



Weekly Produce Newsletter

MAY 24th 2010

CALIFORNIA PIZZA KITCHEN



On March 27, 1985, attorneys Rick Rosenfield and Larry Flax traded in the courtroom for the dining room. Having always wanted to get into the restaurant business, they pitched their legal pads to serve hearth-baked pizzas. They introduced flavors and tastes from around the world, from Thai to Jamaican Jerk...all on a pizza.



All of our innovative pizzas are creatively designed on a delicious crust, and hearth-baked to perfection. Also served are distinctive pastas, salads, soups, sandwiches, appetizers and desserts, including our Chicken-Tequila Fettuccine, BBQ Chicken Chopped Salad, Tortilla Spring Rolls and Key Lime Pie.

CPK was recently named the #1 Most Recommended Casual Dining Chain Restaurant by Zocalo Group and MARC Research and "Best Kids Menu in America" by *Restaurant Hospitality Magazine*. CPK also offers a number of CPKids Programs and FUNdraisers for non-profit groups

NEW SMALL CRAVINGS MENU

Crispy Artichoke Hearts

Artichoke hearts lightly fried with Japanese panko bread crumbs, then sprinkled with Parmesan cheese. Served with our homemade remoulade sauce.

Buffalo Chicken

Crispy white meat chicken lightly fried and tossed in our SPICY Buffalo sauce. Served with celery sticks and blue cheese dressing.

Sweet Corn Tamale Ravioli

Ravioli filled with poblano peppers and cheese, tossed in a roasted pepper cream sauce with fresh sweet white corn and fresh cilantro.

Asparagus & Arugula Salad

Fresh arugula, asparagus and sun-dried tomatoes tossed in our homemade lemon-herb vinaigrette, topped with toasted almonds and shaved Parmesan cheese.

Mediterranean Plate

Our original recipe of Tuscan white bean hummus, Feta cheese topped with extra virgin olive oil and a Greek salad with cucumbers, red onions, fresh Roma tomatoes and Greek olives in our homemade lemon-herb vinaigrette.

The Wedge Salad

Crisp iceberg lettuce topped with blue cheese dressing, applewood smoked bacon, chopped egg and fresh diced Roma tomatoes.

White Corn Guacamole & Chips

Fresh avocado, sweet white corn, black beans, jicama, green onions, red bell pepper, cilantro and serrano peppers served with blue & white corn tortilla chips.



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FUNdraisers

We're ready to help you raise money with a FUNdraising Event. These great events are easy to set up, fun to attend and everyone you invite will enjoy delicious food from CPK's innovative menu. Best of all, 20% of all purchases generated by the FUNdraiser will go directly to your organization or non-profit school! We give priority to groups that focus on children, education and youth sports.

For more details on this program and to find out how you can get involved, please call the manager of the CPK nearest you.



The California Pizza Kitchen Foundation and Starlight Children's Foundation have partnered up to host a series of CPKids Camps in 20 cities across the country for seriously ill children and their families. They will have the chance to "pause and play" with activities that include nature exploration, scavenger hunts, games, crafts, music and campfire fun



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HEALTH MATTERS

Portion control is an important part of maintaining a healthy diet.

When most of us sit down to eat, the last thing we want to think about is portion control. But for anyone on a diet or just looking to maintain their current figure, that's exactly what they should be doing. Gone are the days of eating a bagel or muffin and feeling safe about its calories. In fact, researchers measured typical servings from takeout restaurants, fast food chains, and family-style eateries and found that bagels were 195 percent larger than the standard set by the United States Department of Agriculture (USDA), muffins were 333 percent bigger and cooked pasta exceeded the standard by 480 percent. Scariest of all were cookies, which were a whopping seven times the USDA recommended serving size.

The first step in successful portion control is learning the correct *serving size* — the amount of food recommended by government agencies, such as the Dietary Guidelines for Americans put out by the USDA and Department of Health and Human Services, and the USDA Food Guide Pyramid. The serving size can usually be found by reading nutritional labels. But the *portion* is the amount of food or drink a person chooses to consume. In many cases, the portion eaten is larger than the serving size simply because we don't know any better. "Portion control is limiting what you eat," says Mary M. Flynn, RD, PhD, chief research dietitian and assistant professor of medicine at the Miriam Hospital and Brown University in Providence, R.I. "It is being aware of how much food you are actually eating and what calories are in that serving." The good news is that with a little practice, portion control is easy to do and can help people be successful in reaching and then maintaining a proper weight.

Here are 10 simple ways to keep your portions a healthy size:

- 1. Measure accurately.** For foods and beverages, use gadgets like a measuring cup, tablespoon, teaspoon, or food scale.
- 2. Learn how to estimate serving sizes.** "'Ballpark' food portion sizes by estimating serving sizes in comparison to known objects," says Rose Clifford, RD, clinical dietitian in the department of pharmacy services at the Washington Hospital Center in Washington, DC. "For example, three ounces of cooked meat, fish, or poultry is about the size of a deck of cards." Other easy measurements to eyeball include:
- 3. Use portion control dishware.** Pick out smaller plates, bowls, cups, and glassware in your kitchen and measure what they hold. You might find that a bowl you thought held 8 ounces of soup actually holds 16, meaning you've been eating twice what you planned.
- 4. Dish out your servings separately.** Serve food from the stove onto plates rather than family-style at the table, which encourages seconds.
- 5. Make your own single-serving packs.** "Re-portion bulk quantities of favorite foods such as pasta, rice, and cereal into individual portions in zipper bags so that when you're in the mood for some food you'll instantly see the number of portions you're preparing," says Jennifer Nasser, RD, PhD, assistant professor in the department of biology at Drexel University in Philadelphia.
- 6. Add the milk before the coffee.** When possible, put your (fat-free) milk into the cup before adding the hot beverage to better gauge the amount used.
- 7. Measure oil carefully.** This is especially important because oil (even the healthful kinds like olive and safflower) have so many calories; don't pour it directly into your cooking pan or over food.
- 8. Control portions when eating out.** Eat half or share the meal with a friend. If eating a salad, ask for dressing on the side. Dip your fork into the dressing and then into the salad.
- 9. Add vegetables.** Eat a cup of low-calorie vegetable soup prior to eating a meal, or add vegetables to casseroles and sandwiches to add volume without a lot of calories.
- 10. Listen to your hunger cues.** Eat when hungry and stop when satisfied or comfortably full. "Try to gauge when you are 80 percent full and stop there," says Clifford. "There will be more food at the next meal or **snack!**"