



STAPH Meal: Society To Always Procure Healthfully Newsletter

OFFICIAL NEWSLETTER OF CHEF DR. MIKE: THE FOOD SHAMAN
"CREATING CURES, NOT CUSTOMERS"

IN THIS ISSUE: CHICKEN SALTIMBOCCA

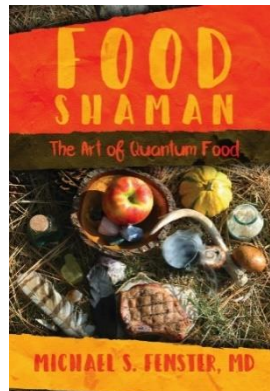
JOURNEYS INTO QUANTUM FOOD

"Anyway, like I was sayin', shrimp is the fruit of the sea. You can barbecue it, boil it, broil it, bake it, sauté it. Dey's uh, shrimp-kabobs, shrimp creole, shrimp gumbo. Pan fried, deep fried, stir-fried."

~ Bubba Blue, Forrest Gump (1994)



Chicken Saltimbocca with squid ink pasta and fresh greens



The NEW groundbreaking book on The Food Experience available from Post Hill Press June 12th, 2018! Click to Pre-order!

Chicken Saltimbocca

Ingredients:

- 1 ½ pounds boneless skinless chicken breast cut into 4-ounce pieces
- Salt and pepper
- 1 tablespoon chopped sage, plus 24 large sage leaves
- 2 garlic cloves smashed to a paste

- Tbs. of chopped shallots
- 1 pinch red pepper flakes, optional
- Olive oil
- 6 thin slices prosciutto
- Madiera or Marsala wine
- 2 Tbs. butter

Directions:

Using a meat mallet, pound the chicken to flatten a bit. Salt and pepper each piece on both sides and place on a platter. Sprinkle with chopped sage, garlic, red pepper flakes (if using) add a slice of prosciutto on top of each medallion, topped with plastic wrap and finish pounding the chicken so the prosciutto adheres to the chicken..



Culinary CPR with Chef Dr. Mike & Chef Luca Paris!

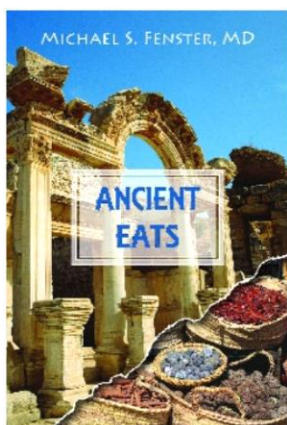
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THE NEW SHOW IS HERE!!!

.LIFE CHANGING.

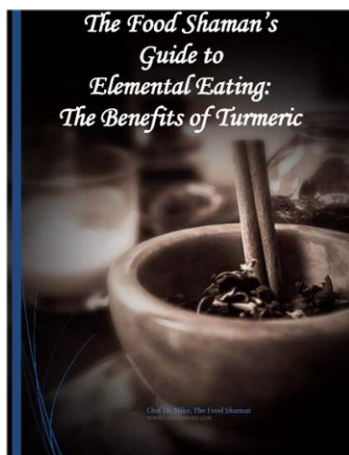


Join Chef Dr. Mike and the Dream Team in Fall 2018; helping folks move beyond Big Pharma for Diabetes Treatments.



Ancient Eats-Still Available!!

Order Dr. Mike's latest book, *Ancient Eats Volume I: The Ancient Greeks & The Vikings*, on Amazon.com here: ([Ancient Eats](#)) before Foods Shaman hits the shelves



Only newsletter subscribers get the free monograph companions to *Food Shaman: The Art of Quantum Food*.

Chicken Saltimbocca (Continued from page 1)



Chicken Saltimbocca easy, delicious and when made with authentic ingredients; tremendously nutritious

Directions (continued):

Heat a wide skillet over medium heat and add 3 tablespoons olive oil. When the oil looks wavy, add the sage leaves and let them crisp for about 30 seconds. Remove and drain.

Dredge the chicken in flour that was seasoned with salt and pepper, and brown the chicken breasts in the oil for about 2 minutes per side, then transfer to a baking dish large enough to fit them in one layer. Broil for 2 to 3 minutes,

In the same pan you seared the chicken, add garlic, shallots and Marsala, season with salt and pepper and reduce by half. Shut off heat and add butter to create the sauce. Garnish with remaining sage leaves.



You can view Doc's award winning cooking videos here: [Dr. Mike Cooks](#).

Check out The Food Shaman's latest musings at [Psychology Today.com](#)

HEALTHY BYTES BY THE NUMBERS

33%

The increased risk of death following a heart attack in a mouse model of gum disease

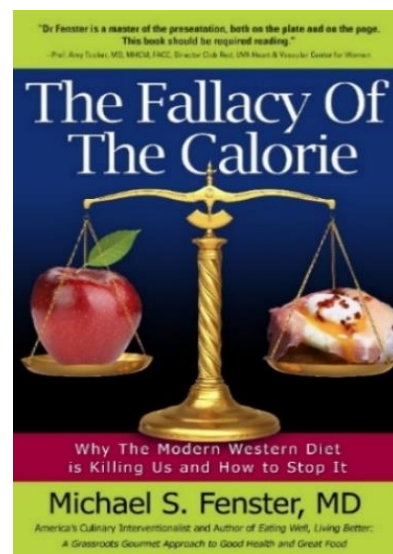
28%

The decreased risk of non-fatal heart attack in men who are overweight but do not have central obesity (no belly fat)

Good oral hygiene may help recovery after a heart attack. Bacteria that cause gum disease also impair healing of blood vessels. ESC Meeting Abstract, April; 2018.

Overweight Without Central Obesity, Cardiovascular Risk, and All-Cause Mortality. Xin He, MD, Chen Liu, MD, PhD, Yili Chen, MD, PhD, Jianguo He, MD, PhD, Yugang Dong, MD, PhD. DOI: <https://doi.org/10.1016/j.jmayocp.2018.01.027>

Learn more about salt, sugar, fats and real versus processed foods in the groundbreaking book, *The Fallacy of The Calorie!*



Pick up your copy of the critically acclaimed book at Amazon.com.

Don't miss a new show every Wednesday at 7am Eastern on [ChefDrMike.com](#) or catch the podcasts on [iTunes](#) or [chefdr mike.com!](#)