



**In This Issue**

- Elucidations
- Surprising Food Facts
- Scrambled Eggs Florentine
- Irish Brews

**Elucidations & Elaborations**

Sometimes it's the little things that excite me.....like going to the mailbox and finding Trader Joe's Fearless Flyer. Forget all the other mail for a while, I gotta read it now!

If you have a Trader Joe's near you, I'm sure you understand. So much interesting sounding stuff and it even includes a shopping list of all the things in the flyer. Just get a pen or pencil and start checking the boxes!

Where else would you go to get a Kale & Edamame Bistro Salad? Or how about the Quattro Formaggio Shredded Cheese Blend? Doesn't that sound good? Juicy Sweet Pineapple Tidbits? Doesn't that make your mouth water? My shopping list is complete and I'm ready to go. I love TJs!

**Brain Teaser**

What are the next four letters in this series? Y Y H L Y E Y T

**See page 2 for the answer.**

**Surprising Food Facts**

Fiction in novels is fine, but when it comes to your diet, you want the facts. These facts will help get past the hype and marketing.

1. Nuts have health perks. Walnuts, almonds, peanuts, and pistachios have healthy fats that may reduce the risk of heart disease. They're high in calories though so eat small portions.
2. One serving of meat is the size of a deck of cards, not a quarter pound. Consuming too much of any food can provide too many calories, leading to weight gain. Measure out the proper serving sizes.
3. Snacking can be good for you. If hunger strikes between meals, eat a nutritious snack such as fruit or raw veggies.
4. Whole grain is not synonymous with multi grain or stone ground. Whole grains provide fiber and other nutrients that help reduce the risk of chronic diseases.
5. Gluten free doesn't always mean it's better for you. Avoiding gluten is essential for people who have celiac disease. There is no benefit, however, for people without the disease. In fact, you may be cutting nutritious foods such as whole grain breads from your diet.

When it comes to your health, there is nothing more sensible than using common sense.

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**Did you know?** Almonds are not nuts. An almond is actually the seed of the fruit of the almond tree. Fruits with these characteristics are called "drupes." Specifically, a drupe is a fruit that has an outer fleshy part surrounding a shell that contains a seed.

## Scrambled Eggs Florentine

Breakfast is a favorite meal at our house. We eat it every day, and I'm not talking about just cereal or a slice of toast. There is nothing that gives you energy to get going like a hearty breakfast. This recipe is one of Jan's favorites.

There's nothing magical about the amount of each ingredient in this recipe. It's not even necessary to measure unless you're anal like me. Just use the amount of each that suits your taste, your appetite and what you have available at the time.

3 eggs, lightly beaten  
1/4 cup onion, coarsely chopped  
2 or 3 small mushrooms, sliced  
1 cup spinach, fresh, coarsely chopped  
3 slices bacon, cooked until crisp and crumbled  
Cheese, such as Monterrey Jack or Swiss, shredded or diced  
Butter

Sauté the mushrooms and onions in butter over medium-high heat for a couple of minutes, stirring frequently. Add spinach and continue cooking until the spinach is completely wilted, about 1 minute. Add the eggs, cheese, and bacon. Keep stirring and scraping the pan until the eggs are set and the cheese is melted. Serve with fresh fruit, crispy hash browns, or whatever else you like for breakfast.

## Favorite Irish Toasts

May you be in heaven a half hour before the devil knows you're dead.

May the roof above us never fall in, and may we friends gathered below never fall out.

## Irish Brews

Why be Irish for only a day on St. Patrick's Day? Where are my beer drinking buddies? Let's be Irish for the whole month. Let's get the top 10 Irish beers, according to Cayot, line 'em up, and do some serious tasting. I'm sure Total Wine & More has them all. Here is the list. You can read more about each one at [www.cayot.com](http://www.cayot.com).



1. Beamish Stout
2. Guinness Draught
3. Guinness Foreign Extra Stout
4. Murphy's Irish Stout
5. Ohara's Celtic Stout
6. Porterhouse Brewing Co. Oyster Stout
7. Harp Lager
8. Killkenny Irish Cream Ale
9. Murphy's Irish Red
10. Smithwick's Irish Ale

I would seriously recommend the [Cayot](http://www.cayot.com) website. You will find lots of good stuff there. Educate yourself!

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**The world's oldest continuously operating brewery** is Weihenstephan Brewery in Germany. It was founded in 1040 and is perched atop Naehrberg Hill in Freising, a small town just north of Munich.

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**Until next time remember:** *It is neither possible nor necessary to educate people who don't question anything.*

If you know someone who might enjoy this newsletter, please pass it along. Send ideas, comments, and questions to [Glen@Glen's Place](mailto:Glen@Glen's Place).

**Answer to brain teaser:** R, R, R, R Final letters of the names of the months

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