

PARTY GUIDE

FOR HOST & GUESTS



An initiative of Cancer Schmancer

“

A THOUSAND
MILE JOURNEY
BEGINS WITH
A SINGLE STEP,
SO JUST START
ALREADY.

”



FRAN'S STORY

12 Years Healthy

Hi Doll, I'm Fran Drescher, the actress. You may remember me from "The Nanny," or my last sitcom on TV Land, "Happily Divorced." But, did you know that I am also a cancer survivor? It took me eight doctors and two years to get a proper diagnosis of uterine cancer. Honey, I go in the stirrups more times than Roy Rogers! I was put on four different forms of HRT (hormone replacement therapy) for a perimenopause condition I didn't have when all the while I had uterine cancer. Doctor number one thought I was too young for the endometrial biopsy, and do you think I even questioned what that test would prove or disprove? Nope! I was happy just being too young for anything! But two years later, with escalating symptoms, it was indeed that very test which ultimately diagnosed me. And by the grace of God I was still in stage one and a radical hysterectomy was my cure. Now, that's a difficult operation for any woman, but for one who had never had children, like myself, it's a particularly bitter pill to swallow. I felt betrayed by the medical community as well as by my own body. But eventually my better sense took over and I realized it was time to turn lemons into lemonade!

So I wrote what eventually became the New York Times best-seller "Cancer Schmancer," because I didn't want what happened to me to happen to other people. What I quickly learned while on my book tour and lecture circuit, was that what happened to me had happened to millions of Americans by means of misdiagnosis, and for many, late stage cancer diagnosis as a consequence. It was then I realized, the book was not the end, but only the beginning of what has now become my life mission and by 2007, the "Cancer Schmancer Movement" was born. "Cancer Schmancer" means that cancer is not the boss of me!

Remember:

Education "Knowledge is power!"

Stage One Diagnosis "If you catch it on arrival 95% survival"

Lifestyle Prevention "90% of most cancers are environmental"

Policy Change "Support laws that help Americans lead healthier lives"

Now I know how frustrating it is to think about all the toxic pollutants around us each and every day that we can't control, but guess what is a toxic environment that we spend the most time in that we can control...? Our homes! By learning how to "check" labels, "choose" toxic free products when shopping, and "change" our buying habits, we can REDUCE our risk of cancer. In doing so we are also sending a loud message to manufacturers to shape up or ship out! So start being proactive, exercise good ol' fashioned American consumerism by making healthier product choices for what you put "in" your mouth, "on" your skin (the largest organ of your body), and "around" your home (cleaning, gardening, pesticides, herbicides, and chemically treated fabrics and upholstery). A thousand mile journey begins with a single step, so just start already. There is no downside to trying a healthier alternative to your regular brands each time you shop. It is empowering and can be a fun project that engages the whole family.

Lock elbows with me, and Detox Your Home now! Take the **Check, Choose & Change Challenge!** Good Luck & Good Health to you & yours!



DETOX YOUR
HOME WITH US

KNOW YOUR FACTS

DETOX YOUR LIFE AND HAVE FUN DOING IT! REDUCE YOUR RISK OF CANCER.

DID YOU KNOW

that a carcinogen is any kind of substance or agent that causes cancer?

DID YOU KNOW

90% of cancer is environmental and lifestyle related? And it turns out our home is the most toxic place where we spend most of our time! We may not have control over a lot of things, but we do control what we bring into our homes and gardens!

Carcinogens are in the foods we eat, in the beauty and hygiene products we put on our skin, and around us with the cleaning and gardening products we use. And as they say, knowledge is POWER, so, knowing how to make better choices about the products we use and purchase can make a huge difference for ourselves and for our families.

IN: What are you eating and breathing?

ON: What personal care items are you putting on your skin (The largest organ of the body!)?

AROUND: What are you cleaning the house with? What are you using in your garden or on your lawn?



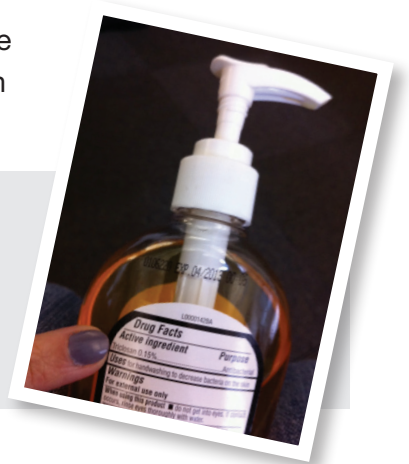
So join us in sounding the alarm by hosting a Detox Your Home party for your family and friends. You have the right to a healthier, less toxic life and so do they!

Here are just some quick facts to consider :

- 1 of 3 women and 1 of 2 men in the United States will get cancer in their lifetime.
- Babies are born pre-polluted with nearly 300 chemicals found in umbilical cord blood.
- Pesticides are detected in 7 out of 10 fruit and vegetable samples tested.
- Your skin, the body's largest organ, is extremely permeable; therefore chemicals that contact skin are readily absorbed directly into the bloodstream.
- 62 toxic chemicals are found in the average home.
- Toxic chemicals in household cleaners are three times more likely to cause cancer than the outdoor air you breathe.
- The average level of bromine-based fire retardant in American women's breast milk is 75 times higher than the European average.

LEARN ABOUT THE **CHECK, CHOOSE & CHANGE** CHALLENGE

Take the **Check, Choose & Change Challenge** and take one small step every day. The first step to making any change is becoming aware. Become aware of what you are putting IN, ON & AROUND you. Here's what you can do daily when making a commitment to live a healthier life:



1

CHECK the labels on the products that you use.

TIPS:

- Become familiar with the ingredients, especially those that are toxic.
- Go to www.cancerschmancer.org/check to research your products.
- Make healthy choices whenever and wherever you can, one small step at a time.

2

CHOOSE options for change.

TIPS:

- When you research your products on cancerschmancer.org/check, you'll see product ratings that tell you more about your favorite products and help you choose a safer alternative if needed.
- To start, choose one product to change. What about a cleaning product?
- It can get expensive to replace everything at once so don't pressure yourselves – slow and steady wins the race! Choose a change that works for you.
- Get rid of harmful products by following instructions on the packaging or by contacting your local health department or waste disposal service to ask how to safely dispose of “hazardous waste” in your area.

3

CHANGE Once you have chosen what to change, it's time to make that change!

TIPS:

- If you have chosen to change your cleaning solutions, you may want to change to a product that is labeled friendly to the environment or make your own green cleaning product.
- The opportunities are endless, and the benefits are healthy habits for you and those you love.



**SOME SMALL STEPS
THAT YOU MIGHT
CHOOSE TO TAKE ARE:**

- Drink more spring water out of glass bottles
- Wash fresh fruit and eat organic
- Read labels on all of your products
- Use diluted vinegar in the rinse cycle
- Make your own cleaners (see the “Let's Make Something” section)

HOSTING YOUR DETOX YOUR HOME PARTY

You signed up to host a *Detox Your Home* party for your family and friends.

Thank you!

The purpose of Detox Your Home parties is to introduce people to small ways they can take steps toward living healthier lives.

We are so excited you are locking elbows with us in the national movement to identify and avoid toxic products in all areas of your life.

In this guide, you will find important information, suggested timing and instructions for your party. Don't worry – they're just suggestions! You don't have to memorize all the information, use all the discussion questions, or feel crunched for time. Just

make sure you're familiar with the information and activities before your party. Use the guide to help you personalize your party.

Most of all, remember this party is about having fun, feeling empowered and being motivated for healthy living!





HOST TIPS

PLANNING YOUR PARTY

- Think about putting together a group of people who are interested in learning about living a healthier life and how to change.
- Think about a group of people who can help support one another in their efforts to make change.
- Think about your friends who would be interested in the information provided during a Detox Your Home party.



HOSTING YOUR PARTY



- Remember that your goal is to initiate conversation with your guests so that they start to become more educated consumers. You aren't going to Detox Your Home in a day, but you'll help yourself and your guests take their first steps toward a healthier lifestyle!
- Add your own creativity, questions and experience to the core outline of the day.
- It's easier to chat if you are sitting in a circle. It's fun to make new friends so feel free to mix it up! If you invite people who don't already know each other, you could make simple name tags out of Post-it® Notes.
- There's no set time frame for how long your party should be, but we suggest two hours. So, as a host, give yourself enough time to share and learn.
- Finally, be comfortable and relax — the idea of the party is to have fun while learning at your own pace.

PARTY PREPARATION

1 THINGS YOU NEED:

- Name tags for you and your guests (you can use Post-it® Notes or something else around the house)
- Gift bags for your guests
- Markers
- 10 “I Detox My Home for _____” signs
- Camera or smart phone
- Healthy snacks for guests (for recipe suggestions, check out those at the end of this party guide)
- Computer or television to view Fran’s welcome video (found online at: www.cancerschmancer.org/yourparty) and an internet connection to visit: www.trashcancer.org/check where you can check your products
- Soft ball or something else soft to toss
- Ingredients for the “Let’s Make Something” activity
- 10 BPA-free spray bottles, glass bottles or glass jars, or ask each guest to bring their own



2 THE SPACE:

- Comfortable places to sit
- A place to make your cleaner for the “Let’s Make Something” activity

3 THINGS TO DO:

- Get familiar with www.cancerschmancer.org, including the product database (www.cancerschmancer.org/check)
- Prepare healthy snacks
- Make name tags for your guests
- Ask a pal to help you with your party so you have an extra set of hands
- Make gift bags for guests using the products received in your party kit (If you don’t have a kit, that’s okay! You can either choose to not give gift bags or give some healthy products to your guests.)



PARTY DAY AGENDA

- ① GUEST ARRIVAL
- ② CIRCLE UP AND SHARE
- ③ ONE DEGREE OF CANCER
- ④ PARTY PURPOSE
- ⑤ VIDEO TIME
- ⑥ LET'S GET EDUCATED
- ⑦ LET'S MAKE SOMETHING
- ⑧ CLOSING ACTIVITY
- ⑨ THE CHECK, CHOOSE & CHANGE CHALLENGE
- ⑩ COMMITTING TO CHANGE
- ⑪ THANK YOU FOR DETOXING YOUR HOME

PARTY DAY

1. GUEST ARRIVAL

As your guests arrive:

- Greet your guests.
- Ask each one to fill out their "I Detox My Home for _____" sign.
- Snap a photo of each guest with their sign.
- Share some healthy snacks!
- Gather everyone around in a circle to talk. As the host, your role will be to make sure that people talk, feel included, and also listen to each other.

2. CIRCLE UP AND SHARE

Begin with an **icebreaker question** to get your guests comfortable and familiar with each other. Use one of the following or make up your own, based on who your guests are!



Host says: What is your biggest guilty pleasure?

– or –

What is one thing about you that nobody in the room knows?



3. ONE DEGREE OF CANCER



Host says: We have all been affected by cancer.

Who is your one degree of cancer?



Share your own story and ask everyone to go around in a circle and share their story.

4. PARTY PURPOSE



Host says: Did you know that 1 in 3 women and 1 in 2 men will be diagnosed with cancer in their lifetime? All of us are affected by cancer. I was amazed to learn that 5%-10% is hereditary. So where is the other 90% coming from?

Listen to some of these facts:

Did you know babies are born pre-polluted with 300 chemicals found in umbilical cord blood?

Did you know that current legislation does not protect us from the 80,000+ chemicals on the market, most of which are unregulated, understudied and often not disclosed in product packaging?

The reason I hosted this party is to learn about what is IN, ON & AROUND us and how we become educated consumers and **Check, Choose & Change** what we use.



FACT:

In the U.S.

1 in 3

WOMEN

and **1 in 2**

men will

be diagnosed

with cancer in

their lifetime.

PARTY DAY

5. VIDEO TIME!

“**Host says:** Fran Drescher, The Nanny, is a uterine cancer survivor. She has a very special message for you.”

Head over to www.cancerschmancer.org/yourparty to watch Fran’s welcome video “Detox Your Home with Fran Drescher”.



6. LET’S GET EDUCATED!

“**Host says:** Ok, let’s talk about some of our habits.

Who here reads food labels for the foods you put in you?

Who here knows how cosmetics and hair dyes are made or other products you put on you?

Who here checks ingredients in cleaning products you have around you?

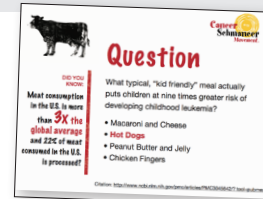
We need to take action and become educated on behalf of our families and ourselves and know what’s IN, ON & AROUND us and how we **Check, Choose & Change**. We can start by taking small steps to a healthier life.”

Detox Your Home Trivia:

“**Host says:** We will now play Detox Your Home Trivia and each person will have a card.”

Hand each of your guests one Detox Your Home card.

Have each guest read the question on their card, ask for answers, and read the explanations and suggestions out loud.



Detox Your Home Tutor at www.cancerschmancer.org/check

You might notice that many of your guests are puzzled, frustrated, or even concerned, but don’t worry, here is your chance to help. You are not a scientist and not expected to have the answers - so visit the site for your new best friend!

“**Host says:** Don’t worry your new best friend is here!”

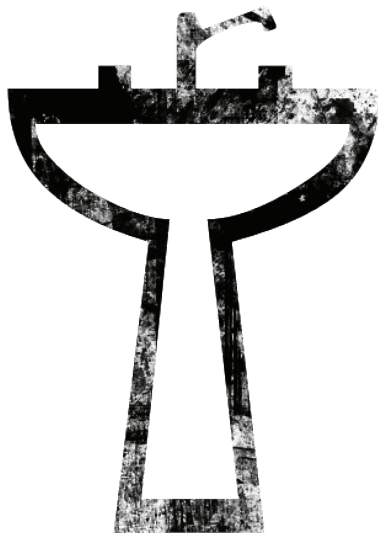
Instructions:

1. Go to www.cancerschmancer.org/check and type in the name of a product to search.
2. A health rating will be displayed.
3. Click on the product and a more detailed analysis will appear telling you the ingredients in the product and the level of concern for those known or suspected of causing harm.

7. LET'S MAKE SOMETHING

Host says: Do you remember what your grandparents used to clean with when times were simpler? We are going to make something similar that is a healthy alternative to many commercial cleaning products.

Ask one of your guests to help you with this activity by reading the instructions.



Homemade CLEANER

(WITH A LITTLE SCRUBBING POWER!)

Time to make: 10 minutes

Cost: Under \$4

Note: When baking soda and vinegar combine, they create a fizzy reaction. Do NOT shake the bottles in which the mixture is combined. Always test in an inconspicuous area. Do not use on marble. Never mix vinegar with bleach.

WHAT YOU NEED: (Recipe for 10, Total: 148 ounces)

Measuring cup

Large bowl & spoon for mixing

17 cups water (136 ounces)

1 cup vinegar (8 ounces)

½ cup baking soda (4 ounces)

10 14-oz. plastic BPA-free spray bottles, glass bottles or jars

DIRECTIONS:

Mix ingredients in a large bowl then transfer into the bottles. Now you are ready to clean!

Note: The smell of vinegar disappears when dry.

SUGGESTED USES:

Clean countertops
Clean bathrooms (avoid marble)
Clean floors

8. CLOSING ACTIVITY

FUN FACT BALL TOSS

Host says: We have heard a lot of information today. We have one more activity.

Instructions:

1. Ask your guests to stand in a circle.

Note: If you don't have a ball you can use a pillow or something that can be easily tossed around in a circle.

As the host you will begin.

2. Call out a guest's name and ask "What was the most interesting or surprising fact you learned today?"

3. After that guest answers, it's their turn to toss the ball to another guest and ask the same question.

4. Keep the ball toss going for 10 minutes or until every guest gets to share their biggest takeaway.

PARTY DAY

Share the Check, Choose & Change Challenge with your guests

9. THE CHECK, CHOOSE & CHANGE CHALLENGE



Host says: I challenge you to take the **Check, Choose & Change Challenge** and take one small step every day. The first step to making any change is becoming aware. Become aware of what you are putting IN, ON & AROUND you. Here's what you can do daily when making a commitment to live a healthier life:



CHECK the labels on the products that you use.

TIPS:

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CHANGE Once you have chosen what to change, it's time to make that change!

TIPS:

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SOME SMALL STEPS THAT YOU MIGHT CHOOSE TO TAKE ARE:

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10. COMMITTING TO CHANGE

The last thing you'll do after the closing activity is to encourage your guests (and yourself) to make your commitment to change one small thing.

Hand out Detox Your Home Pocket Guides to your guests



Host says: The Pocket Guide is something you can carry with you as you shop. It has tips and a commitment card. The purpose of the commitment card is to support a jump-start for habits of health and wellness. Fill in your commitment card with one small step you want to take. Carry your card with you to remind you what you have chosen to do. You may choose to pick a buddy to check in with and help support the commitment made on your card.



11. THANK YOU FOR DETOXYING YOUR HOME!!!

1. Thank your guests for coming and make sure they have their commitment cards.
2. Invite them to return to www.cancerschmancer.org in the future.
3. As they leave, be sure to invite your guests to record their personal commitment to wellness on Facebook (www.facebook.com/CancerSchmancer) and Twitter (www.twitter.com/CancerSchmancer). You never know when Fran may reach out to talk about what commitment you made.
4. Suggest that your guests do all these things as well as host their own Detox Your Home parties in the future.
5. Remind your guests they have heard and discussed some surprising problems and some equally surprising solutions, and to keep their commitment cards in hand. Remember that if we don't take care of ourselves, we can't take care of those we love.
6. Party guests may be making a change because of something they heard today, or perhaps the change is one that they have intended to do for a long time.
7. The big thing is to choose to change behavior to choose to be healthier. And part of that health starts with daily commitments to yourself and encouraging that change in others.

SMALL CHANGES

SOME TIPS FROM FRAN

Doll, nobody's perfect and we're all learning together. I'm still working on making healthy changes every day! I know that once you wake up and smell the coffee, it's hard to go back to sleep, but even the smallest step is a step in the right direction.
I love expressions and here are some of my favorites:

“A journey of a thousand miles begins with a single step.”

– Chinese philosopher, Lao-Tzu

“Slow and steady wins the race.”

– Aesop's Fables

So, know that by making even the smallest changes to eliminate toxins IN, ON & AROUND you, you're on the right track for a healthier life!

Here are some quick, small changes that can make a big difference immediately:

- Dry clean less often.
- Open the windows and doors for ventilation when you are cleaning.
- Use gloves when you clean.
- Try natural alternatives such as vinegar and baking soda to clean.
- Be educated about what “organic” and “certified” labels mean.
- Try olive oil, vinegar and lemon to polish wood furniture.
- Follow the directions for dilution on cleaning and laundry products.
- If replacing all your cleaning supplies at once is too much, pick one product.
- Visit a farmers' market and try locally grown produce.

The tricky part of starting any behavior change is the conditioning for that change. How do you keep on keeping on?

Just join me in sounding the alarm – the jig is up!
So keep on sustaining your own healthy behaviors and encouraging those of others!



HELPFUL HINTS FOR CHANGING HABITS

**One tried and true way to succeed is to make sure that your initial commitment is measurable and manageable.
In other words: Start small.**

Finding a partner, a guide or a buddy can also make a huge difference. You don't have to do it alone. Maybe someone you met at the party is a perfect change partner for you. Or maybe it's a neighbor or college friend. Ask for help. Sometimes when your own self-talk is defeating, a "buddy" is just what you need.

Here are some helpful hints for changing habits:

1. Start small.
2. Write down your plan.
3. Identify your triggers and replacement habits.
4. Identify a start date and start.
5. Focus on doing the replacement habits every single time the triggers happen, for about 30 days.
6. Reward yourself.

Daily commitments in incremental steps, ongoing support and encouragement and the building of an intergenerational team will make a huge difference.



Habit is habit, and not to be flung out of the window by any man, but coaxed downstairs a step at a time.



- Mark Twain

25 WAYS TO USE BAKING SODA TO CLEAN

IN THE KITCHEN:

1. A box or small bowl of baking soda in the refrigerator, freezer, or any cupboard will keep away unpleasant odors.
2. Similarly, baking soda will keep away garbage odors; sprinkle the bottom of the pail, and then sprinkle again after you put a new bag in.
3. Grease fires can be put out by sprinkling them with baking soda.
4. To clean surfaces, sprinkle baking soda on a damp cloth. Wipe, then rinse with clean water.
5. To remove stale smells from food containers, rinse out with hot water and baking soda. If the smell persists, let the container soak overnight in the baking soda and water mixture.
6. To clean silver, use a paste of 3 parts baking soda to 1 part water. Rub the paste onto each item, then rinse with warm water and dry with a soft cloth.
7. To remove scuff marks or grease spills from the floor, sprinkle with baking soda and then wipe with a warm, damp cloth. This is even safe for no-wax floors.
8. For burnt-on food in the bottom of pots, sprinkle with baking soda, then add hot water. Let soak overnight; the dried food will come loose much more easily.

ALL AROUND THE HOUSE:

9. To remove scents from a carpet, sprinkle with baking soda. Let stand for at least 15 minutes, then vacuum. Repeat as needed.
10. If there is a smoker in the house, put baking soda in the bottom of each ashtray to keep away some of the stale smoke smell.
11. Baking soda in the litter box will help prevent odors.
12. To quickly clean pets and remove “wet dog” odor, sprinkle with baking soda and brush out their fur.
13. To help remove spills, blot as much as possible. Then clean as you normally would. When finished, sprinkle with baking soda. Vacuum. This will decrease the chance that some of the spilled item will remain in the carpet and cause unpleasant odors later.

25 WAYS TO USE BAKING SODA TO CLEAN

IN THE BATHROOM:

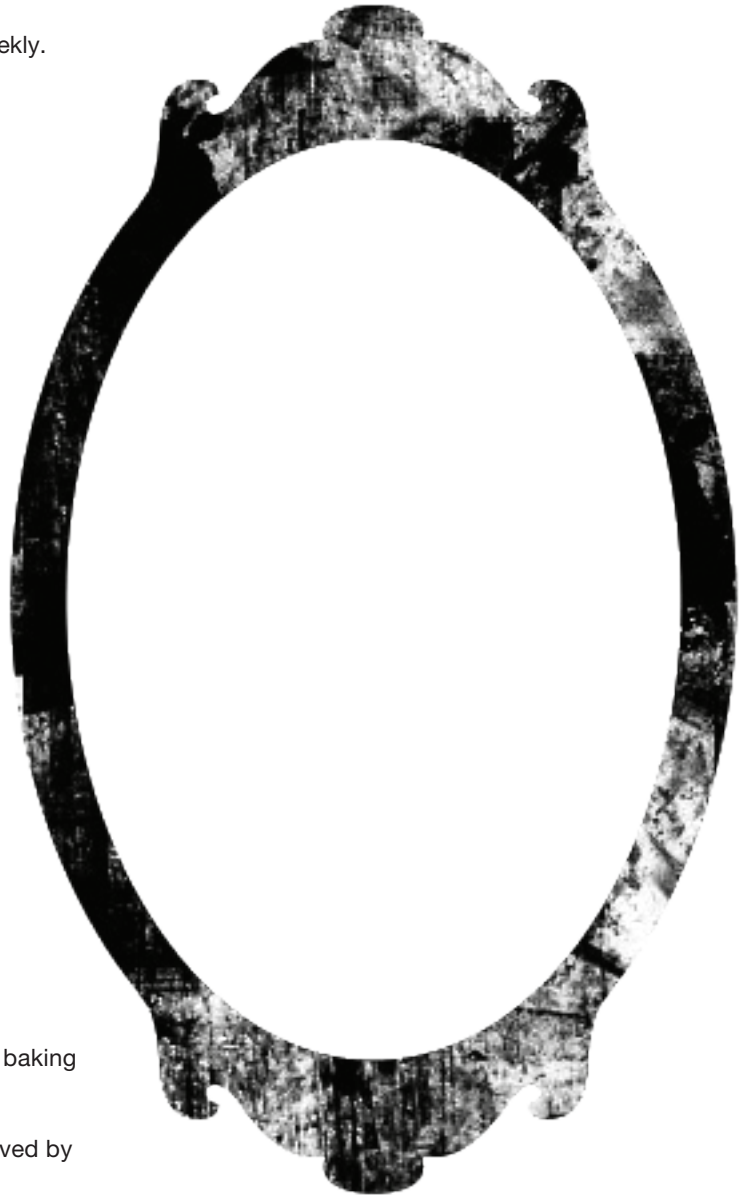
14. To remove stubborn stains from most surfaces, use a baking soda paste (3 parts baking soda, 1 part water). Apply, let stand, then scrub or wipe clean.
15. Hairbrushes and combs can be cleaned in a baking soda solution.
16. To avoid clogged drains, pour $\frac{1}{4}$ cup baking soda down weekly. Rinse through with hot water.

IN THE LAUNDRY:

17. Replace half of each measure of laundry detergent with baking soda to keep cleaning fresh.
18. To remove grease stains, either add baking soda to the wash load or pre-treat the stains with a baking soda paste.
19. Pre-treat diapers in their pail with baking soda. This will keep odors from becoming overpowering between washings.
20. If you keep a laundry hamper, add some baking soda every day to keep the hamper from smelling between emptying.

OUTSIDE IN THE YARD AND GARAGE:

21. Baking soda can be used to help clean up grease spills.
22. To remove burnt food from the grill, sprinkle with baking soda, then soak. After several hours, the charred pieces will come loose easily.
23. Lawn furniture can be easily cleaned with a rinse of $\frac{1}{4}$ cup baking soda and 1 quart warm water.
24. The children's pool can be cleaned and have mildew removed by washing with baking soda in warm water.
25. Before packing away your camping gear after a trip, sprinkle with baking soda.



FRAN'S RECIPES

Hi Doll,

I hope you enjoy some of my easy, healthy and yummy dishes. Rememba, always try to buy organic (who needs pesticides, right?). If you're on a low sodium diet, simply skip the salt! Eating HEALTHY is a HUGE step towards BEING HEALTHY!

Love,



Frantastic White Bean Hummus & Crudité:

This is a healthy high protein snack that is easy to make and is great for company or just to keep in the fridge. It's versatile and can be used as a dip, or on salads and sandwiches.

1 cup organic dried white beans cooked according to package instructions

¼ cup cold pressed organic extra virgin olive oil

Juice of one whole small lemon (or ½ large lemon)

Salt & pepper to taste (a pinch of each to start)

In a food processor or blender add the cooked, drained beans, lemon, salt, pepper and olive oil and blend until the consistency is a smooth, thick dip.

Taste and adjust ingredients to your liking. (If you like it thinner add more liquids!)

To Serve:

Put into a bowl surrounded with organic raw veggies.

Fran's preference is zucchini, cucumber, celery, carrots and jicama.

Healthy & Delicious Kale Soup:

2 quarts of organic vegetable broth

1 large bunch of black Tuscan kale leaves julienned

1 cup raw peas fresh or frozen

1 cup raw corn fresh or frozen

1 cooked cup quinoa, pearl barley or brown rice prepared to package instructions

Kosher or sea salt and fresh ground pepper to taste (a pinch of each to start)

Cook kale in veggie broth over medium heat for approx 20 minutes or until liquid turns green and kale is soft. Let cool to room temperature and then using a handheld blender lightly puréed directly in the pot until there are only small bits of the kale leaves visible. If you are using a traditional blender or food processor blend in batches then pour into a new soup pot.

Add corn and peas plus salt and fresh pepper to taste.

Put on low heat for 10 more minutes to soften raw vegetables. Then add the cooked grain of your choice into soup then stir and serve. It's a healthy soup that even kids will enjoy!

Can be served hot or cold.

Chicken Salad that's a whole meal in a bowl!

1 tablespoon of olive oil
1 heaping tablespoon of Dijon mustard
1 bag of organic greens (your preference)
¼ cup each raw peas, chopped raw carrots, zucchini and radish (or any chopped raw veggies you love; the sky is the limit!)

Cut chicken into medallions and smear pieces on all sides with mustard. Drizzle 1 tablespoon of olive oil onto baking dish and add chicken leaving space between each piece. Place in oven or toaster oven and broil for 10 minutes. Not necessary to turn. Remove and let stand a few minutes while assembling the other salad ingredients into individual bowls or onto a large platter.

Fran's House Dressing:

⅓ cup organic olive oil
Juice of ½ large lemon or whole small lemon
Heaping teaspoon of Dijon mustard
Salt and pepper

Whisk until well blended then spoon over salad. If there's any leftover dressing keep it in the fridge to use another time. (When reusing, if the oil solidifies from refrigeration, simply let it stand at room temperature until it warms up and then whisk it before pouring over your salad.)

Toss greens and vegetables with ½ the dressing and place in 2-4 bowls (depending on desired portion size). Then place warm chicken medallions over the tops of the salads and serve. If more dressing is desired, drizzle over everything.

Fabulous Fish Dinner in Minutes!

4 portions of thinly sliced wild salmon filets (can be replaced with any other fish of your liking not high in mercury or on an endangered list)
4 portions of Quinoa prepared to packaged directions (you can substitute organic veggie broth instead of water)
1 small onion
2 cloves of garlic
1 teaspoon of pre-mixed Cajun spices or lemon pepper (Gives the fish a little zing!)

Fish:

Put half the oil into a sauté pan with the finely chopped onion and 1 peeled garlic clove that is slightly smashed. While the onions are cooking on low to medium heat, pat dry the fish filets and lightly sprinkle with seasonings. When the onions are golden and soft, place the fish filets in the pan with space between each piece. At this point, if preferable, remove the garlic cloves. After 10 minutes turn the fish over to finish it to a nice golden color for about 5 more minutes. Then remove from flame, remove from pan and let it sit for another 10 minutes.

You can always cook it more but ya can't uncook it!

Quinoa:

In a separate pot begin cooking the quinoa by the instructions on the package. You can replace water with organic vegetable or chicken broth for a kick more flavor. That's what Fran does!

Chopped Rapini:

In the same skillet that you cooked the fish in, add remaining olive oil, the other peeled and smashed garlic clove, salt and pepper. Heat up olive oil and add chopped rapini. Sauté over medium heat until tender. When it is the desired texture remove from heat and serve. (Once in a serving bowl or individual plate a small amount of olive oil can be drizzled over the top).

Mint Sauce:

In a blender or food processor whirl together the leaves of fresh mint (no stalks), olive oil, lemon, salt and pepper. After a few seconds it should be blended properly to become an oil based sauce that should be served room temperature over your fish and veggies.

To plate this dish Fran recommends placing fish and onions on a bed of quinoa with the mint pesto drizzled across the top and your nice green veggies on the side. Offer some extra mint sauce to your guests in a separate bowl with a small ladle. A lovely way to garnish this plate is a leafy stalk of mint placed on top of the fish.

1 bunch chopped rapini (or any green leafy vegetable such as spinach or broccolini)

¼ cup of olive oil or sometimes more as needed

Salt and pepper to taste (a pinch of each to start)

Mint Sauce:

1 cup of fresh mint leaves

½ cup of olive oil (for mint pesto)

Juice of one whole small lemon

Salt and pepper to taste (a pinch of each to start)

An initiative of:

