

# SHOP TALK

A Twice-Monthly Newsletter for our Team. August 15, 2024

"Leadership is like a tree, in order to survive and bear the fruit of success you must have the deep roots of character, convictions, values, and purpose."

—Josh Axe

"Leaders surround themselves with great people, delegate authority, then get out of the way."

—Ronald Reagan

"The most powerful leadership tool you have is your own personal example."

—John Wooden

"The growth and development of people is the highest calling of leadership."

—Harvey S. Firestone

"Every time you have to speak, you are auditioning for leadership."

—James Humes

**AUGUST IS  
HAPPINESS  
HAPPENS  
MONTH.**



What makes you happy? Happiness Happens Month is a whole month dedicated to celebrating what makes you happy. The holiday is based on the premise that happiness is unlimited and contagious and that sharing one's happiness and can bring a lot of joy in other people's lives.

Even though Happiness Happens Month sounds silly, it does have a very important purpose. "The month reminds us that happiness happens one small moment at a time and it's our job to recognize those moments when they happen. It reminds us that sometimes a small action boosts our happiness. It reminds us that happiness is a personal experience and it's also contagious!



## CHICKEN PESTO SANDWICH

This simple recipe makes 5 sandwiches.

- 2 lbs. diced chicken, thawed, and drained
- 1 cup pesto sauce (adjust to taste)
- 1/4 cup cooking oil
- 10 slices mozzarella (or use shredded)
- 10 slices fresh tomato
- 3 cups shredded romaine lettuce (or iceberg)

Optional:

- 2 cups fresh mushrooms, sliced
- 2 cups zucchini, diced
- In a sauté pan, working in batches, sauté the chicken meat until lightly browned and fully cooked. Set aside in a bowl or pan (place in oven)
- If using optional veggies, sauté them at this time, then add to the chicken in the oven.
- Meanwhile, split the buns leaving a hinge – don't slice completely apart. Toast the buns.
- While buns toast, add pesto to the chicken and vegetables and stir gently to combine.
- Place buns in steamtable pan, opened, then top with lettuce, then tomatoes and mozzarella.
- Finally, top with a portion of the chicken and veg mixture.
- Place on the line for serving. Remember, you may wish to adjust the pesto as needed for taste.



## BACON JACK CHICKEN SANDWICH

This recipe also makes 5 sandwiches. Or go bunless and put it out as an entrée.

- 5 each boneless chicken breast or thighs
- 10 slices bacon, cooked crisp
- 5 slices pepper jack cheese
- 10 each romaine or iceberg lettuce leaves
- 5 each house-made fresh buns, split
- 1/2 cup garlic aioli (recipe follows)

- Place the bun bottoms in a steamtable pan.
- Top with lettuce.
- Grill the chicken until fully cooked.
- Remove and place on lettuce, then top with slice of pepper jack cheese.
- Put two slices of bacon in an "X" on top of cheese.
- Spread a heaping tablespoon of aioli on each bun top, then place bun top on the sandwich.

### Garlic Aioli (cheater's version 😊)

- 2 cups mayonnaise
- 3 Tbsp garlic, minced and **MASHED**
- 1/3 cup lemon juice
- 1 1/2 tsp salt
- 1 tsp black pepper

- Combine all ingredients, blend well.
- Refrigerate at least 30 minutes before using.
- Keeps a week under refrigeration.



## Some habits that may help you be happier:

- Exercise: Research shows that 20 minutes of exercise daily improves mood and mental health.
- Practice gratitude: Daily gratitude can help you feel more content with where you are in life.
- Meditation: Meditation can help change brain chemistry and foster a sense of positivity, optimism, and happiness.
- Practice self-care: Self-care is taking an active role in protecting your own well-being.
- Take breaks from social media.
- Smile: Smiling can help you be happier.
- Get plenty of sleep.
- Give a compliment.
- Breathe deeply.
- Acknowledge the unhappy moments.

## A Quick Guide to Meditation

Ready to begin?

Set a timer for 5 minutes and maybe move to 10 minutes after a few weeks of consistent, daily practice.

Sit comfortably- Sit upright, yet not uptight. Feet should be on the floor, head over shoulders, shoulders over hips, shoulders relaxed, hands soft,

folded in your lap. Maybe close your eyes or if that isn't comfortable perhaps shift your gaze downward.

Take three deep and cleansing breaths- Inhaling through the nose, feel the breath travel down into your belly, feel the expansion, really feel the breath, take a slight pause at the top, and then let it all out through the mouth in a long, steady exhalation, again- really focus on the feeling of the breath leaving the body. After three rounds, allow your breath to return to its natural pattern and rhythm.

Bring attention to your body- Feel your feet on the floor, your seat in the chair, your hands, your shoulders, your head. Concentrate on how your body feels and note any tension or discomfort. Perhaps there are areas of tightness that can relax some. Soften the forehead, relax the brow, relax the jaw.

Bring attention to your breath- Find the place where you feel the breath most prominently, perhaps it is at your nostrils, or in the rising and falling of your belly, pick one place where you feel the breath, and stick with it. Now, simply pay attention to the sensations of breathing. Feel the inhalation and feel the exhalation. No need to do anything or change anything. Simply be aware of your breath.

Bring your attention back to the breath- When your thoughts drift, and they will, gently bring your attention back to the breath. Mind wandering is natural, it doesn't mean that you are doing anything wrong or that you can't meditate. It means that you like everyone have a "story telling" mind and are used to thinking about things rather than merely feeling and observing. When you can catch your drifting mind and bring it back (with compassion, don't beat yourself up) you are meditating. This will happen again and again; we simply begin again over and over.

Prepare to end the meditation- With one minute remaining and before inviting any movement into the body, perhaps take a moment to thank yourself for taking the time to practice meditation and do something good for your mental and physical health.

How did that feel?





## BAKED BONE-IN HAM

Sometimes it's good to get back to basics, such as with the homestyle taste of a bone-in ham, baked to perfection with a tasty glaze.

1 each bone-in ham  
1 cup packed brown sugar  
1 cup orange juice  
1/2 cup honey

- In a saucepan, combine sugar, juice and honey, heat until sugar dissolves and set aside.
- Score the ham's skin as shown in the photo above.
- Place the ham, flat face down, in a baking pan.
- Brush the ham with some of the glaze and put in the oven (set to 350 F).
- Bake the ham about 14 minutes per pound, until it is heated throughout.
- Baste the ham with glaze every 30 minutes during the cooking process. If you use it all, that's fine.
- If you have any left at the end of cooking, use it in the bottom of the steamtable pan as a moistener.
- Remove the ham when it is heated throughout and allow it to stand 15 minutes before slicing.
- Slice the ham first by slicing parallel to the bone and removing a large section with a nice flat bottom.
- Slice this into portions about 1/8 inch thick.
- Repeat this with the rest of the ham until it is all sliced (and save the bone for stock or soup!)
- Place the slices of ham into the steamtable pan and pour in any remaining glaze.



## CHICKEN SCAMPI PASTA

Although "scampi" means shrimp in Italian – the origin of the dish – we call a certain preparation Scampi. Thus, chicken scampi. Serves 12

3 lbs. diced chicken, thawed and drained  
2 lbs. spaghetti or fettuccine  
1/3 cup olive oil  
1/3 cup butter  
1 each small onion, diced very small  
3 Tbsp garlic, minced  
1 cup chicken stock  
1 each lemon, juiced  
1/4 cup chopped parsley (or half as much dried)

- Cook the pasta al dente, remove and drain.
- In a sauté pan or large skillet, cook the chicken in the oil until fully cooked and slightly browned.
- Remove the chicken and set aside in a large bowl for now.
- Add the butter and onions and sauté until the onions are tender, then add the garlic.
- Cook another 2 or 3 minutes but be careful not to burn or over brown the garlic.
- Add the lemon juice and broth, and simmer until the liquid is reduced by about half.
- Add the chicken back to the pan and heat well, then pour over the pasta in the bowl and gently stir until the pasta is coated with the sauce.
- Turn out into a steamtable pan for serving, and garnish with the fresh chopped or dried parsley.
- If you like, grill a few lemon slices to place on top.





## SAVORY ROAST BRISKET

Whether you have it for Sunday dinner or as a regular weeknight supper, beef brisket is a meltingly tender crowd-pleaser.

- 1 each brisket, fresh (about 14 lbs)
- 2 Tbsp salt
- 1 Tbsp black pepper
- 1/4 cup cooking oil
- 8 each large carrots, chopped in chunks
- 8 each celery stalks, chopped in chunks
- 2 each large onions, chopped in large chunks
- 1/4 cup minced garlic
- 2 Tbsp dried Italian seasoning
- 2 cups chicken or beef stock (broth)
- 1 cup cranberry juice (not a mistake)
- 2 Tbsp soy sauce
- 4 Tbsp cornstarch (and water as needed)

- Split the brisket between the point and the flat.

- In the cooking oil, sear the outside of each piece of brisket, then place in a roasting pan with a tight fitting cover.
- Arrange the onions, carrots and celery around the brisket in the pan, or on top if you don't have room for them around the edges.
- Combine remaining ingredients and mix well.
- Pour over the brisket in the pan and cover.
- Bake at 350 F until the brisket is fork-tender and just about ready to fall apart – anywhere from 2 ½ to 4 hours of cooking time.
- Halfway through the cooking process, move the briskets around in the pan so they each get some soaking time in the liquid.
- When brisket is fully cooked, remove from the oven, remove from the liquid, and allow to stand about 10 minutes before shredding it into large pieces for serving.
- Arrange in shallow steamtable pans and arrange the vegetables around the brisket.
- Pour the drippings over the brisket and place on the line.





## LOADED POTATO CASSEROLE

An easy and tasty alternative to the drudgery of making twice baked potatoes. Makes a shallow half-size steamtable pan.

4	lbs	white potatoes
1/4	cup	olive oil
1	Tbsp	salt
1	tsp	black pepper
1/2	cup	margarine, cut into pieces
1	cup	sour cream
1	cup	milk
12	slices	bacon, cooked and crumbled
1/2	cup	green onions, sliced
2-3	cups	shredded Cheddar cheese

- Scrub the potatoes and oil, then bake until done.
- Let the potatoes cool until they can be handled.
- Cut in half lengthwise and scoop out into a bowl.
- Chop up some of the skin – about a cup - and put in the bowl with the potatoes.
- Add butter and allow to melt. Add salt & pepper.
- Stir in milk and sour cream until the mixture is blended and just a bit smooth, but still having lumps in it.
- Add in the bacon, onions and about 2/3 of the cheese. Blend gently until mixed.
- Sprinkle top with cheese and some more potato skin pieces.
- Bake until the cheese is melted.
- Remove and place on the steamtable for serving.



## BAKED CHICKEN ITALIANO

Try this Italian baked chicken recipe for moist, flavorful results in just 30 minutes. About 12 servings.

12	each	chicken breast, flattened a bit
2 ½	cups	mayonnaise
1 ½	cups	grated Parmesan cheese
1	Tbsp	garlic powder
1	tsp	Tony's or similar seasoning
3	cups	Italian seasoned breadcrumbs
		Chopped parsley as garnish

- Cut the breasts in two lengthwise. Set aside.
- In a bowl, combine mayo, cheese, garlic and Tony's. Mix until well blended
- In a separate bowl, place the breadcrumbs.
- Dredge the chicken pieces through the mayo mixture to coat well but be sure to remove any excess. You want to just coat the breasts.
- Next, run the breasts through the breadcrumbs to coat well.
- Place each piece on a sheet pan with parchment liner, keeping them from touching.
- Bake about 20 minutes or so, until the chicken reaches an internal temperature of 165 F.
- Remove and place in a shallow steamtable pan.
- Sprinkle the parsley (either freshly chopped or dried) on top of the breasts as a garnish.

NOTE: this recipe makes an excellent chicken parmigiana. Just add marinara sauce and pasta on the side. Let the customer choose. 😊



## Losing weight can help you lose the pain too

If you experience knee or foot pain, extra weight may be adding more stress to your joints — and cause more pain. Fortunately, losing weight often helps to relieve some kinds of pain.

Finding an eating plan that is healthy and enjoyable will help you stick with your weight loss goals for the long term and maintain any weight loss you manage to achieve.

### To help manage your weight, consider these approaches to cut back on calories:

- Keep track of how much you eat. It may seem simple, but keeping a food diary can provide valuable feedback on your eating habits.
- Make small changes. Change your diet slowly to ensure you will be able to stick with it. Abruptly reducing the amount of food you eat will likely backfire, causing you to go back to overeating.
- Use mindfulness techniques. Be mindful of when, where, and how much you're eating and when you begin to feel full. One tip is to take 20 minutes to finish a meal. That's the amount of time it takes your stomach to signal to your brain that you are full. While eating, focus on your food rather than reading or watching TV. Put your fork down between bites and chew your food slowly and well. Observe the texture, taste, and aroma of the

food you're eating. Bringing all of your senses into play can heighten your desire for fresh, healthy foods and help break the cycle of stress eating.

- Keep highly caloric food out of sight. Foods such as a candy bar, that contain a lot of calories but do not fill you up, will contribute to weight gain. Instead, put out apples or bananas, which are very filling and contain relatively few calories.
- Use smaller serving sizes and plates. Smaller portions equal fewer calories. Take advantage of 100-calorie snack packs or serve your food on smaller plates.
- Be self-compassionate. When you overeat, don't punish yourself. It won't motivate you to get back on track. Psychologists now believe that gentle self-compassion is far more effective for dealing with life's challenges, including weight loss.

As for physical activity, many forms of exercise are more difficult for people with hip or knee pain. Exercises that are easy on the joints include swimming and water aerobics. Talk with your doctor or physical therapist, who can recommend other ways to incorporate physical activity without making your joint pain worse.

There is no magic answer to how much weight you need to lose in order to make a difference regarding your joint pain. As few as 10 pounds or 10% of your overall weight might help, but this can vary from one individual to another.

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**"Instead of jogging, can you just set my pacemaker to beat faster for 30 minutes a day while I watch TV?"**





## SAUSAGE & POTATO SKILLET

This simple to prepare dish works as a side, entrée, and even a breakfast dish. Makes a shallow half pan

- |     |      |                                                                    |
|-----|------|--------------------------------------------------------------------|
| 2 ½ | lbs  | potatoes, skin on, cut in 1 inch chunks                            |
| 2 ½ | lbs  | smoked sausage, sliced ½ inch thick                                |
| 1   | each | red bell pepper, cut in strips                                     |
| 2   | each | green bell pepper, cut in strips                                   |
| 1   | each | red onion, coarsely chopped                                        |
| 2   | each | golden delicious apples, cored, peeled and cut into 1/2 inch cubes |
| 2   | Tbsp | minced garlic                                                      |
| 1   | tsp  | dried thyme                                                        |
|     |      | Fresh chopped or dried parsley                                     |

- In stockpot, boil potatoes until tender. Drain.
- In a large skillet, cook sausage until browned on both sides. Remove, leaving drippings in pan.
- Add some oil if needed, and cook potatoes, apple, onion and peppers until the potatoes begin to brown.
- Add in the garlic and cook until fragrant.
- Add sausage back to the skillet and dust the top with the dried thyme.
- Stir together gently, then transfer to a shallow steamtable pan.
- Place in oven to brown the top just a bit, then remove and place it on steam table for service.
- Garnish with fresh or dried parsley.

Note: if you wish, you can add 2 cups of frozen peas at the last minute, stirring into the mixture gently.

## Jay's One-Liners

If God had wanted us to vote, he would have given us candidates.

Here's something to think about: How come you never see a headline like 'Psychic Wins Lottery'?



The crime problem in New York is really getting serious. The other day the Statue of Liberty had both hands up.

Nineteen percent of doctors say that they'd be able to give their patients a lethal injection. But they also went on to say that the patient would have to be really, really behind on payments.

Dairy Queen is selling something called the Cheesecake Blizzard. It's a pound of ice cream with chunks of cheesecake in it. We have now reached the point where cheesecake is merely an ingredient.

Marriage is grand. Divorce is about 20 grand.

It was so cold, Taylor Swift built a snowman—then dumped him and wrote a song about it.

