



# Scarlett's Retreat

## Day Spa & Mercantile

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April 2008

### Don't Forget Mother's Day May 11th!

#### May Specials -

**Southern Jubilee** – Deluxe Spa Facial, Full Body Massage & our Rose petal Pedicure – **Normally \$178 – On Sale - \$155**

**Sweet Georgia** – Mini Facial, Makeup Application & Spa Pedicure – **Normally, \$96 – On Sale - \$85**

#### Product Special –

Purchase 2 Eminence Skin Care Products and Receive a **Free Grape Anti-oxidant Serum - \$42 Value**

### Spa Cuisine

This month we wanted to share some special spa cuisine you can do at home. Cooking can be a significant part of your “home therapy”. One of the special highlights of a “destination spa” is the fabulous cuisine prepared by world class chefs in their state of the art kitchens.

You can, with a little effort, create your own spa cuisine at home. You will have to shift your meal planning around whole grains, fresh fruits and vegetables as the heart of your meal and use meats and high fat foods as accents only.

Next you will need great ingredients. Think local and seasonal and choose the highest quality groceries you can afford. Remember, some of the best meals are the simplest. Working with high quality, seasonal foods allows you to use simple

preparations that showcase the delicious flavors of your ingredients.



#### STOCK YOUR PANTRY

Another secret behind a great meal is a well-stocked pantry and refrigerator. If you keep a few key ingredients on hand you'll be limited only by your imagination. Here is a list of basic ingredients that will be helpful as you venture into the kitchen.

- |                      |                            |                  |
|----------------------|----------------------------|------------------|
| Fresh Parsley        | Sunflower Seeds            | Basmati Rice     |
| Fresh Cilantro       | Walnuts                    | Brown Rice       |
| Fresh Ginger Root    | Capers                     | Panko            |
| Bread Crumbs         | Garlic                     | Cumin            |
| Quinoa               | Lemons                     | Dijon Mustard    |
| Whole Wheat          | Couscous                   | Limes            |
| Ground Cinnamon      | Whole Wheat Pastas (dry)   | Almonds          |
| Honey                | Whole Wheat Pastry         | Flour            |
| Dried Fruit          | Miso Paste                 | Balsamic Vinegar |
| Olives (any variety) | Peppercorns (a peppermill) | Grapeseed Oil    |
| Pecans               | Olive Oil                  | Pumpkin Seeds    |
| Sun-Dried Tomatoes   | Sea Salt                   | Red Wine Vinegar |
| Tamari               | Rice Wine Vinegar          |                  |

Assemble a basic inventory of pots, pans, knives and utensils – restaurants supply stores are a great source for sturdy, reasonably priced kitchenware – and you're ready to cook. Even on short notice, you'll be able to try out exciting new combinations of flavors.



## Spa Cuisine (Cont.)

### COOK FEARLESSLY

The only way to become a cook is to cook. This may mean mistakes and it may mean trying again, but with time, being in the kitchen will become a pleasure. Cooking can even be a mindfulness practice: Take notice of the process – how do various foods look and feel? Where do they come from? How do they grow? Relax and let yourself enjoy cleaning and preparing food. Your kitchen becomes an outlet for your creativity and if you approach each meal mindfully, both your body and soul will benefit.

### Recipes

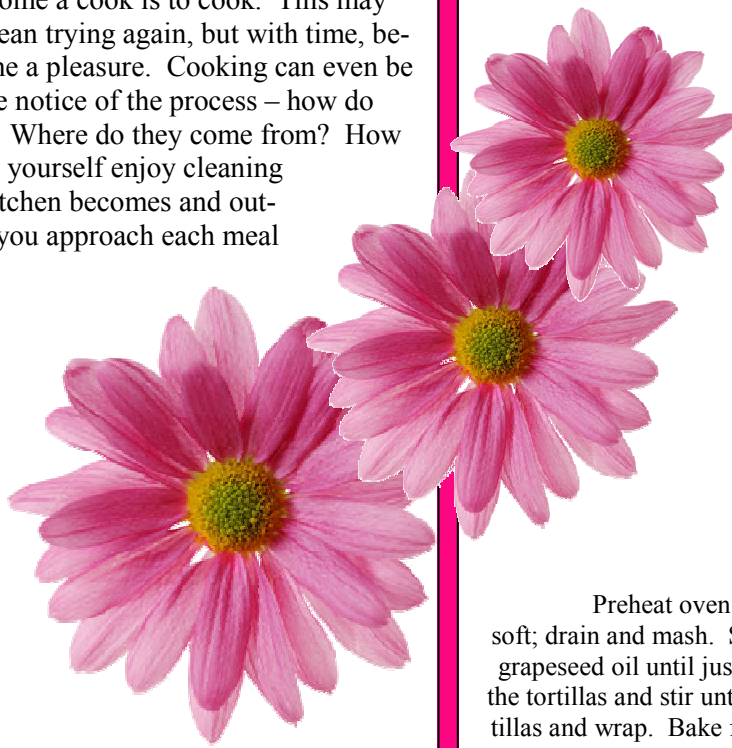
#### Heartland Granola

3 cups Oatmeal  
¼ cup wheat germ  
1/8 cup sliced almonds  
2 ¼ teaspoons canola oil  
½ teaspoon salt  
2 ¼ teaspoons of molasses  
1 1/8 cups raisins  
3 tablespoons maple syrup  
1 ½ tablespoons orange zest

Preheat oven to 400 degrees. Toast the oatmeal on a cookie sheet for 8 minutes. In a large bowl, mix together the wheat germ, almonds and canola oil. Toss in the oatmeal, return the mixture to the sheet pan and toast for 15 minutes more, tossing occasionally to assure even browning. Mix the molasses, orange zest and maple syrup in a bowl, toss into the oatmeal and stir. Mix in the raisins and distribute them evenly. Makes 18 servings.

#### Sweet Potato Black Bean Burritos (Served at Coastal Trek)

5 cups sweet potatoes, peeled and cubed  
2 tablespoons grapeseed oil  
2 cups onion, diced  
5 garlic cloves, minced  
1 green chile, minced  
2 medium zucchini, diced  
2 tablespoons ground cumin  
Salt and pepper to taste  
3 cups black beans, cooked or canned  
½ cup chopped cilantro  
1 teaspoon salt  
4 tablespoons fresh lime juice  
8 whole wheat flour tortillas



Preheat oven to 350 degrees. Boil sweet potatoes until soft; drain and mash. Saute' onion, garlic, chiles and zucchini in grapeseed oil until just tender. Add all other ingredients except the tortillas and stir until thoroughly blended. Place filling in tortillas and wrap. Bake for 40 minutes. Serve with fresh salsa and nonfat plain yogurt.

These are just a couple of healthy choices for you to try. For more choices from famous spa chefs see the 2008 edition of Destination Spa Vacations. Learn how to enjoy mindful eating for the mind, body and spirit and try some delicious summer food.

Our April Gift Certificate Winner is:  
*Michelle Baker*  
Congratulations!!!