

500 Club® Member Newsletter

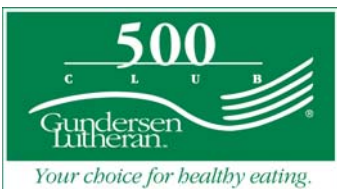
Spring 2008

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About the newsletter

Welcome to the quarterly 500 Club® member newsletter! Throughout the year, the 500 Club would like to share with you updates, industry trends and member news. **If you have any comments that you would like to share in the newsletter, for example, your 500 Club biggest seller, why people are choosing your 500 Club menu, what people are saying about your 500 Club menu, how you make 500 Club visible, etc, please submit information to** Erika Webster, RD, CD
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Portion Control Reminder

With portion sizes much larger today than 20 years ago, 500 Club selections are created with smaller, healthier portions in mind. While consumers count on you to offer 500 Club choices that are controlled in calories and fat, remember that portion control is key! This is a great time to check the preparation methods of your 500 Club choices and assure your staff is preparing appropriate 500 Club portions! If you need more information on proper portion sizes for your 500 Club choices, feel free to contact your 500 Club Specialist!

Extra calories can add up quickly if preparing an entrée with an additional...

- Ounce of cheese – 90 calories
- ½ cup plain pasta or rice – 80 calories
- ½ cup marinara sauce – 60 calories
- Tablespoon of dressing – 30-60 calories
- Tablespoon of butter – 100 calories

Did you know...

Seasoning with herbs/spices can help reduce salt content in cooking. Try the following spices with beef or pork entrées. See mccormick.com for more details.

Beef – Ground pepper, dry mustard, chili powder, thyme, rosemary

Pork – Mix & rub the following on a pork tenderloin...

3 Tbsp. brown sugar	½ tsp. ground black pepper
2 tsp. garlic powder	½ tsp. oregano leaves
2 tsp. chili powder	

Welcome New Members

In the 1st quarter of 2008, the 500 Club® is thrilled to welcome 5 new members!!

1. **The Cheese Corner**
Shelby Mall, La Crosse &
323 South Main St,
Viroqua
2. **Adolf's Grille**
Gundersen Lutheran
Founders Building,
La Crosse
3. **McDonalds** – 12
locations (La Crosse,
Onalaska, Tomah,
Mauston, Decorah, Prairie
du Chien, Black River
Falls, Sparta, Viroqua and
Holmen)
4. **Culina Mariana** – 5250
Justin Road, La Crosse
5. **Laurie's in the
Kitchen** – La Crosse

I would also like to thank our current members for your commitment and partnership in providing healthy meal selections in the communities we serve. Your support encourages healthy eating choices among your patrons!

Did you know...

Gourmay makes a tasty **fat free tomato basil vinaigrette** salad dressing. Check with your food vendor for this flavor.

Spring Recipes

Roasted Asparagus

Ingredients

1 bunch fresh asparagus (approx. 15-20 spears) 3 Tbsp. honey
2 Tbsp. olive oil ¼ tsp. salt

Preparation

1. Heat oven to 375 degrees Fahrenheit. Wash asparagus and trim stems off.
2. Coat bottom of 9 x 13 baking dish with olive oil and place asparagus spears in dish.
3. Coat the asparagus with honey and sprinkle with salt.
4. Roast the asparagus for approximately 25 - 30 minutes or until asparagus is tender.
5. Remove from heat and let cool for 2-5 minutes.

Nutrition information per serving

Yield – 4 servings

140 calories, 7 g fat (1g saturated fat), 150mg sodium, 19g carbohydrates, 4g protein

Spinach and Strawberry Salad

Ingredients

2 bunches of spinach, rinsed ½ cup white sugar
4 cups strawberries, sliced ¼ cup slivered almonds
½ cup canola oil 1 Tbsp. poppy seeds
¼ cup white wine vinegar

Preparation

1. In large bowl, toss spinach and strawberries together.
 2. In another bowl, whisk together oil, white wine vinegar, sugar and poppy seeds. Pour over spinach and berries, toss to coat.
- **May choose to refrigerate dressing for one hour before pouring over salad to enhance flavor.

Nutrition information per serving

Yields - 8 servings

290 calories, 17g fat (1.5 g saturated fat), 70mg sodium, 33g carbohydrate, 3g fiber, 4g protein

Current Members

Ciatti's – Onalaska

Culver's – La Crosse, Onalaska, Sparta, Tomah, Prairie du Chien and Viroqua

The Dragon Restaurant – La Crosse

Ebenezer's Wood-Fired Pizza and Grille - La Crosse

Fayze's – La Crosse

Festival Foods - Onalaska

People's Food Co-op & Hackberry's – La Crosse

Pickerman's Soup and Sandwiches – La Crosse

Quillins IGA Stores, Food Fest and The Village – La Crosse

River Jack's – La Crosse

Schmidty's – La Crosse

Seven Bridges – Onalaska

Simply Entrée – Holmen

Stansfield Vending – Coulee Region

Wendy's – Onalaska

Western Technical College Café – La Crosse

Winning Weighs Reunion...

****As a 500 Club member, you are invited to come and share your healthy creations! ****

Save the Date...

What: Winning Weighs Reunion

When: Thursday, August 14th

Time: 6-8pm

Winning Weighs®

Look for more information to come about this exciting event!