

YOUR FAVORITE HUNGRY TECH MAGAZINE

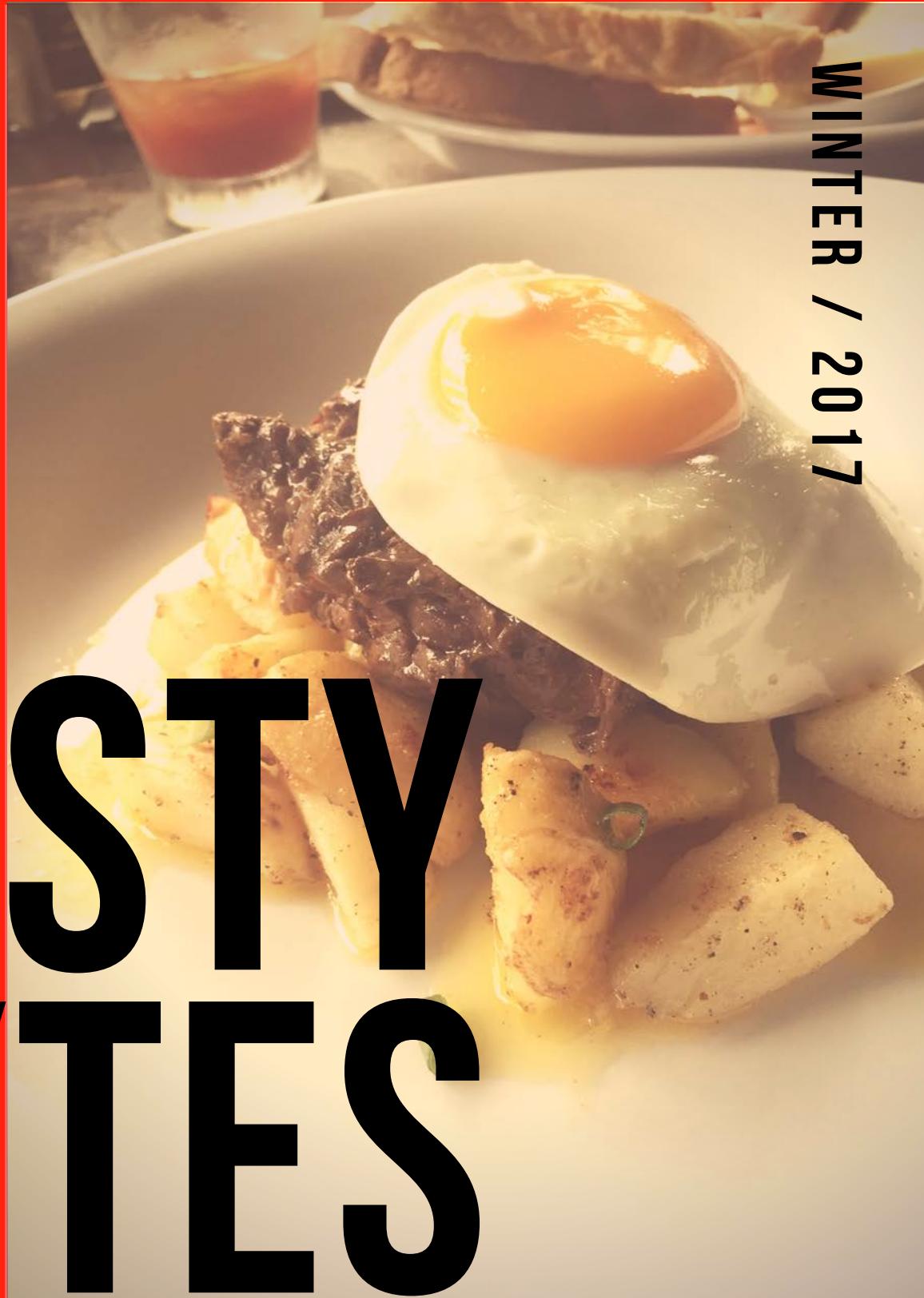


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WINTER / 2017

# TASTY BYTES

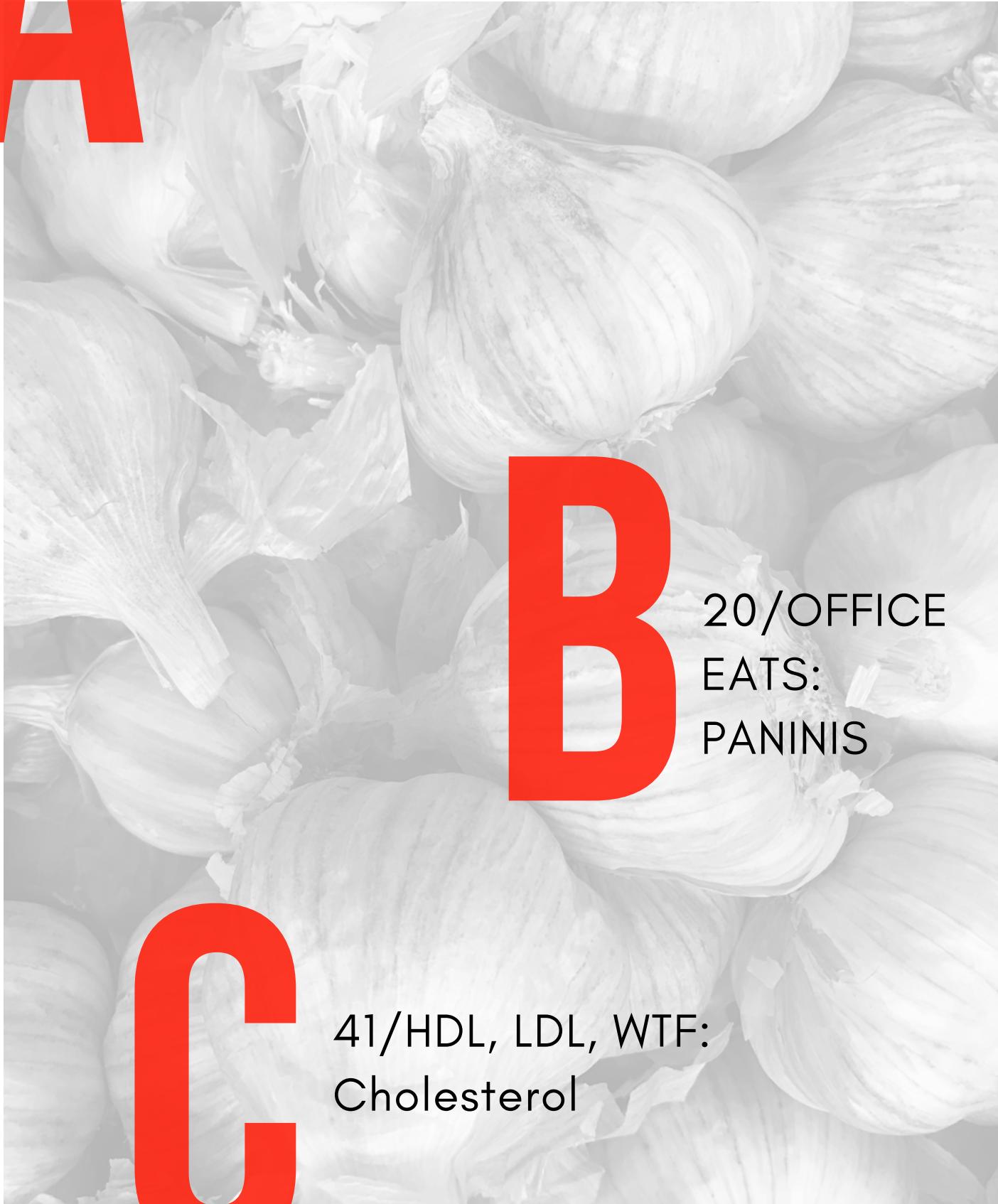
4 NERDS  
THAT  
NIBBLE



BITCOINS BITES  
OFFICE EATS: PANINIS  
HDL, LDL, WTF: CHOLESTEROL

# A

9/BITCOINS  
BITES



# B

20/OFFICE  
EATS:  
PANINIS

# C

41/HDL, LDL, WTF:  
Cholesterol



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# DATA MINING MENUS

WE ASKED SOME OF THE HUNGRiest HACKERS  
—  
WHAT ARE YOU EATING NOW?

MAIK SCHROEDER,  
PROGRAMMATIC  
OPERATIONS ANALYST,  
BERLIN, GERMANY

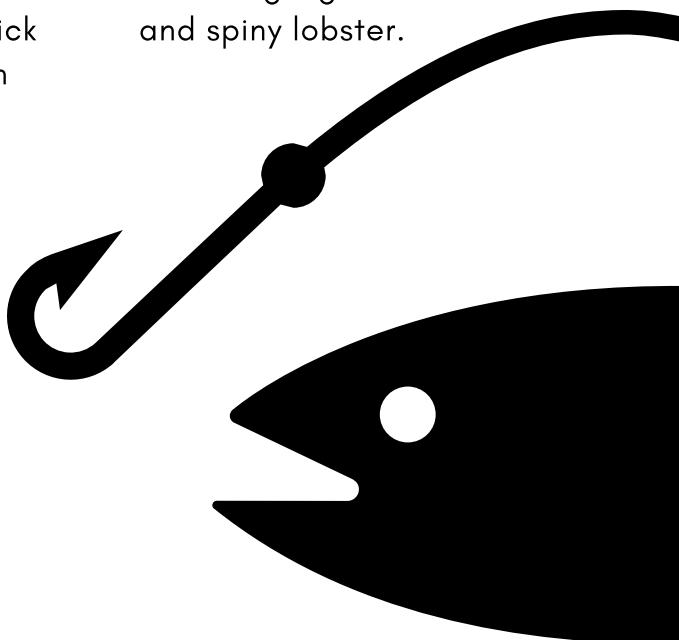
'Tis the season to be warm, inside and out. I'm snacking on delicious bone broth from Bonafide Broth. The broth is cooked for hours and after one sip, warmth blooms from the bones. This gives me the energy I need to review complex datasets.

ZOE KIRILLOVA,  
BACKEND DEVELOPER,  
MOSCOW, RUSSIA

I'm originally from Siberia and miss home around the holiday, so I munch on Pelmeni. It's thin dough filled with meat and mushrooms. It is the perfect food for when you're looking for a quick snack because you can just keep it frozen and heat it up when you're hungry.

NEHA JERDE,  
PLATFORM ENGINEER,  
SINGAPORE

In Singapore, it doesn't really get cold like New York City or San Francisco, so my holiday foods are a little different. I'm having a modern Cantonese menu which highlights fresh fish and spiny lobster.





Gobble Pop, Thanksgiving gaming for good, where you get to load and explode your family in challenging levels. Want to keep the game going?

Extra lives help provide turkey for families in-need.



# NUKED NUTS

01



02



03



By Ansley Lauren Hill, RDN, LD

Winter is classically the time of year when the most sensible snack option at the office is something vaguely pumpkin or gingerbread flavored, usually covered in some kind of frosted nonsense, and you're thinking to yourself, "Thanks for bringing the cookies, Becky. But, really, I've got to be able to fit into these pants until the snow has melted."

Fear not! Your attempt to level up your snack game doesn't mean you're stuck cuddling the vending machine in search of the "health" bar with the least cardboard aftertaste. This year, get downright cozy with some toasted nuts—in your microwave. This upgrade isn't quite Deku Nut status, but it's pretty close.

The great thing about these easy toasted nuts is that the flavors are effortlessly customizable according to your tastes and cravings, and they utilize basic ingredients that you might already have in your break room or on your coffee cart. Not to mention you'll be getting a dose of healthy fats, protein, and fiber to keep your mind sharp until the end of the day—goodbye, holidaze!

## ASIAN-FUSION ALMONDS

Ingredients:

- 1 tsp. soy sauce
- 1 tsp. cooking oil
- ½ tsp. ponzu sauce
- ⅓ cup almonds
- Crushed red pepper flakes
- Nutritional yeast

Directions:

Mix the oil, soy sauce, ponzu sauce, and red pepper flakes together in a microwave-safe bowl. Add the almonds to the bowl and coat with the sauce. Microwave on high for 1½ – 2 minutes, stirring every 30 seconds. Remove the nuts from the microwave and sprinkle nutritional yeast on them while they're still hot. Allow them to cool completely before enjoying.

## SUGAR 'N SPICE PECANS

Ingredients:

- ½ tsp. cinnamon
- ½ tsp. chili powder
- 1 tsp. honey
- 1 tsp. cooking oil
- ⅓ cup pecans
- Salt, sugar and cocoa powder to taste

Directions:

Mix the oil, honey, cinnamon, and chili powder together in a microwave-safe bowl. Add the pecans to the sauce and coat. Microwave on high for 1½ – 2 minutes, stirring every 30 seconds. Remove the nuts from the microwave and sprinkle salt, sugar, and cocoa powder on them while they're still hot. Allow them to cool completely before enjoying.





## HOT HONEY MUSTARD CASHEWS

### Ingredients:

- 1 tsp. mustard
- 1 tsp. cooking oil
- ½ tsp. hot sauce
- ½ tsp. honey or brown sugar
- Nutritional Yeast (optional)

### Directions:

Mix the oil, mustard, hot sauce, and honey together in a microwave-safe bowl. Add the cashews to the bowl and coat in the sauce. Microwave on high for 1½ – 2 minutes, stirring every 30 seconds. Remove the nuts from the microwave and sprinkle nutritional yeast on them while they're still hot. Allow them to cool completely before enjoying.

\*Note: Cook times may vary according to microwave.

# BITCOIN

BY GEORGIA JOHNSON

Silicon Valley boasts some of the most technologically innovative clientele and companies in the world, and when it comes to paying for meals, it's no different.

The Bay Area is home to the highest amount of cryptocurrency users and acceptors—from BitCoin (BTC) to the Whopper Coin—that are direct peer-to-peer transactions, no banks involved. They also change in value, similar to a stock, and don't carry a fixed monetary weight.

Users have an electronic wallet to store BTC or other e-currencies.



"I believe in BTC, and we are in the heart of the tech world with lots of tech people as our customers," says Ariel Ford, owner of the bay area's Easy-Breezy Frozen yogurt shops. "Customers appreciate it from both a philosophical and a practical standpoint."

In order to receive e-currency payments, a merchant needs a point-of-sale software (POS) that supports it. Basically, these POS apps generate a unique QR code for the merchant's digital wallet.

# BITES

*If a customer wants to pay with BTC or another e-currency, they scan the QR code, confirm their payment and are on their way.*

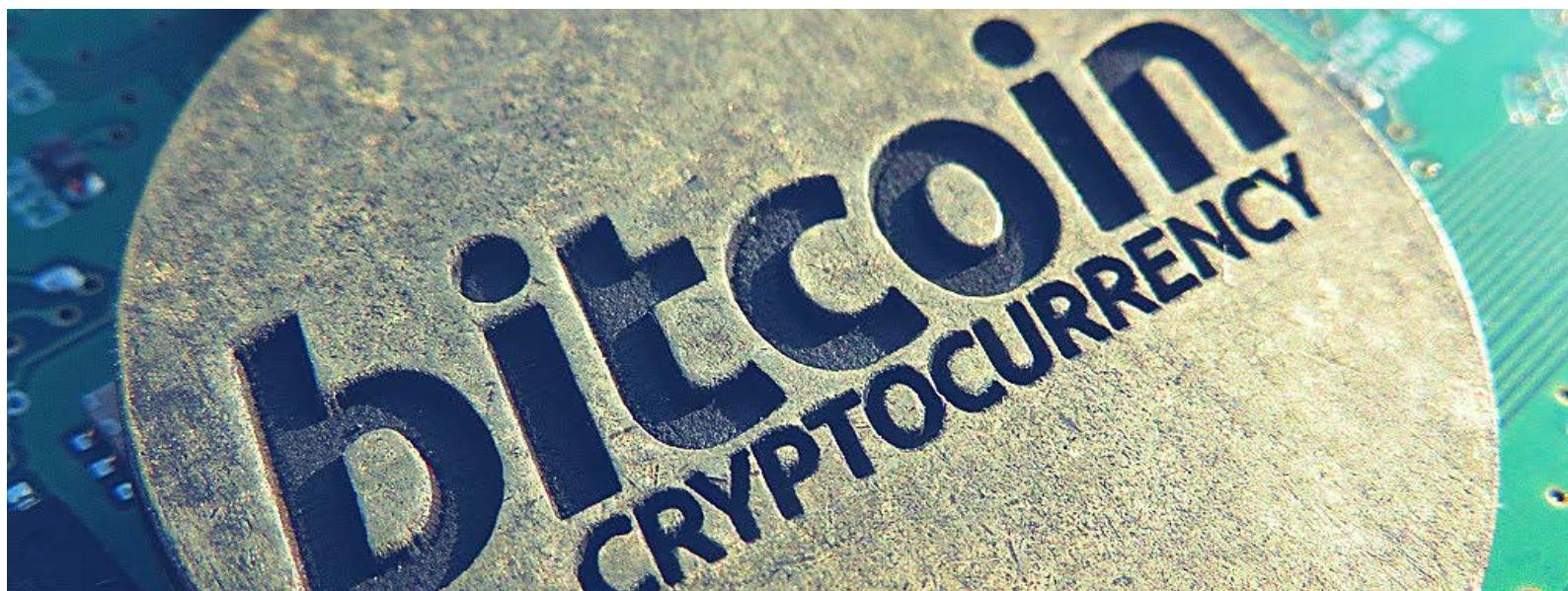
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Vendors like using these because of the significantly lower third-party transaction fees and the transactions process in a matter of minutes or hours, not days. But because these cryptocurrencies are relatively new and experimental many vendors, even those in Silicon Valley, are struggling to keep up.

Though many acknowledge the future of digital currency, few understand how to both implement it and benefit from it. Currently, only a handful of vendors accept it in more rural states like Iowa and Nevada, but, in California, more specifically, Silicon Valley, cryptocurrencies are on the rise.

For companies like Coupa Cafe, a Silicon Valley Venezuelan restaurant chain, accepting e-currencies has been advantageous, though they only process about two or three transactions weekly. The draw isn't the economic incentive, but rather to be ahead of the tech curve and provide a service some appreciate.

"Customers are excited that we offer it, as most cafes and restaurants don't," says Coupa Cafe owner Camelia Coupal.





The entire concept of digital currency is still somewhat experimental, and, in some ways, it is too far ahead of its time. Many places that accept cryptocurrencies aren't exactly financially benefitting off it.

Of the six food vendors I spoke with, four of them have halted their use of e-currencies because of lack of support from the required payment processing apps or a lack of understanding of how to manage transactions.

"We stopped accepting BTC because the service provider stopped offering this service to merchants such as ourselves; they are focused on much larger customers," Ford says. "We process \$5-\$20 transactions and it didn't make sense for them."

She noted that supporting smaller vendors is only profitable if there are a lot of them.

Since cryptocurrency adoption isn't growing exponentially, larger payment processors generally only support those who are processing larger transactions.

"It wasn't hugely popular, and I don't think we lost any business when it went away,"

Ford adds, "But I would love to accept it again if there was any way for us to do so.

Do you have any suggestions?"

Several other vendors also asked if I had any tips or ideas, to which I responded that, like them, I was at a loss. There's no doubt that e-currencies will become increasingly popular as adoption continues to rise, and that they may even be the future of business, but for now tangibility and familiarity are preferable.

## PUMPKIN COCONUT CURRY SOUP

Winter weather has a way of making us feel under the weather. Feeding your body with immune-boosting nutrients can help. The pumpkin in this recipe is high in both vitamins A and C, which help your body fight infections. The turmeric in curry adds flavor and is a powerful anti-inflammatory. Quick, healthy, and delicious!

### Ingredients:

24-32 oz. vegetable broth

(depending on desired consistency)

1 can coconut milk

2 cans pumpkin puree

2 Tbsp. red curry paste

Sea salt

Toppings: cilantro, red pepper flakes, lime juice

### Directions:

Cook the curry paste in a large saucepan over medium heat for 1 minute. Add broth and pumpkin, cooking until mixture is bubbling. Add the coconut milk and cook for 3 more minutes. Season with sea salt to taste. Top with cilantro, red pepper flakes, and lime juice if desired.

# Immune Boosting Broths

BY JESSEE PORTER, MS, PA-C



# White Chicken Chili with Kale

NOTHING SAYS COMFORT MORE THAN A WARM BOWL OF CHILI ON A COLD NIGHT. AS A BONUS, SOUPS ACT AS DECONGESTANTS AND KEEP US HYDRATED. THIS RECIPE CONTAINS AMPLE AMOUNTS OF GARLIC, AS WELL AS MUSHROOMS, TURMERIC, AND KALE THAT HAVE POWERFUL IMMUNE-BOOSTING PROPERTIES. SECONDS ANYONE?



INGREDIENTS: 1 ONION, CHOPPED, 5 CLOVES GARLIC- MINCED, 2 CELERY STICKS- CHOPPED, 2 CARROTS, PEELED AND CHOPPED, 1 CUP MUSHROOMS-SLICED,  $\frac{1}{2}$  TSP. TURMERIC , 1 BAY LEAF, SEA SALT TO TASTE, 32 OZ. CHICKEN STOCK, 1 CAN CANNELLINI BEANS, 2 CUPS SHREDDED CHICKEN , 2 CUPS KALE

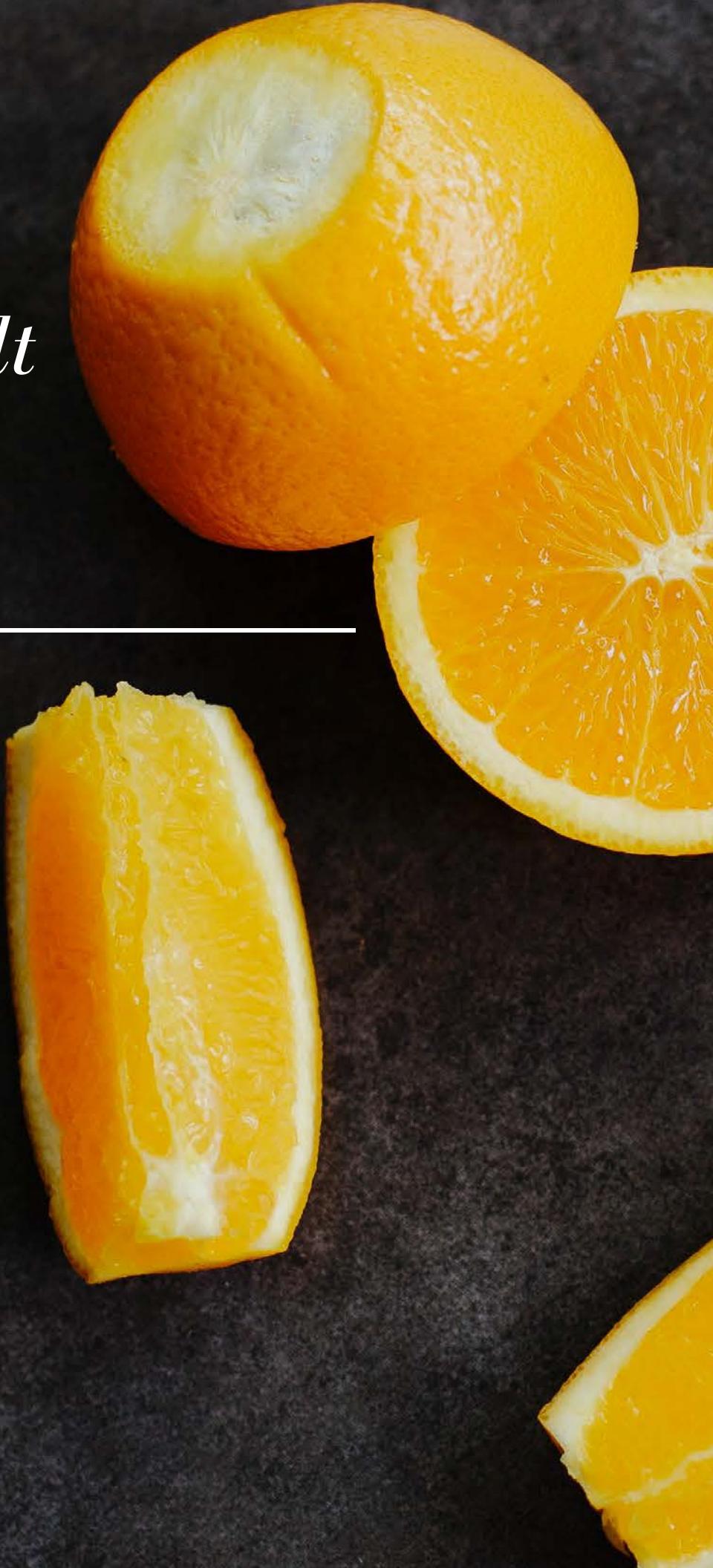
## DIRECTIONS:

In a large pot over medium-high heat, sauté onion, celery, and carrots for 5 minutes; add garlic and mushrooms for 3 more. Add chicken stock, beans, and spices, then bring to a boil. Add chicken and simmer for 20 minutes; add kale and simmer for 5 more. Discard the bay leaf. Add extra seasoning to taste. Enjoy!

*A healthy  
world can  
only be built  
by healthy  
people.*

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-MIHO HATANAKA, RDN



# COOL TECH GIFTS FOR ALL LEVELS

By Michelle Algeo

Secret Santa





**N**avigating the waters of techie gift-giving can be kind of like approaching the final level in a video game, only to get eviscerated by a fireball from left field. Game Over. Okay, so maybe the process of shopping for presents isn't quite so graphic. But finding the perfect gift for an awkward coworker or an eccentric tech friend is still pretty difficult. Just when you think you've finally found the perfect gift, you realize: 1) your friend already has it...in three colors, or, 2) you're way too annoyed to step foot in the mall this time of year.

In an age where you can even shop for a significant other online, why would you ever go to the mall? These gifts can all be purchased from behind a screen, and they're perfect for the techie foodies on your list—including those friends who are going to need a stiff drink (or three) to get them through the holidays. Jazz up an embarrassingly basic roster of potential gift ideas with a few of these fun, functional, and, of course, slightly quirky items. Your besties, coworkers, and significant other will thank you for it.

1. For your work husband: Contigo Auto-Seal Travel Mug (\$13). Everyone needs a work spouse to make the office a bit more bearable. Treat yours to this autoseal travel mug, which will keep his coffee piping hot all morning long (and beyond).
2. For your jet-setting BFF: The Carry On Gin & Tonic Cocktail Kit (\$24). For the friend who's about to cross state lines in the name of the holiday, this cocktail kit is a must. It contains everything you need to craft two gin and tonics, specifically, if you're mid-flight.
3. For your overbearing boss: the Ultimate Herbal Tea Sampler (\$25). Need to give your boss a subtle clue to calm down? Get her this herbal tea sampler, which is packed with a variety of calming teas.
4. For the friend trying to bulk up: RXBar Sample Pack (\$27). These new protein bars are trending in the nutrition world right now thanks to their simple, whole ingredients like egg whites, peanut butter, and dates. If you have a friend trying to build muscle at the gym, these sweet and healthy protein bars will become a welcome addition to their routine.

These gifts can all be purchased from behind a screen.

5. For your niece or nephew: Yumbox bento box lunchbox (\$28). For the pint-sized foodies on your list, order a Yumbox. These bento-box-inspired lunchboxes come with separate compartments so you can stash a variety of snacks in them—it's the childhood version of tapas.

6. For your constantly dragging cubemate: an Aeropress coffee/espresso maker (\$30). If even the walk to the coffee maker seems to be stressing your cubemate out, buy him this Aeropress. He'll be able to brew a cup of coffee right at his desk using whatever variety of high-quality beans he loves.

7. For your fiery next-door neighbor: The Good Hurt Fuego hot sauce gift set (\$35). Anyone with a spicy personality will appreciate this equally spicy assortment of gourmet hot sauces.

8. For the new baby daddies/baby mamas: Bean Box Coffee Sampler (\$68). If you have some brand new parents in your crew, they'll definitely appreciate this coffee sampler. For \$68, they'll get three months' worth of a variety of artisan coffees.

9. For your hungry BFF: James Beard Foundation Greens events are for food lovers between the ages of 21 and 39. Greens get to discover the newest restaurants, chefs, and culinary trends, all while enjoying great food and drinks. The annual Greens membership dues are \$75.



10. For your C+ developer team: vitamin C in the form of a Hale Groves' fruit-of-the-month club (\$78). For \$78, Hale Groves will ship your top-notch developer team a box of assorted citrus fruits from December to February. The extra dose of vitamin C should help keep them healthy all holiday season long.

11. For your gamer roommate: a snack he can eat with one hand, courtesy of popcorn-of-the-month club (\$80). For a hardcore gamer, it's imperative that food does not interfere with the game. This popcorn-of-the-month club ensures that there's always a salty snack within arm's reach of your game-loving roomie.

12. For the yo-yo dieter in your crew: Go-Wise 7-in-1 Air Fryer (\$94). Set your friends up to finally reach their fitness goals with this air fryer. It creates the crispy texture of a traditional fryer, but with a fraction of the fat, eliminating many of the calories in the process.



# IT'S COMING FROM INSIDE THE HOUSE!

THERE IS NOTHING MORE TRILLING THEN ARRIVING HOME TO A PILE OF LOOSE BOXES IN YOUR HALLWAY. IT'S CHRISTMAS EVERYDAY BUT COULD THESE NEW IN HOME DELIVERY ELVES GO GRINCH ON YOU?

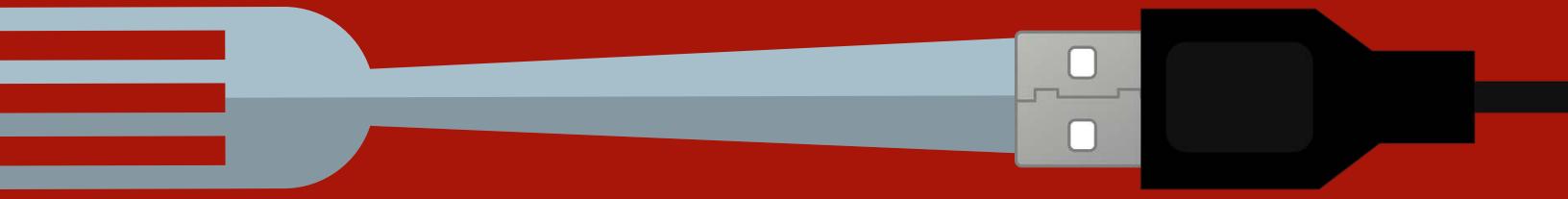
WE ASKED SOME TECH SMARTIES IF WE SHOULD WELCOME AMAZON INSIDE OUR HOMES?

Alexandra Bohigian from Enola Labs Software says, "I am going to give a tentative "yes" that it's going to be safe to let Amazon couriers into our homes. Only people with Amazon Smartlock will be able to utilize this service, and I believe that Amazon will put protections in place for the consumers that opt for this service. However, if Amazon wants to make this service popular among the masses, they are going to need to do a better job of assuring the public that their privacy and security needs are being met."



Matthew Weaver from Agile Business Systems, says "as much as I love Amazon, I'd never give a company access through my front door unless I'm there, for the same reason I won't tie my fancy garage door opener into the Internet to be able to open and close it remotely: any network can be breached, it's just a matter of time. It's not that I don't trust Amazon, it's that we KNOW major corporations can be breached from a single point of entry which tentacles out from there. So what happens when Amazon's "door network" is compromised? What if they don't even know it for quite some time, as was the case with both Target's breach and Equifax's? What I would give access to, with the same end-result, is a storage shed or even a part of the house that's secured off. Think of it like a demilitarized zone for package delivery. FedEx, UPS, Amazon, and USPS have access to drop off packages, but not to the rest of your home."

Rob Miller from Team Boom says, "The new Amazon delivery service is a great idea. It has already been fully tested. I do think most will be worried at first about letting a stranger in your home. However when the delivery is dropped off the camera will show them dropping off the package in real time. If they are up to no good, it's all recorded and reported to Amazon in real time, in turn, notifying the authorities. If anything, it's Amazon who should be worried. If this goes bad, they could end up being invoiced by insurance companies."



# 5 SUPERFOODS FOR PROGRAMMERS

01

Gourds. Pumpkins, winter squash and sweet potatoes are full of vitamin A to keep you looking good and vitamin C to keep you healthy.

02

Cumin. Add a little bit to your coffee and it will help accelerate your metabolism, provide some protein and is a great source of iron. There is even some evidence it helps with eye strain.

03

Turnip and Leaves. With early nights and long work days, turnips and leaves help your body to improve over-all cardiovascular health apart from strengthening your bones and improving your digestion.

04

Dates. The perfect snack for when you cannot get out to workout as much and want a little bit of energy. Dates are low in fat and high in fiber while still tasting sweet.

05

Fennel. When you're craving something fresh in the winter that has a ton of minerals, fennel is top of the list. Eating a dish topped with fennel can melt away the cold and get you ready for warmer weather.

# OFFICE EATS: PANINIS

BY FRANCISCA HECTOR



# MELTING INTO LUNCH TIME

Paninis are perfect. Warm pressed Italian sandwiches, with just the right amount of crisp and crunch on the outside and delectable ingredients on the inside. For those who have not given up on carbs, paninis are perfectly packaged hand held meals, that can be eaten at any time. I will even let you in on a secret... you can eat more than one on the same day and not get bored. These pressed sandwiches can please just about anyone with their taste and versatility. The trick is to find the right panini for you.

Speaking of the right one. Did you know that the word "panini" is actually plural? One sandwich is called a "panino". For travelling buffs this information may come in handy should you try ordering one of these sandwiches in its birthplace - Italy.

Looking at the culinary landscape, paninis have increased in popularity due to the use of adventurous flavour pairings and the incorporation of non-traditional ingredients.

Nothing is beyond trying. Ingredients like arugula, sun dried tomatoes, pesto, horseradish aioli, and Asiago have all found their way into these sandwiches with amazing results.

The next time you are in a quandary about what to eat, consider having a panini. These hand held meals are awesome in every way, and great for vegetarians and meat lovers alike.

# TO GO

MUST EAT NEAR YOU

- New York, NY

## **Rosticceria e Panini, Eataly**

*Our Pick: Testa from raven and boar, whey-fed pork, wild fennel pollen, from Mount Etna, Calabrian chili peppers, roasted red onion and oregano*

- Chicago, IL

## **Panini Republic**

*Our Pick: El Cubano: ham, turkey, mustard, garlic sauce, pickles and swiss cheese*

- Miami, FL

## **Lemoni Café**

*Our Pick: Lemoni Supremo: chicken, brie cheese, cherry tomatoes, homemade pesto sauce*

- Los Angeles, CA

## **Il Tramezzino**

*Our Pick: Sicilian, arugula, roma tomato, bufala mozzarella, avocado and pesto served on grilled ciabatta bread*

- Seattle, WA

## **Volunteer Park Café**

*Our Pick: Brie & Apple Panini served on a baguette with lavender honey*

- Atlanta, GA

## **Corner Bakery Café**

*Our Pick: The Anaheim, scrambled eggs, smoked bacon, tomatoes, onions, avocado & cheddar on sourdough*

Innovations that are guided by smallholder farmers, adapted to local circumstances, and sustainable for the economy and environment will be necessary to ensure food security in the future.

-Bill Gates



# *Spicy Peanut Brussels Sprouts*

By Olivia Wilkins, RD, LDN, CLC

Brussels sprouts are essential winter produce and easily adaptable in recipes. They are an excellent sources of vitamin C and vitamin K. This peanut sauce is reminiscent of Asian peanut noodles and highly addictive. Feel free to add more sriracha sauce if you can handle the heat! These sprouts are 200kcal per serving.

## Ingredients:

½ cup raw peanuts  
1 jalapeño, sliced w/ ribs and seeds removed  
1 tsp fresh ginger, grated  
2 garlic cloves, crushed  
2 TBS low-sodium soy sauce  
1 TBS + 1 tsp rice wine vinegar  
1 TBS + 1 tsp sriracha  
1 TBS maple syrup  
2 tsp sesame oil  
1 tsp kosher salt  
1 lb. Brussels sprouts, halved  
1 tsp canola oil  
½ bunch scallions, sliced  
2 limes, sliced into wedges



## Instructions:

Preheat oven to 350 degrees and toast peanuts until fragrant, about 10 minutes. Once cooled, add peanuts to a food processor; blend with jalapeño, ginger, garlic, soy sauce, vinegar, sriracha, maple syrup, sesame oil, and salt. A few tablespoons of water can be added to adjust thickness to your liking.

Set sauce aside.

Roast Brussels sprouts in oven with canola oil until tender and lightly browned about 40 minutes.

## Assembly:

Toss warm Brussels sprouts with peanut sauce in a large bowl. Add Brussels sprouts to serving dish and garnish with scallions and lime.

scrumptious old school method  
by Ming Liang

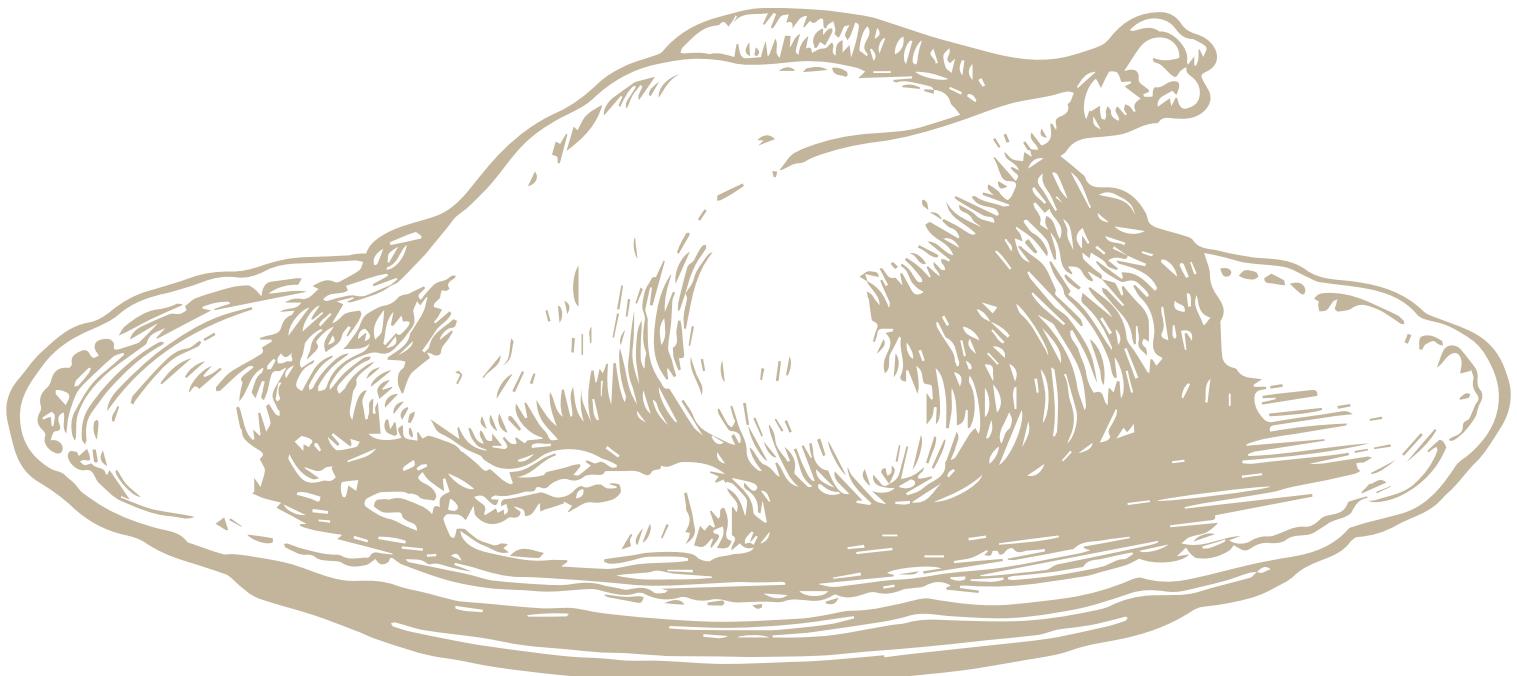
# CLASSIC TURKEY BRINE

Brining a turkey is all about using science to increase the tenderness and flavor of this delectable bird.

How it works:

There are two theories on the mechanism for brining.

- (1) The brine (salt water) surrounding the cells has a higher concentration of salt than the fluid within the cells, but the cell fluid has a higher concentration of other solutes. This leads salt ions to diffuse into the cell. The increased salinity of the cell fluid causes the cell to absorb water from the brine via osmosis making the meat extra juicy.
- (2) The salt introduced into the cell denatures proteins in the meat. The protein coagulates, forming a matrix that traps water molecules and holds them during cooking. This makes the meat extra juicy.







## APPETIZING APPS

For many of us, we look to technology to help make our lives easier. So why should the holidays be any different? We sorted through hundreds of apps to bring you three apps that may just help you survive this holiday season.

# A

## PPETIZING APPS YOU SHOULD HAVE ALREADY



CHRISTMAS RADIO:  
FOR THE MUSICAHOLIC



HELLO VINO:  
FOR THE DRINKER



MESSAGE FROM SANTA:  
FOR THE NONBELIEVER

Like you, we haven't listened to the radio, in like, 5 years. This app will keep the music festive and professionally mixed so you can focus on impressing your guests. Featuring a streamlined interface and designed for both the iPhone and iPad, the app allows you to enjoy a wide variety of Christmas hits from over 80 unique stations.

Every winter event dictates wine is brought by the guests and every winter we stand in front of a wall of wine wondering "what's good?" Hello Vino becomes your virtual wine assistant. Buying wine is fun and easy with Hello Vino's recommendations for food and wine pairings, special occasions and personalized wine picks based on your taste preferences.

This is for the kid in all of us... or can be used to scare your friends straight. Enter some information into the app's form and Santa will give you a call and scare you straight! It even has a texting feature for those of us who have never actually made a call on our cell phones.

# COOK UP SOME GIFTS

By Allison Tran

The holidays may be the best time of year, but they are also the most stressful time of year, especially when it comes to saving up for Christmas presents and figuring out what to buy for your family and friends. But if you are willing to put in a little extra time and effort on a gift that will save you some money, whipping up some holiday cookies and packing them in festive goodie bags and boxes will undeniably be a great and tasty gift! There are endless options for holiday cookie recipes, and you can bake different types of cookies and create an assortment to give out. Here are some holiday cookie recipes to get you started!



# WHAT ARE WE BAKING?

**MUST EAT AND  
GIVE COOKIES**

**01**  
KWANZAA BENNE WAFERS

**02**  
LINZER COOKIES

**03**  
GINGERBREAD COOKIES

**MIXING IN  
THE MERRY**



## KWANZAA BENNE WAFERS

- 1/2 cup all-purpose flour
- 1/4 tsp salt
- 1/8 tsp baking powder
- 1 cup sesame seeds, toasted
- 1 cup firmly packed dark brown sugar
- 1/4 cup unsalted butter, melted
- 1 egg, lightly beaten
- 1/2 tsp vanilla
- 1 tsp freshly squeezed lemon juice

1. Preheat oven to 375°F.
2. Place the sesame seeds on an ungreased baking sheet and toast for 10 to 12 minutes, until light brown.
3. Mix flour, salt, baking powder, and toasted sesame seeds together.
4. In a separate bowl, beat melted butter, brown sugar, egg, vanilla extract, and lemon juice.
5. Add dry ingredients to butter mixture.
6. Drop dough by 1/2 teaspoonfuls 1 1/2 inches apart onto a lightly greased baking sheet.
7. Bake for 4 to 6 minutes until light brown.
8. Let cookies cool for about 2 minutes before removing from baking sheets to a wire rack to cool completely.

# LINZER COOKIES

- 2 1/4 cups all-purpose flour
- 1 cup almond flour
- 1/2 tsp. salt
- 1/2 tsp. baking powder
- 1/2 tsp. ground cinnamon
- 1 cup butter
- 1/2 granulated sugar
- 1 cup confectioner's sugar
- 1 tsp. vanilla
- 1 egg
- 1/4 cup jam or preserve

1. Preheat the oven to 375°F.
2. Mix in the all purpose flour, almond flour, salt, baking powder, cinnamon.
3. In a separate bowl, cream the butter, sugars, and vanilla on medium-low speed for about a minute.
4. Add egg to butter mixture and mix until fully incorporated.
5. On low speed, mix in dry ingredients until mixture comes together in a ball - this should take about a minute.
6. Divide the dough in half, shape into a 1-inch round flat disc, wrap, and refrigerate until dough is chilled - this should take about 30 minutes.
7. Remove the chilled dough from the fridge and allow it to come to room temperature for about 10 minutes.
8. Place one of the dough pieces in between two pieces of parchment paper.
9. Roll the dough 1/8 inch thick. Cut the dough into shapes using cookie cutter.
10. Place cut cookies on baking sheet.
11. Save excess dough, form another disc, wrap, and chill.
12. Bake for 8 to 10 minutes until cookies are lightly browned on the edges.
13. Remove from oven and allow cookies to cool before moving them to cooling rack.
14. Transfer to a cooling rack and allow cookies to cool fully before filling.
15. Repeat process with the second portion of dough and any excess dough.
16. Lightly dust the cookies with cutout centers with confectioners' sugar.
17. Spread the solid cookies with 1 teaspoon jam/preserve.

# **GINGERBREAD COOKIES**

- 3 cups all-purpose flour
- 1 1/2 teaspoons baking powder
- 3/4 teaspoon baking soda
- 1/4 teaspoon salt
- 1 tablespoon ground ginger
- 1 3/4 teaspoons ground cinnamon
- 1/4 teaspoon ground cloves
- 6 tablespoons unsalted butter
- 3/4 cup dark brown sugar
- 1 large egg
- 1/2 cup molasses
- 2 teaspoons vanilla

1. Preheat oven to 375°F.
2. Mix flour, baking powder, baking soda, salt, ginger, cinnamon, and cloves.
3. Beat butter, brown sugar, and egg on medium speed.
4. Add molasses and vanilla continue to mix.
5. Gradually add in dry ingredients until mix until smooth.
6. Divide dough in half and wrap each half in plastic and let stand at room temperature for at least 2 hours or up to 8 hours.
7. Grease or line cookie sheets with parchment paper.

8. Place first portion of the dough on a lightly floured surface.
9. Sprinkle flour over dough and rolling pin.
10. Roll dough to a scant 1/4 inch thick. Use additional flour to avoid sticking.
11. Cut out cookies with desired cutter.
12. Space cookies 1 inch apart. Bake 1 sheet at a time for 7-10 minutes.
13. Remove cookie sheet from oven and allow the cookies to stand until the cookies are firm enough to move to a wire rack.

# TECHIES WHO TRAVEL



## SNAILS AND SOFTWARE

With the holidays arriving I spend a lot of time pressuring my nutrition patients, especially my tech minded ones, to take their earned vacation time before the end of the year. This is just one of the many battles in this war of attrition, my largest battle being

able to simply get them to take a lunch break regularly. Taking inspiration from my non-compliant patients—you know who you are—this winter I went to where lunch breaks are mandatory—Paris, France.

Paris has high speed WiFi and ample charging stations but if you dare to take out your laptop to work for lunch they scamper over to inform you, in a classic Pepé Le Pew accent, that there are no computers in the dining area. Although, at first, I wanted to rage against the mustache, as the days passed I fully embraced the Frenchies' tech-free food lifestyle. But if you cannot make it all the way to Paris to snack on their snails or drink their wine in cool caves like Les Caves du Louvre, then for the love of Napoleon give the three reasons below a can-can peek, because, believe it or not, your company really wants you to stop working and start eating:



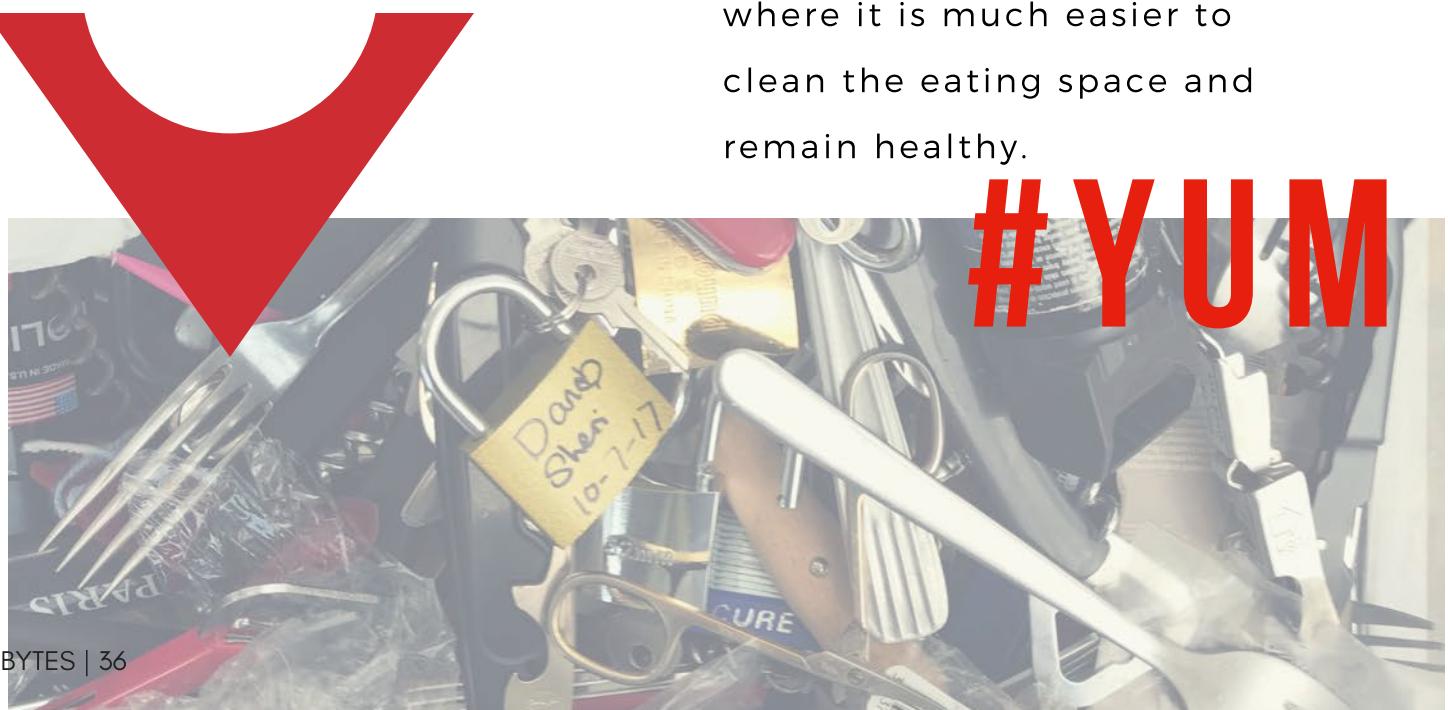
# #FoodIE



It's all about the cha ching! Most businesses are all about the bottom line and guess what, if you eat healthy meals regularly, you cost them less in health care premiums in the long run. If you are stressed, not taking breaks, and eating meals at your desk or skipping meals altogether, then you are putting yourself at risk for diabetes, obesity, and CAD (Coronary Artery Disease). To truly understand what chronic skipping of meals can do to you, look no further than the food insecure in the United States. These individuals who have no choice but to skip meals have higher incidences of almost every chronic, nutrition-related disease.

Moreover, it seems like you should be chained to your desk if you're a productive worker, but finding a balance of wellness and work makes you more valuable to the company in the long run. If your office culture is to eat cold pizza lunch at 5:30pm as you are packing your stuff to go for the day, change the culture. Talk to your boss about having a more positive approach to promoting desk-free lunches, which will help to reduce stress and improve employee relations.

Not just laptops are banned from the Eiffel Tower-so is all this stuff!



Your desk is yucky. Yes, we know you have a bottle of wipes in your top drawer, but let's be honest, who is doing a complete bleach wipe down before the Seamless sushi arrives? No one, as reported by ABC News. Your keyboard alone contains E. coli and staph. They are so dirty and difficult to clean that many hospitals have done away with traditional keyboards due to the drug-resistant bacteria that was taking root. So, instead of eating that bit of rice off your desk, which we all know you do, head to the break room where it is much easier to clean the eating space and remain healthy.

#YUM



# #OYSTERS

You deserve lunch. This may be the biggest point of the three. You are worth every penny and your boss allowing you that 20-minutes for a meal is something they will have to deal with. I know this sounds sinful and full of yourself, but it's not. Like many expenses that come along with having an employee, allowing time so you may eat food and be more on your game is not exactly a golden parachute, it's common decency and good corporate culture. If they respect your time, you are more likely to respect theirs. If they give you time to grub and gab with your office besties maybe your time working will be spent doing work.

At the end of the day, you many not have to move to a 30-hour work week or spend your days dining at Restaurant 58 inside the Eiffel Tower for a 2 hour "quick lunch" but being a bit French every now and then can help you on the road to wellness and career success. Stepping away from your desk for just a few minutes a day makes you a healthier, better and happier tech employee.

# #TRAVEL

# VEGGIE SOUPS: GREENS FOR GADGET LOVERS

BY JESSEE PORTER, MS, PA-C



## WINTER WARM UP MINESTRONE

### INPUT:

4 CUPS VEGETABLE STOCK  
1 ONION, DICED  
1 CARROT, DICED  
1 CELERY STICK, DICED  
14 OZ CAN DICED TOMATOES  
14 OZ CAN CANNELLINI BEANS  
8 OZ ASPARAGUS, CHOPPED  
8 OZ PEAS (FROZEN OR CANNED)  
8 OZ ELBOW MACARONI  
 $\frac{1}{4}$  CUP PESTO  
2 CLOVES GARLIC, MINCED  
2 TBSP OLIVE OIL  
SALT AND PEPPER  
GRATED PARMESAN CHEESE

### OUTPUT:

IN A LARGE STOCKPOT, HEAT OLIVE OIL AND ADD GARLIC, ONION, CELERY, AND CARROTS; COOK FOR 5 MINUTES. STIR IN VEGETABLE BROTH, TOMATOES, MACARONI, AND BEANS AND SIMMER FOR 10-15 MINUTES COVERED ON MEDIUM-LOW HEAT. ADD ASPARAGUS AND PEAS AND SIMMER FOR 10-15 MORE MINUTES. TURN OFF THE HEAT, AND ADD PESTO, SALT & PEPPER TO TASTE. SERVE WITH FRESHLY GRATED PARMESAN CHEESE.

## BROCCOLI CHEESE & POTATO SOUP

### INPUT:

2 CUPS VEGETABLE BROTH  
2 CUPS MILK  
3 CUPS CHEDDAR CHEESE,  
SHREDDED  
3 WHITE POTATOES, PEELED AND  
CUBED  
1 ONION, CHOPPED  
2 CLOVES GARLIC, MINCED  
4 CUPS BROCCOLI FLORETS,  
CHOPPED  
2 TBSP FLOUR  
1 TBSP BUTTER  
SALT AND PEPPER



### OUTPUT:

MELT THE BUTTER IN A LARGE SOUP POT. ADD GARLIC AND ONION,  
STIRRING UNTIL FRAGRANT. ADD FLOUR, SALT, AND PEPPER. NEXT, ADD  
BROTH, MILK, AND POTATOES, COOKING ON HIGH UNTIL POTATOES ARE  
SOFT. ADD BROCCOLI AND COOK FOR 5 MINUTES UNTIL TENDER. ADD CHEESE  
AND STIR TO COMBINE. BLEND SOUP TO DESIRED THICKNESS IN AN  
IMMERSION BLENDER. SERVE WITH FRESH BREAD FOR DIP-AGE.

# SAVORY SOUS VIDE

## What is sous-vide?

Sous-vide is a French cooking technique that literally means “under vacuum”. Food is put into a sealed plastic bag, then placed in to a water bath where it will cook at a low temperature, about 135 degrees Fahrenheit, from 1 to 48 hours. The goal of this cooking method is to cook everything evenly without drying it out.

## Why should I sous-vide my precious salmon?

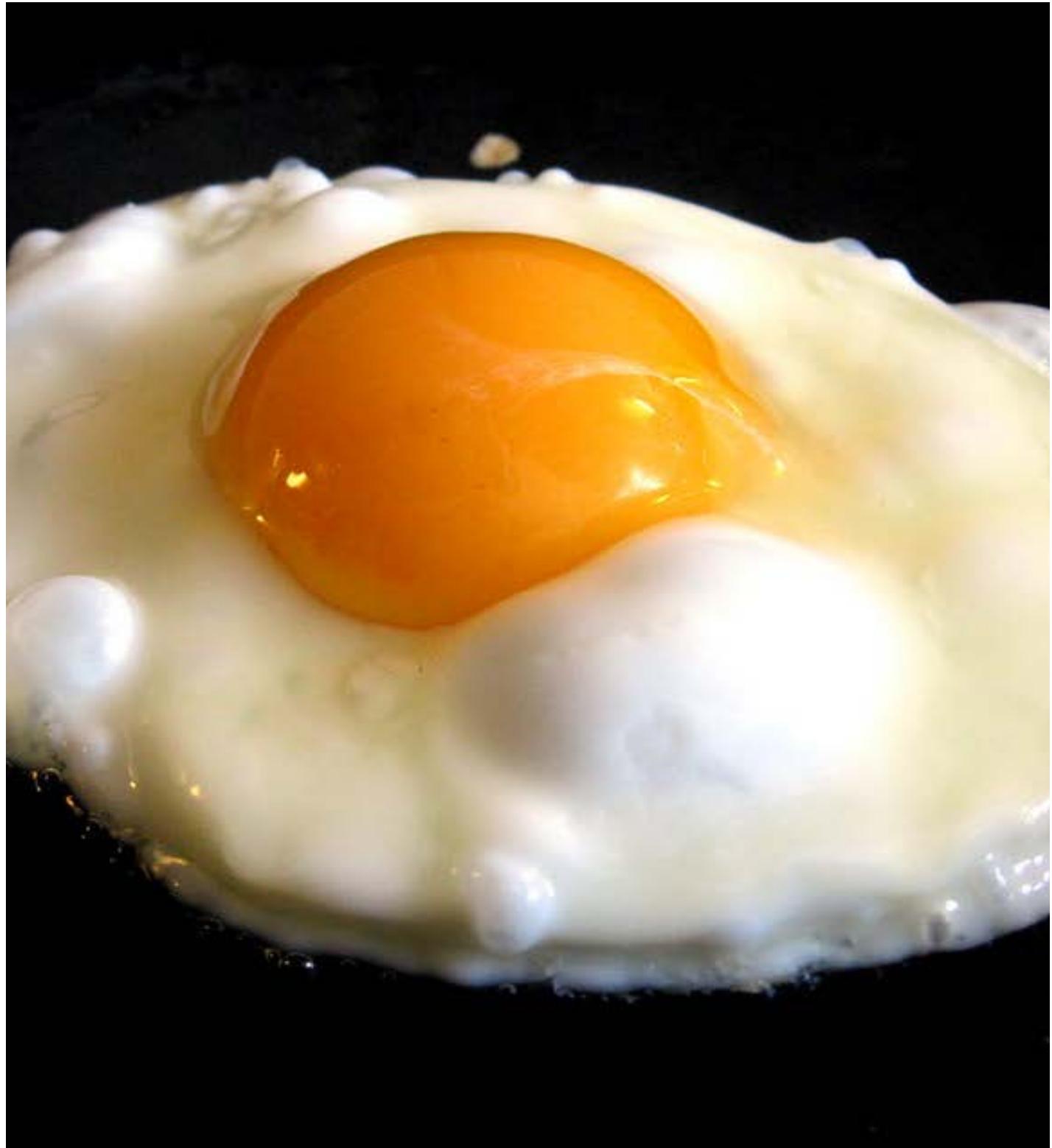
Salmon is very, very delicate and it is easy to overcook and dry out your \$20-a-pound dinner. Sous-vide allows you to achieve textures you didn't think were possible, from buttery-soft to meltingly tender and flaky-yet-moist.

## Is it safe?

There are usually 3 concerns when using sous-vide: the safety of cooking in plastic, the safety of cooking at low temperatures, and the safety of vacuum-sealing. The bags are made of inert polyethylene, which doesn't pose any of the risks associated with heating other plastics because it doesn't contain additives like BPA or phthalate. Harmful bacteria can't grow above 135 degrees, and at around this temperature most bacteria will actually be destroyed after a few hours, making pasteurization possible. The precision temperature control of sous-vide cooking means it actually has the potential to be safer than traditional cooking methods. The potential risk comes from anaerobic bacteria, which thrives under low oxygen conditions. The main culprit is a species called C. botulinum, the toxin-producing bacteria responsible for the disease botulism. Provided you're cooking at a safe temperature, the issue is less the cooking itself and more the storage after cooking.



# HDL, LDL, WTF: CHOLESTEROL?



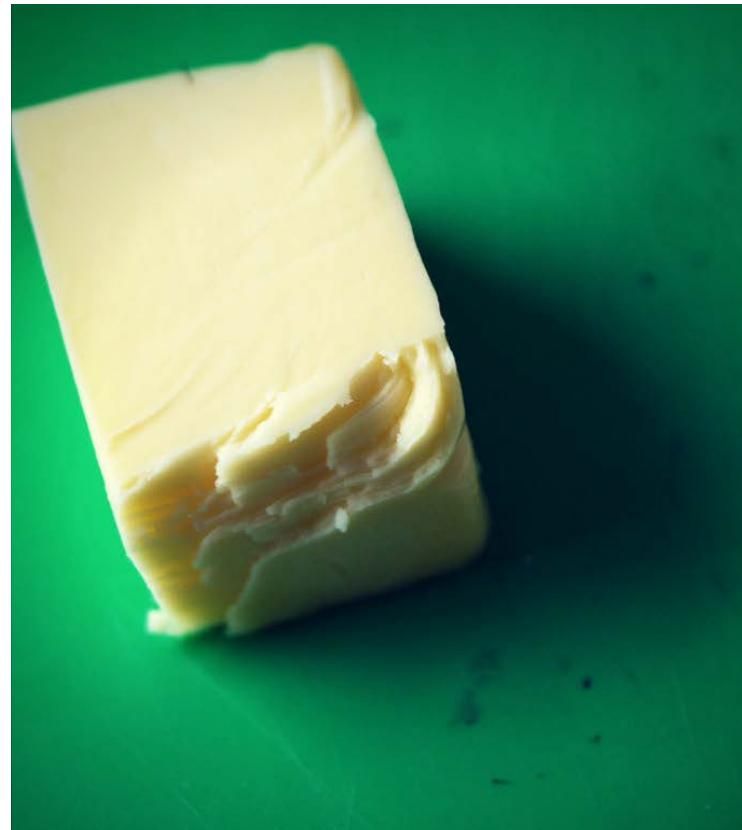
LDL (LOW-DENSITY LIPOPROTEIN)

HDL (HIGH-DENSITY LIPOPROTEIN)

No, this is not the new “must know” texting lingo; it’s the response I get from many of my patients who struggle with hyperlipidemia. Dealing with an abnormally high concentration of fats or lipids in the blood can be frightening and perplexing – just what do those numbers mean and why do they matter? Well, let’s start with the basics.

Cholesterol is not the bad boy he has been painted to be. In fact, we need cholesterol to be present for many healthy bodily processes such as cell membranes, hormones, vitamin D, and bile acids that help you digest fat, so let’s not toss this guy out so soon. If we strip him of this “leather jacket” and let him be the waxy mix of fat and protein we all knew he can be, cholesterol becomes less scary. When you go to your doctor, you’ll get a lipoprotein test panel, which provides results for four different types of lipoproteins.

These four types of lipoproteins are low-density lipoprotein (LDL), high-density lipoprotein (HDL), triglycerides and then a total of all cholesterol (chylomicrons, VLDL IDL, and Lp(a), are included too). Below is a description of these four main measurements:





### **LDL (low-density lipoprotein).**

A reading below 100mg/dL is optimal for this “bad cholesterol.” Now this guy is bad because he don’t care where he puts his stuff — when you lean over to say you are going to think about cleaning up today he’s like, “You know me, I am clean,” but all he does is leave his stuff everywhere, and in this case he’s trying to get the fatty acids into the cells. LDL can get caught in the walls of the blood vessels, the subendothelial space, and are attacked by our immune system. This becomes the plaque that contributed to atherosclerosis. So the more LDL you have the higher the chances it may get caught in the subendothelial space and become something we don’t want.

### **Total cholesterol.**

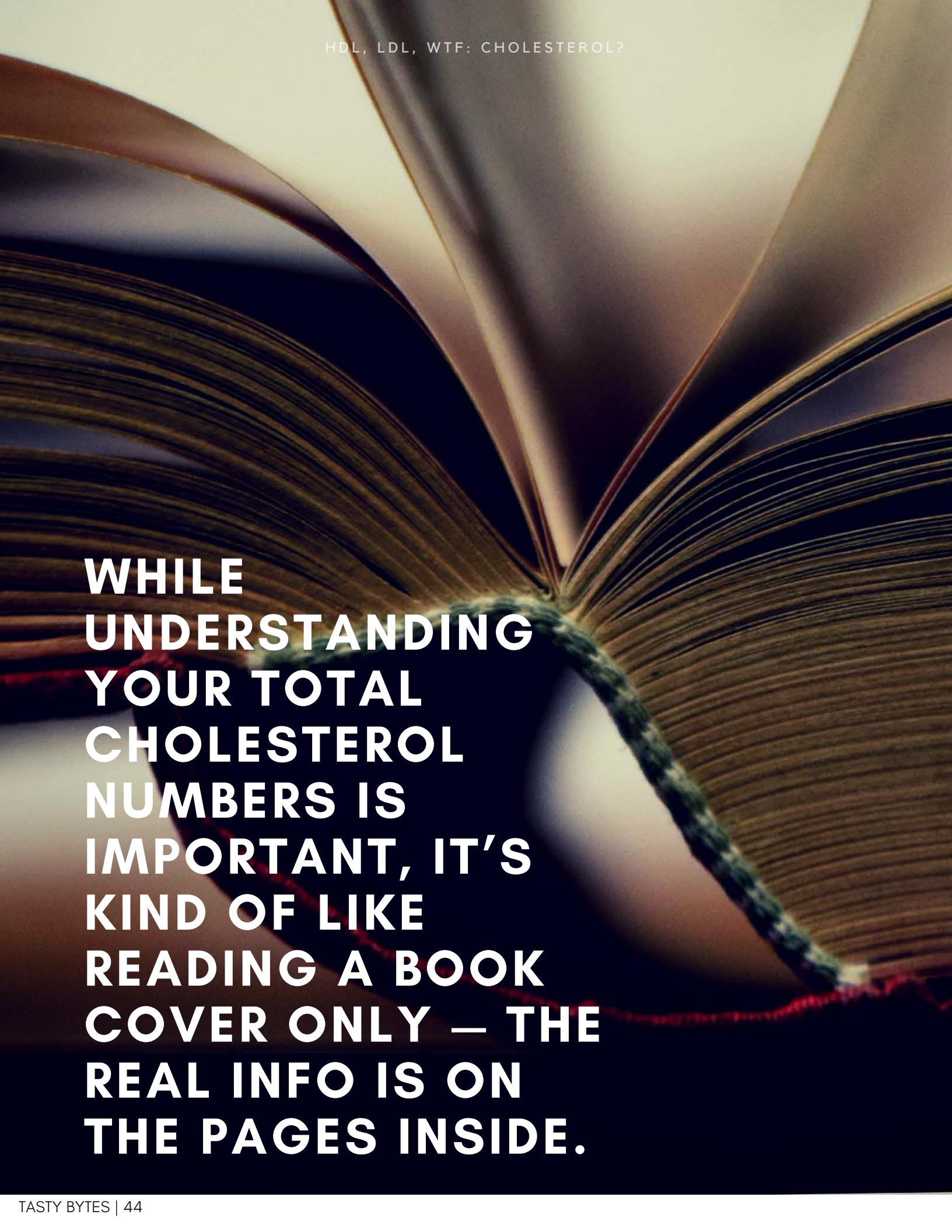
The desired reading is less than 200mg/dL. This test is the measure of all of the cholesterol in all the lipoprotein particles. That being said, while understanding your total cholesterol number is important, it’s kind of like reading a book cover only — the real info is on the pages inside.

### **Triglycerides.**

The desired reading is below 150mg/dL. The role of these little guys is to package the fatty-acids in your body together and store them later for energy. If you were to take a look in your fat stores, you would see a ton of triglycerides — they float around in your blood moving to where they are needed, so high triglyceride readings can point to something being wrong.

### **HDL (high-density lipoprotein).**

The ideal amount is 60mg/dL and higher, which is the amount considered protective against heart disease. This is the “good cholesterol.” HDL is considered good because it is like the roommate that’s always gathering your dirty dishes with left over spaghetti sauce stains on them and returning them to the sink; HDL removes excess cholesterol and carries it to the liver for removal.



**WHILE  
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You're never going to get rid of all your LDL or its friends VLDL and IDL, but we can keep LDL from putting stuff everywhere by having a good ratio of HDL to LDL. The idea with the HDL and LDL ratio is that you need a balance: one cleans, one dirties.

Here are three foods you can start adding to your diet to help improve your HDL to LDL ratio today:



**Fish.**

Most fish (shellfish) have omega-3 fatty acids, an essential poly-unsaturated fat that your body can get only through diet. But people are fearful of the shrimp because they hear it has lots of cholesterol. This is true but it is all in their head—really the cholesterol is in the head of the shrimp, so if you don't eat the heads you're going to be fine. At this point, I feel like a nutritional mermaid because I'm always saying, "Eat fish, eat fish, eat fish!" Yes, my favorite dish makes its way into this article as well. You may be saying, "But I take fish oil pills," — well, the research is sketchy, at best. There are some studies that show there is a benefit of taking only the oil but not beyond doses that would be available in fresh or frozen fish three times a week. Plus, you're missing out on all of the zinc and protein by skipping the fish and going to the pill.

### **Pears.**

This is kind of a dessert food for me. I like to lightly grill them and add some ricotta, cinnamon and honey. Lurking beneath the surface is a significant amount of dietary fiber. Fiber will benefit your gut as well as your lipoprotein panels.

### **Sunflower seeds.**

I am not just saying this because they are literally my favorite snack. I enjoy them ranched with a diet Dr. Pepper — hey, don't judge me! But seeds are rich in mono- and polyunsaturated fatty acids that aid in keeping blood vessels healthy.

The good news is that just by reading this article you are on the road to improving your health. Educating yourself about what you can do nutritionally, along with support from your doctor, will help to make some sense of this crazy alphabet called your lipoprotein panel.

# #crushingit

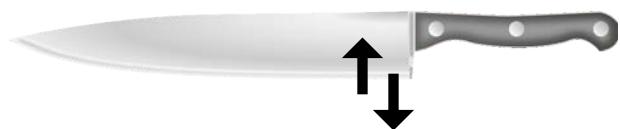


*Crushing it is a common expression used when someone is doing their job particularly well, or exceeding all of their goals*

Before getting the millionth download on their app, or the billion dollar stock evaluation for their tech start-up, most tech-preneurs confess that in the beginning it was just them, their idea, and their computer. Bootstrapping entrepreneurs are tasked with balancing their dream, their time, their health, and their budget.

While it may seem daunting, there are simple ways to incorporate healthy choices into the daily grind without consuming too many empty calories, too much time, or precious finances.

Crushing garlic releases more essential oils than just chopping the garlic. The more oil released, the more potent the flavor.



**Peel and crush cloves using the flat/heel of a knife**



Healthy eating does not have to be complicated or reserved only for the rich or accomplished. To prove how easy it is, I have also included a quick and easy recipe for Garlic Jerk Sweet Potato Fries. This recipe uses an air fryer! These gems can fry food with little or no oil, so fried foods can be enjoyed without feeling guilty. It also has garlic, which is well known for its distinctive flavor and nutrient profile. Garlic contains Vitamin C and thiamine, and minerals such as calcium, phosphorous, copper, and selenium. It also contains a wide range of beneficial sulphur compounds, such as allyl sulphides, that have tremendous health benefits. The use of garlic in food has been shown to support health and immune system functions, the cardiovascular system, the detoxification system, the digestive system, and others.

These fries are not only high on flavor but also packed with nutrients. The best part is that they are perfect for any frugal entrepreneur.

### **Garlic Jerk Sweet Potato Fries**

4 medium sweet potato, peeled and cut into wedges

4 tsp. olive oil

½ tsp. granulated garlic

For garlic jerk seasoning:

- 1 ½ tbsp. garlic powder
- 1 ½ tbsp. onion powder
- ½ tsp. ground ginger
- 1 tbsp. dried thyme
- 1 tbsp. ground allspice
- ½ tbsp. cinnamon
- 1 tbsp. paprika
- 1 tsp. ground nutmeg
- ½ tsp. salt
- ½ tsp. black pepper
- 2 tbsp. brown sugar
- 1 tbsp. or more of finely chopped
- Scotch bonnet hot pepper or pepper flakes



## Instructions

1. Wash sweet potatoes and pat dry
2. Slice into wedges, try to be consistent to allow for even frying
3. Combine ingredients for the jerk seasoning in a bowl and set aside
4. Toss sweet potatoes in a separate bowl with olive oil and garlic
5. Heat the air fryer to 390° F.
6. Place potatoes in the fry basket and insert into the air fryer.
7. After 5 minutes, pull out the basket and using thongs toss the potatoes, then return it to the fryer.
8. Cook for a further 15 minutes, opening the basket 2 times to toss potatoes. This helps the potatoes to cook evenly.
9. Once finished, transfer to plate, toss in jerk seasoning, and serve immediately.

Placing the sweet potato on a hot pan adds to the crispness of the finished product. To save time you can buy pre-packaged jerk seasoning with fresh-grated garlic added to give it that extra flavor.

At less than one dollar per serving low cost, high nutrient fries will give you the energy you need to take over the tech world!

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