dish. You can also use romaine hearts for lettuce wraps and to add crunch to sandwiches. I recommend buying a three-pack and prepping as needed; they last much longer than pre-cut lettuce. Romaine lettuce is a low-calorie food rich in a variety of nutrients, such as folate, and has a mild flavor. It's not fancy or flashy, but it's versatile, affordable and great for weight loss," she says.



Green Peas

Peas are starchy vegetables (like potatoes and corn), meaning they have more carbohydrates than non-starchy vegetables. But green peas pack a punch of fiber and protein, something other vegetables can't boast about. One cup of peas has 8 g of fiber and 8 g of protein. Similar to fiber, protein promotes satiety, and high-protein diets are associated with weight loss, according to a 2020 study published in the *Journal of Obesity & Metabolic Syndrome*. The body burns twice as many calories digesting protein than carbs and fat. So don't be afraid of peas' 10 extra grams of carbohydrates compared to their non-starchy counterparts.

From snap peas to snow peas, there are many varieties to choose from. Peas can be enjoyed plain or mixed into a variety of dishes like fried rice, pasta, or soup.



Kale

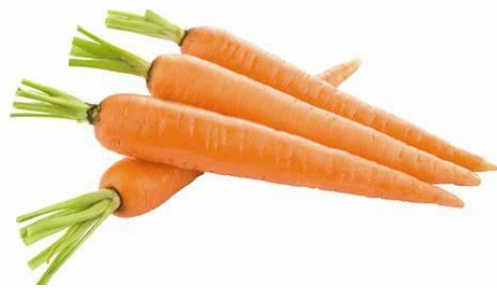
One cup of kale has only 7 calories, which means you can fill your entire plate with 4 to 5 cups of kale for under 50 calories. It also "has a rougher texture than other greens, so it takes a little longer to chew," says registered dietitian Lisa Andrews, M.Ed., RD, LD, owner of Sound Bites Nutrition. Eating slowly helps you feel full on fewer calories.

Kale's rough texture isn't for everyone, but there are other ways to enjoy it. Roast kale on a baking sheet for homemade crunchy kale chips or blend it into a smoothie to add filling fiber. To reduce the roughness of raw kale, massage it with olive oil and lemon juice and let it stand for several minutes before tossing in your other salad ingredients.

Spinach

Spinach makes a perfect staple in your refrigerator because there are so many ways to sneak it into your diet. It has a milder taste and texture than kale, which appeals to more people's taste buds. Nutrition-wise, spinach is similar to kale, with 7 calories and 0.7 g of fiber per cup. Enjoy spinach in a salad, smoothie, stir-fry, or pasta dish. Or sauté it up with olive oil, salt and

pepper for a savory side dish. You can buy it fresh or frozen. If it's starting to wilt, add it to soup or toss the whole bag in the freezer to use for smoothies.



Carrots

While carrots have a little more sugar than other vegetables, they also have more fiber. One cup of carrots delivers 3.5 g of fiber, which is three times the amount of fiber in a cup of leafy greens. And they are still low in calories at 52 per cup. Carrots are a crunchy alternative to chips, which have about 130 calories in a serving size of just 12 to 15 chips. And most importantly, chips lack the fiber that is present in carrots.



Broccoli

Broccoli is a vegetable with cancer-fighting compounds, specifically sulforaphane and indole-3-carbinol. Broccoli also has the antioxidant quercetin, which may help lower blood pressure, according to a 2021 review published in *Phytotherapy Research*. When it comes to weight loss, 1 cup of cooked broccoli has 5 g of filling fiber, plus 3.7 g of protein. Broccoli is 90% water, which contributes to its fill-you-up factor and is high in vitamins C and K.

Source: EatingWell

By Lainey Younkin, M.S., RD, LDN

SAFETY IS EVERYBODY'S RESPONSIBILITY!

Safety is the responsibility of everyone, everywhere. All jobs have hazards, so in order to make the workplace safe and prevent or reduce hazards both the employer and the employees must follow safety procedures.

It is the responsibility of all working people to keep themselves and others safe at workplace by working together to promote safety.

All industrial and manufacturing companies must have a health and safety policy that fits their job process requirements and complies with OSHA health and safety requirements. It is required that every employee works safely and cooperates with the employer by following all safety rules according to their job requirements.

Management must ensure that everyone understands the safety policy of the company and has proper training for each specific task or environment. A safe workplace must be the goal of everyone in the work environment.

- Safety Responsibilities:
- Take safety training seriously.
- Know your company's regulations and rules.
- Be patient with your job. Never take short cuts.
- Try to implement ergonomic techniques.
- Follow good housekeeping procedures.
- Use proper PPE for your job.
- Speak with your manager or supervisor if there is a problem with safety at the workplace.

- Follow the emergency plan in case of an accident or injury.
- Maintain a positive attitude towards work and encourage others to work safely.
- Try to learn from near misses or injuries.
- Safety rules must be followed inside, outside, in the lunchroom, in parking lots, or in any motor vehicles, not just at your work site.



THE TEN COMMANDMENTS OF SAFETY

Developing everyday safety habits can keep you injury free through the year. Here are ten safety habits to live by:

1. Set Your Own Standards.

Don't be influenced by others around you who are negative. If you fail to wear safety glasses because others don't, remember the blindness you may suffer will be yours alone to live with.

2. Operate Equipment Only if Qualified.

Your supervisor may not realize you have never done the job before. You have the responsibility to let your supervisor know, so the necessary training can be provided.

3. Respect Machinery.

If you put something in a machine's way, it will crush it, pinch it or cut it. Make sure all guards are in place. Never hurry beyond your ability to think and act safely. Remember to de-energize power before placing your hands in a point of operation.

4. Use Your Own Initiative for Safety Protection.

You are in the best position to see problems when they arise. Ask for the personal protective equipment or additional guidance you need.

5. Ask Questions. If you are uncertain, ask. Do not accept answers that contain, "I think, I assume, I guess." Be sure.

6. Use Care and Caution When Lifting.

Most muscle and spinal injuries are from overstrain. Know your limits. Do not attempt to exceed them. The few minutes it takes to get help will prevent weeks of being off work and in pain.

7. Practice Good Housekeeping.

Disorganized work areas are the breeding grounds for accidents. You may not be the only victim. Don't be a cause.

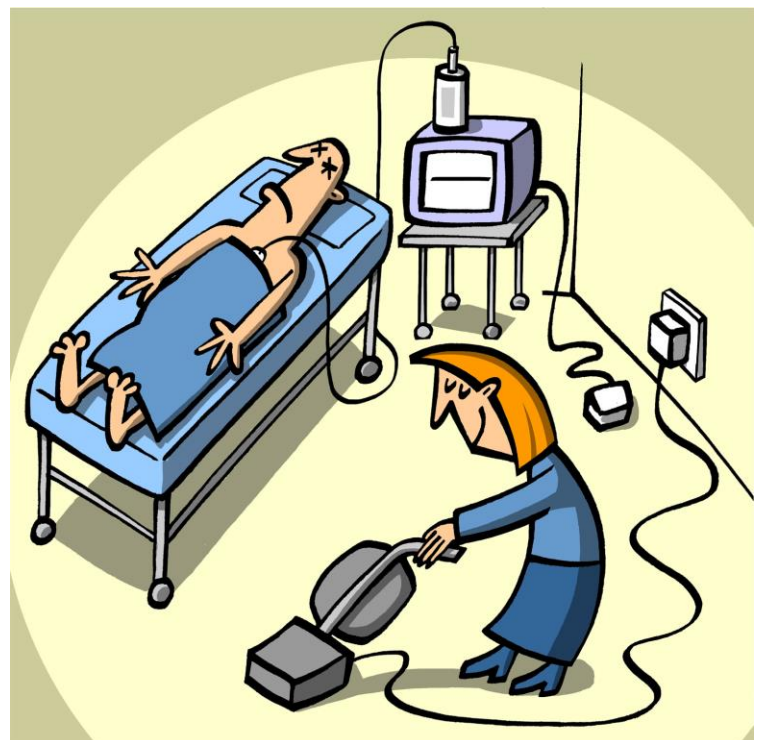
8. Wear Proper and Sensible Work Clothes.

Avoid loose clothing, dangling jewelry, and be sure that long hair is tied back and cannot become entangled in the machinery.

9. Practice Good Personal Cleanliness.

Avoid touching eyes, face, and mouth with gloves or hands that are dirty. Wash well and use barrier creams when necessary. Most industrial rashes are the result of poor hygiene practices.

10. Be a Positive Part of the Safety Team.





SPICY CHICKEN & SAUSAGE

A flavorful roast chicken dish. Serves 12

- 1/4 cup olive oil
- 2 1/2 lbs Italian sausage
- 12 each chicken thighs
- 1 cup bell pepper, red, julienned
- 1 cup bell pepper, green, julienned
- 1 each red onion, large, sliced 1/4"
- 1/2 cup Cajun sport peppers, chopped
- 6 each large potatoes, cut in wedges, then wedges halved
- 1 Tbsp Italian seasoning (dry herbs)
- parsley, chopped as garnish
- salt and pepper to taste

- Brown the sausage links; drain, set aside.
- When cool, slice in 1" long pieces.
- In a bowl, combine chicken and vegetables.
- Pour in the olive oil, toss well to combine.
- Sprinkle on the seasoning and toss again.
- Season with salt and pepper
- Sheet out on a couple of roasting pans. You don't want to overload the pans because the product will just steam.
- Roast until chicken is cooked to an internal temp of 165 F, turning the chicken once during the roasting. About an hour roasting.
- Remove and transfer to a steamtable pan, and top with chopped parsley. Use dry if you don't have any fresh parsley.

