

# 7 Anti-Aging Foods, Eat for Life!

**If you are over the age of 40, you should incorporate these 7 anti-aging foods into your diet. Eat for Life!**

**1. Olive Oil** – Not only do the monounsaturated fats contained in olive oil support healthy arteries and a healthy heart, but olive oil also contains polyphenols, a potent anti-oxidant that may help prevent a number of age-related diseases. I recommend organic extra virgin olive oil for the most anti-aging bang for your buck.

**2. Red Wine** – That's right, a glass of wine daily may indeed have a positive effect on your health due to its resveratrol content, a unique anti-oxidant that can help fight against diabetes, heart disease, and age-related memory loss.

**3. Beans** – The unique proteins in beans thicken and strengthen your hair cells, so you can enjoy a full head of hair as you lengthen your years. ☐

**4. Brazil Nuts** – Brazil nuts are rich in selenium, a mineral which aids in the production of the anti-oxidant glutathione to help slow down the skin aging process. Just 2 nuts a day will provide you with enough selenium to reap its anti-aging benefits.

**5. Tomatoes** – Tomatoes are rich in lycopene, which has been shown to support heart health and healthy cholesterol levels as you age. Lycopene also acts as a natural sun block to keep skin youthful and protected from harmful UV rays.

**6. Raspberries & Blueberries** – These two berries contain

important anti-oxidants to help offset inflammation and oxidative stress that contribute to skin aging and wrinkles. Just one serving of either or these berries contains more anti-oxidants than 10 servings of most other fruits and vegetables!

**7. Organic Eggs** – Despite the bad rap eggs get because of their cholesterol content, eggs are rich in biotin and iron which help to promote healthy, youthful skin and hair.

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## **Bang for Your Buck Wines**

I am always in search of really good wines that are inexpensive. Spending alot of money on wines every now and then is great but if you like to drink wine with dinner often or bring a bottle to a friends house for a visit, you don't necessarily need to go broke doing so. Here are some of my great finds and you really can't tell that they are under \$15! Cheers!



Vega Sindoa, Chardonnay, Cabernet, and Merlot – \$6.99-\$9.99. The Chardonnay is my favorite and I compare it to Rombauer, which is a \$40 bottle.

Red Truck, California Red – \$7.99

Bogle, Reds & White – \$7.99-\$9.99. The Bogle Phantom is outstanding, a bit more in cost at \$16.99 but well worth it.

It's hard to find.

J. Lohr, Reds & White – \$11.99-\$12.99

ApothicRed, 2012. \$12.00. Ivory overtones, maple undertones, hints of cranberry, brandy-like finish.

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## Dazzling Easter Menu



Easter is approaching! Have you thought about a menu for your guests? Keep it simple, prepare ahead, and spend more time with your family and friends. Check the recipes section for some ideas!

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# Celebrate St. Patrick's Day, Dazzle your Guests with Corned Beef and Cabbage!



I call this a good old-fashioned boiled dinner and the best part about this recipe is it doesn't require a lot of attention during the cooking time. Most corned beef is from the brisket, and that's the only kind you should buy. If you have a choice, buy the flat cut rather than the point cut; it's the better end. You can serve this with mustard, pickles, and good bread. This meal is a no-brainer. Please visit the Recipes Section of this website for step-by-step easy instructions. Enjoy!

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## Dazzle Your Sweetheart on

# Valentine's Day!

Valentine's Day falls on a Friday this year and instead of going out for an overrated dinner, waiting in a busy restaurant for a table, deciding on a costly, pre-set menu, try cooking at home for your special someone. It could be a parent, child, or better yet, a Sweetheart!! Love is in the air! If you are entertaining a sweetheart, create the mood with candles burning in a dimly lit room, rose petals scattered across the table, romantic music, delicious cocktails, and please dress your Valentine best! Check the Recipes section for my dazzling Bolognese dish!



# A Perfectly Cooked Steak



I recently visited DelFrisco's Steakhouse in New York City and had the most delicious steak. A perfectly cooked steak is an essential part of every good cook's repertoire. The best part is, anybody can do it! Perfectly cooked tender cuts of meat like tenderloin requires two steps: searing and roasting.

Once the tenderloin is trimmed and cut into filets, rub them with salt and pepper. Then heat a heavy ovenproof skillet or saute pan on the stove for 5 minutes. Add oil to the pan.

Once the oil is hot, sear the filets well on one side. This adds flavor. Turn the steaks and transfer them to the oven to finish roasting at a high temperature. This technique keeps all the natural flavor and moisture in the filets while they finish cooking.

## **DONENESS CHART**

Use the chart below to determine how long to cook your steaks.

Don't rely on an internal temperature. The holes the thermometers leave behind allow juices to leak. And be sure to let the steaks rest before serving. This is based on 2 inch thick filets.

## **RARE**

- Sear: 5 minutes
- Roast at 425 degrees: 5 minutes
- Rest: 5 minutes

### **MEDIUM-RARE**

- Sear: 5 minutes
- Roast at 425 degrees: 7 minutes
- Rest: 5 minutes

### **MEDIUM**

- Sear: 5 minutes
  - Roast at 425 degrees: 9 minutes
  - Rest 5 minutes
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