

Creating Balance



Kathy Heck, Proprietor,
The Talking Teacup

By: Jeannine Fielding

As summer winds down, let's take stock of what is important: family, health, good friends, a secure job and a roof over our heads. If you are like most people living in this economy, you have taken a closer look at each of these "gifts" and perhaps made changes to balance those areas that aren't working.

The Talking Teacup is a beacon of light for many who seek this balance. For instance, it provides a warm, welcoming

environment to gather on a regular basis over a pot of tea (or cup of iced!) to share stories, learn new things or plan great events.

The tearoom also provides healthy food choices for breakfast or lunch, offering daily ingredients grown in the "Kitchen Garden" right on the premises.

And, as if that weren't enough, The Talking Teacup has become a formidable player in the community, raising the bar when it comes to breast cancer awareness and its Team Teacup participating in the Susan G. Komen for the Cure 3-day walk.

Healthy Eating

When is the last time you added spinach to your salad? Last week? Today? Never? It is important to recognize the benefits of some of the simplest ingredients when eating healthy.

You can follow the lead of The Talking Teacup and offer your family such healthy choices as cold soups, salads (with spinach!) or appetizers that include small bite-sized sandwiches with a variety of

healthy spreads and maybe even something crunchy like chick peas.

All these items encourage us to try a little harder to eat better, even if it takes a few extra minutes to wash the leaves of that spinach or cut up those fruits or veggies to put in our lunch boxes for work or school.

Support The Community

You can support Team Teacup in a variety of ways. The first is a "Murder in Margaritaville" scheduled for **August 14 from 6:00pm to 9:00pm**. It is a 4-course dinner, cost \$45 per person. The murder mystery last year drew a record crowd and festive costumes with plenty of food and drink to go around! If you enjoy drama, good food and supporting a worthy cause, then this evening is for you!

Or try a "fun" event: "Bingo for Boobs" **September 22nd from 7:00pm to 9:00pm** at Little Farm Estates. Cost is \$15 per person.

You can also enjoy a festive evening **October 9th from 5:00pm to 9:00pm** as

Team Teacup holds a "Pep Rally" hosting local musical stars, The Mango Men, right in their very own barn. The band, established in 1995, has risen to become one of the most requested and sought after performing artists in the Greater Philadelphia Region. Proceeds will help Team Teacup participate in the Susan G. Komen Walk for the Cure this October.

So, whatever your interest in bringing balance back into your life as the summer winds down and fall creeps in, be sure to do it at The Talking Teacup. And remember, all events at The Talking Teacup are reservations required. Call today!

The Tea Room and Gift Shoppe are open Tuesday and Wednesday, 11 am - 4 pm (Lunch), Thursday, Friday and Saturday, 9am - 4pm (Breakfast 9-11, Lunch 11-4) and Sunday, 11 am - 4pm (Lunch). We are closed on Mondays. Additionally, we can accommodate private parties both during our normal hours of operation and outside of our normal hours of operations.

The Talking Teacup
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The Healthy American Burger Cookout

from Doylestown Hospital, Go to www.dh.org

DOYLESTOWN--Everybody loves juicy, summertime burgers hot off the grill, but most people think you can't eat burgers and eat healthy. With lean meat, creative seasonings and grilling secrets, everybody can enjoy succulent burgers without the high fat.

This month on the Doylestown Hospital website, find healthy, lower fat recipes for satisfying burgers such as the mushroom-stuffed Grilled Turkey Burger and the beefy Hot Spicy Burger. The new Burger Cookout Recipes at www.dh.org round out your backyard party with healthy creamy potato salad, colorful slaws, and easy, refreshing desserts.

In August's featured **Health eCooking®** video on www.dh.org, Chef Lucas Manteca shows you how to make a moist Grilled Turkey Burger that is so packed with flavor, you'll never miss the beef.

Grilled Turkey Burger Recipe

Heart Healthy • Diabetic

- 1 Tbsp olive oil
- 4 cups white button mushrooms, sliced
- 1 onion, chopped
- 3 large garlic cloves, peeled and minced
- 1 small tomato, chopped
- 2 slices white bread, cut into cubes
- 2 eggs
- 2 Tbsp fresh basil leaves, chopped
- 2 Tbsp fresh flat-leaf parsley, chopped
- 2 lbs lean ground turkey breast
- 2 Tbsp fresh lemon juice
- 1/8 tsp salt
- fresh black pepper
- 8 slices reduced fat Swiss cheese (1 oz each)

In a large saucepan, heat oil over medium heat until hot. Add mushrooms and cook, about 5 minutes, or until browned. Add onion,

garlic, tomato and bread cubes, and cook until onion is softened, about 10 minutes. Chill, covered, until completely cooled.

In a small bowl, mix together eggs, basil and parsley, and whisk until beaten well. In a large bowl, combine turkey, mushroom mixture, egg mixture, lemon juice, salt and black pepper (to taste), and stir well. Form 8 patties and chill, covered, for 30 minutes.

Coat grill rack with cooking spray and preheat. Grill burgers for 6 minutes with grill lid open. Turn burgers, add cheese to each burger, and grill, 6 minutes more with grill lid closed, or until meat is no longer pink. Serve on multi-grain rolls with sliced lettuce, tomato, and red onion for garnish, if desired.

Yield: 8 servings. **Nutrition Facts (per burger):** Calories: 410; Fat: 6g; Saturated Fat: 2g; Cholesterol: 127mg; Sodium: 537mg; Carbohydrates: 38g; Fiber: 2g; Protein: 45g

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