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11 Signs It's More Serious Than a Common Cold

Is it just a cold, or something else? Doctors explain how to tell if you have the common cold or something more serious that requires medical attention, such as the flu, strep throat, meningitis, or mono.

Is it a cold, or something else?

It's easy to diagnose yourself with a cold when you're feeling unwell. But a cold isn't always just a cold. It's important to be able to tell the difference between the common cold and something more serious so you can get the medical attention you need.

If you think you have "just a cold" but are concerned it could be something more, it's best to err on the safe side and visit your doctor. This is especially true if you have a chronic condition such as asthma, severe allergies, diabetes, kidney disease, HIV, or an autoimmune disease. The same goes for pregnant women and anyone under age six or over 65—the common cold affects these groups of people differently and can be more serious than it is for healthy individuals.

We spoke to doctors to find out what symptoms tip them off that it's more than a cold.

Here, the red flags they look for.

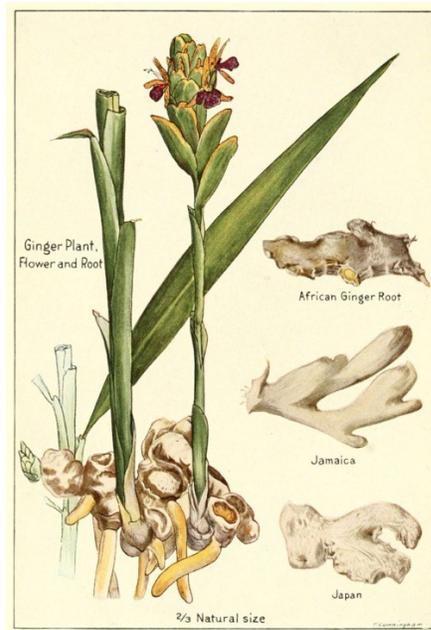
- ⇒ You've had symptoms for longer than four days
- ⇒ Your symptoms seemed to go away... and then they came back
- ⇒ You recently returned from a big trip
- ⇒ You have a high fever
- ⇒ You've had a low-grade fever for days
- ⇒ You're having stomach issues
- ⇒ You have severe headaches
- ⇒ You're experiencing chest pain or trouble breathing
- ⇒ Your symptoms are in one location
- ⇒ You have body aches
- ⇒ There's a pattern to your symptoms





Aromatic, pungent and spicy, ginger adds a special flavor and zest to Asian stir fries and many fruit and vegetable dishes. Fresh ginger root is available year round in the produce section of your local market.

Historically, ginger has a long tradition of being very effective in alleviating symptoms of gastrointestinal distress. In herbal medicine, ginger is regarded as an excellent carminative (a substance which promotes the elimination of intestinal gas) and intestinal spasmolytic (a substance which relaxes and soothes the intestinal tract). Modern scientific research has revealed that ginger possesses numerous therapeutic properties including antioxidant effects, an ability to inhibit the formation of inflammatory compounds, and direct anti-inflammatory effect. Ginger contains very potent anti-inflammatory compounds called gingerols. These substances are believed to explain why so many people with osteoarthritis or rheumatoid arthritis experience reductions in their pain levels and improvements in their mobility when they consume ginger regularly. In two clinical studies involving patients who responded to conventional drugs and those who didn't, physicians found that 75% of arthritis patients and 100% of patients with muscular discomfort experienced relief of pain and/or swelling.



Whenever possible, choose fresh ginger over the dried form of the spice since it is not only superior in flavor but contains higher levels of gingerol as well as ginger's active protease (it's anti-inflammatory compound). When purchasing fresh ginger root, make sure it is firm, smooth and free of mold. Ginger is generally available in two forms, either young or mature. Mature ginger, the more widely available type, has a tough skin that requires peeling while young ginger, usually only available in Asian markets, does not need to be peeled.

Fresh ginger can be stored in the refrigerator for up to three weeks if it is left unpeeled. Stored unpeeled in the freezer, it will keep for up to six months. To remove the skin from fresh mature ginger, peel with a paring knife. The ginger can then be sliced, minced or julienned. The taste that ginger imparts to a dish depends upon when it is added during the cooking process. Added at the beginning, it will lend a subtler flavor while added near the end, it will deliver a more pungent taste.

Enjoy a Good Laugh with the Comic of the Month



What You Need to Know About Seder Dinner

What Is a Seder?

The Seder is a marathon feast that includes reading, drinking wine, telling stories, eating special foods and singing.

It is held after nightfall on the first night of Passover (and the second night if you live outside of Israel), the anniversary of our nation's miraculous exodus from Egyptian slavery more than 3,000 years ago. This year's Seder(s) will be on April 10 (and 11).



What's on the Menu?

During the course of the evening you will have:

four cups of wine.

veggies dipped in saltwater.

flat, dry cracker-like bread called matzah

bitter herbs, often horseradish (without additives) and romaine lettuce, dipped into charoset (a paste of nuts, apples, pears and wine).

a festive meal that may contain time-honored favorites, like chicken soup and gefilte fish.

What Do We Use?

Ceremonial foods are all arranged on a platter, called a ka'arah or Seder plate. There may be one ka'arah for the entire Seder, or several.

The procedure is all laid out in a book called a Haggadah. Although the text is in Hebrew (with a sprinkling of Aramaic), it is perfectly acceptable to read the Haggadah in translation if you don't understand Hebrew.



A Note From the Sages

At the Seder, every person should feel as if he or she were going out of Egypt. We begin with the story of our patriarchs, Abraham, Isaac and Jacob, and recount the Jewish people's descent into Egypt, recalling their suffering and persecution. We are with them as G-d sends the ten plagues to punish Pharaoh and his nation, and follow along as they leave Egypt and cross the Sea of Reeds. We witness the miraculous hand of G-d as the waters part, allowing the Israelites to pass, and then return to inundate the Egyptian legions.

As we eat bitter foods of affliction and poverty, the Exodus becomes a reality—as real as the festive meal and celebratory toasts that follow.



15 Steps of the Seder

Kadesh—the Benediction

Urchatz—Washing

Karpas—the “Appetizer”

Yachatz—Breaking the Matzah

Maggid—the Haggadah

Rachtzah—Washing Before the Meal

Motzi Matzah—We Eat the Matzah

Maror—the Bitter Herbs

Korech—the Hillel Sandwich

Shulchan Orech—the Feast

Tzafun—Out of Hiding

Berach—Blessings After the Meal

Hallel—Songs of Praise



What's Cooking in Gale's Kitchen...

Carrot and Lentil Soup

(6 servings)

This soup is a one-bowl meal with the veggies and lentils providing excellent protein. The lentils become tender while the carrots soften, no need for pre-soaking.

INGREDIENTS:

- 2 tablespoons oil
- 1 large onion, chopped
- 2 tablespoons minced fresh ginger
- ½ tsp salt
- ½ tsp ground pepper
- 1 tablespoon curry powder
- 1 pound carrots, peeled and chopped
- ¾ cup red lentils, rinsed
- ½ cup dried apricots, chopped or thinly sliced
- 6 cups vegetable broth
- 1 can (13.5 oz.) reduced-fat coconut milk
- 1 (10 oz.) box frozen chopped kale or spinach, defrosted



DIRECTIONS:

Put the oil in a large soup pot over medium-high heat. Add chopped onion and ginger, sprinkle with salt and pepper and cook until soft, 3-4 minutes, stirring occasionally.

Add the curry powder, stir for 30 seconds to blend. Add carrots, lentils, apricots, broth and coconut milk. Bring to a boil, then turn the heat down to medium-low so that the soup bubbles gently.

Cook, stirring occasionally, until the lentils and vegetables are soft, about 30 minutes. Add the thawed kale or spinach and cook another 5- 10 minutes. At that point, it should be ready to serve.

SEE ATTACHED PAGE FOR PASSOVER RECIPIES!!!



What's Cooking in Gale's Kitchen... Passover Edition

Cucumber Salad with Dill (Serves 4)

- 2 large cucumbers
- 1 small or $\frac{1}{2}$ medium sweet white onion (like a Vidalia)
- 3 Tbsp. distilled white vinegar
- 1 Tbsp. sugar
- Salt and freshly ground pepper to taste
- 2 Tbsp. chopped fresh dill

Directions: Wash cucumbers. Partially remove the peel in lengthwise strips, using a vegetable peeler, leaving a little skin tweek each strip. Thinly slice the cucumber and onion. Break onion into rings.

Place vinegar, sugar, salt and pepper in a bowl an whisk until the sugar is dissolved. Add the cucumbers and onion and toss to mix. Stir in dill.

Let sit for 15 minutes to allow the flavors to blend.

Fandango Salad (Serves 6)

Raspberry Dressing:

- 1/3 cup frozen raspberries, thawed
- $\frac{1}{4}$ cup sugar
- 2 Tbsp red wine vinegar
- 1 Tbsp minced red onion
- $\frac{1}{4}$ tsp salt
- $\frac{1}{2}$ tsp fresh lemon juice
- $\frac{1}{2}$ cup olive oil

Directions for Dressing: using a food processor fitted with metalblade, blend berries, sugar, vinegar, onion, salt and lemon juice. With motor running, slowly drizzle in oil and blend until emulsified.

Salad:

- 1 large head Romaine lettuce, torn into bite sized pieces
- 1 can mandarin orange sections, drained (8 oz can)
- $\frac{1}{2}$ cup chopped walnuts
- Handful of crumbled bleu cheese, *optional*

Directions for Salad: In large salad bowl, place cleaned and dry lettuce. Add enough dressing to coat (will have some leftover). Sprinkle with the orange sections, nuts and cheese, if desired.

What's Cooking in Gale's Kitchen... Passover Edition

Passover Carrot Raisin Muffins (makes 12)

Recipe from: "*Fast & Festive Meals for the Jewish Holidays*" by Marlene Sorosky

6 large eggs
 $\frac{3}{4}$ cup oil
 1 cup light brown sugar
 $\frac{1}{2}$ cup matzah meal
 1 cup matzah cake meal
 2 tsp vanilla extract
 1 tsp cinnamon
 $\frac{1}{4}$ tsp salt
 1 cup shredded carrots (about 2 medium)
 $\frac{1}{4}$ cup raisins

Directions: Place oven rack in center of oven and preheat to 350 degrees. Grease 12 muffin cups.

In large bowl, whisk eggs until blended. Whisk in oil, brown sugar, matzah meal, cake meal, vanilla, cinnamon and salt until mixed well. Stir in carrots and raisins.

Spoon into muffin cups, filling almost to the top.

Bake for 25 minutes, or until tops are firm and golden and a toothpick comes out clean.

Cool 10 minutes, go around edges of muffin cups with a sharp knife and remove muffins to cooling rack.

Serve warm or at room temperature. Muffins may be stored covered at room temp overnight, refrigerated up to 2 days or frozen.

Low-fat Matzah Balls (makes 12)

1 egg
 1 egg white
 1 $\frac{1}{2}$ Tbsp. seltzer
 6 Tbsp. matzah meal
 Salt and pepper to taste
 $\frac{1}{4}$ tsp. garlic powder

Directions Beat the eggs together with the seltzer. Add the matzah meal and spices. Mix with a fork until smooth.

Refrigerate mixture at least 45- 60 minutes.

Wet hands, form small balls and drop them into boiling salted water. Boil for about 10 minutes. Flip them to their other side with a fork after 5 minutes. (can be boiled in soup instead of water)

30 calories/5 grams carbohydrate each