



Weekly Produce Newsletter

FEBRUARY 8th 2010



FIVE GREAT LOCATIONS TO SERVE YOU!

GO TO www.casgallardo.com TO FIND THE NEAREST LOCATION

❧ Bringing the Taste of Mexico to You ❧

Since 1975, when founder Ramon Gallardo opened his first location, Casa Gallardo has been serving bold Mexican food and refreshing margaritas. This is where St. Louis had its first taste of traditional burritos, savory cheese enchiladas and crispy chimis. Thirty years later, we are proud to be recognized as the "Original Mexican Restaurant in St. Louis."

Where can you find deep fried ice cream, two dollar Margaritas and many combination entrees to choose from? Casa Gallardo is the place. Casa Gallardo offers plenty of food, drinks and fun. With Margarita Wednesdays, 99 cent taco specials on Tuesday nights and an extended happy hour through the week (4-8 pm) there's plenty to rave about. Offering a variety of Mexican favorites from Chimichangas to Cheese Enchiladas the menu has enough impact to satisfy even the pickiest eaters.

❧ Sizzling Fajitas ❧

Fajitas are served on a sizzling skillet with sautéed fresh vegetables.
Served with rice, black beans, jack cheese, sour cream, pico de gallo, sweet corn cake and warm tortillas.

If you're a fan of tortilla chips, Casa Gallardo's are fried in veggie oil and smothered with lots of your favorite toppings, there are two different nacho plates (Muchos Nachos, which come with beans, chicken or beef, tomatoes, sour cream and plenty of cheese; and the Nachos Supremos, which are the same recipe, but individually smothered, rather than served in a big stack). The guacamole is pretty ambitious too — more than just your standard pureed avocado, it also comes with cilantro, chilies, tomatoes, onions and fresh lime.

Casa Gallardo
Original Salsa
Available at you Local Straubs Markets

Casa Gallardo Restaurants is proud to have been a part of your neighborhood for years. Now you can bring Casa Gallardo into your home with their famous salsa. Perfect as a dip with fresh tortilla chips. Great with burritos, tacos, enchiladas and egg dishes.



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HEALTH MATTERS

How to Understand the Health Benefits of Salsa

By [Kristie Leong M.D.](#)

The next time they bring you that big bowl of salsa at the Mexican restaurant, eat it without guilt. Here are the tasty [health](#) benefits of salsa.

Chili Peppers

What would salsa be without fiery chili peppers? It turns out that chili peppers have some amazing [health benefits](#) of their own. The active ingredient in chili peppers known as capsaicin has been shown in studies to have anti-inflammatory effects which may be helpful for people with rheumatoid arthritis. It's also has anti-cancer, anti-ulcer, and anti-bacterial properties. Plus, the capsaicin in chili peppers also has a slight thermogenic effect which could play a role in treating obesity. One precaution. Excessive consumption of chili peppers has been associated with a higher risk of stomach cancer and may increase symptoms of GERD. (gastroesophageal reflux disease) and irritable bowel syndrome, so moderation is best.

Lycopenes

Salsa is made from tomatoes, a vegetable rich in heart healthy lycopenes. These carotenoids are being studied for their role in preventing various types of cancer, particularly prostate cancer as well as [heart disease](#) prevention. Cooked, processed tomatoes are the best source of lycopenes since the heat makes the carotenoids more available for absorption. Most commercial salsas purchased in the United States have been cooked, while true Mexican salsas are often served raw. In terms of health, the American versions seem to have the edge.

Low in Calories and Fat

Salsa is a calorie watcher's best friend. Most salsa has only four to five calories per tablespoon. Plus, it usually has no added sugar or fat. It makes an excellent substitute for ketchup which is usually loaded with sugar.

It's Rich in Vitamins and Minerals

Despite being low in calories, salsa is high in vitamin A, vitamin B6, and vitamin C. It's a good source of iron, as well as magnesium and potassium to help maintain normal blood pressure.



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Health Benefits

Jalapeño Peppers Are Just Plain Good For Your Health!

These peppers are high in vitamin C and vitamin A (often called the no infection vitamin); two very powerful nutrients, through its concentration of Carotenoids such as beta carotene.

Not only great for fighting the common cold, these nutrients work together to effectively neutralize free radicals which can travel through your body causing huge amounts of damage to cells. Free radicals are major players in the build up of cholesterol in the arteries that leads to atherosclerosis and heart disease, the nerve and blood vessel damage seen in diabetes, the cloudy lenses of cataracts, the joint pain and damage seen in osteoarthritis and rheumatoid arthritis, and the wheezing and airway tightening of asthma.

Jalapeno peppers also contain vitamin B6 and folic acid, both of these B vitamins are important for reducing high levels of homocysteine which will cause damage to blood vessels. Damaged blood vessels are associated with a greatly increased risk of heart attack and stroke.

Also, a best food source for niacin, iron, potassium and sodium. The fiber found in these peppers can help to reduce the amount of contact that colon cells have with cancer causing toxins found in certain foods or produced by gut bacteria. Eaten raw, they are fat free and have few calories. Though they may give some folks indigestion, there is no link between hot pepper's consumption and stomach ulcers. The heat from these peppers comes from capsaicin, another benefit to help you lose weight by the high levels of energy and calories consumed to significantly increase thermo-genesis for more than 20 minutes after eating. This heat process also helps clear sinus congestion. Capsaicin is currently being studied as an effective treatment for sensory nerve fiber disorders, including pain associated with arthritis, psoriasis and diabetic neuropathy.

Reference: *The Encyclopedia of Whole Food Medici*

