

WEDNESDAY 09.10.14

# table

# STACKS OF SNACKS

These easy and nutritious foods are great for school and work

By Susan Bloom :: Correspondent

Feeling like you're at the mercy of your hunger in the hectic haze of September?

Whether you're at school or work, don't give in to temptation. Say goodbye to candy bars and hello to healthy and energy-boosting snacks.

Three area experts offer some foods to help bridge the space between meals in a tasty, nutritious and low-calorie way:

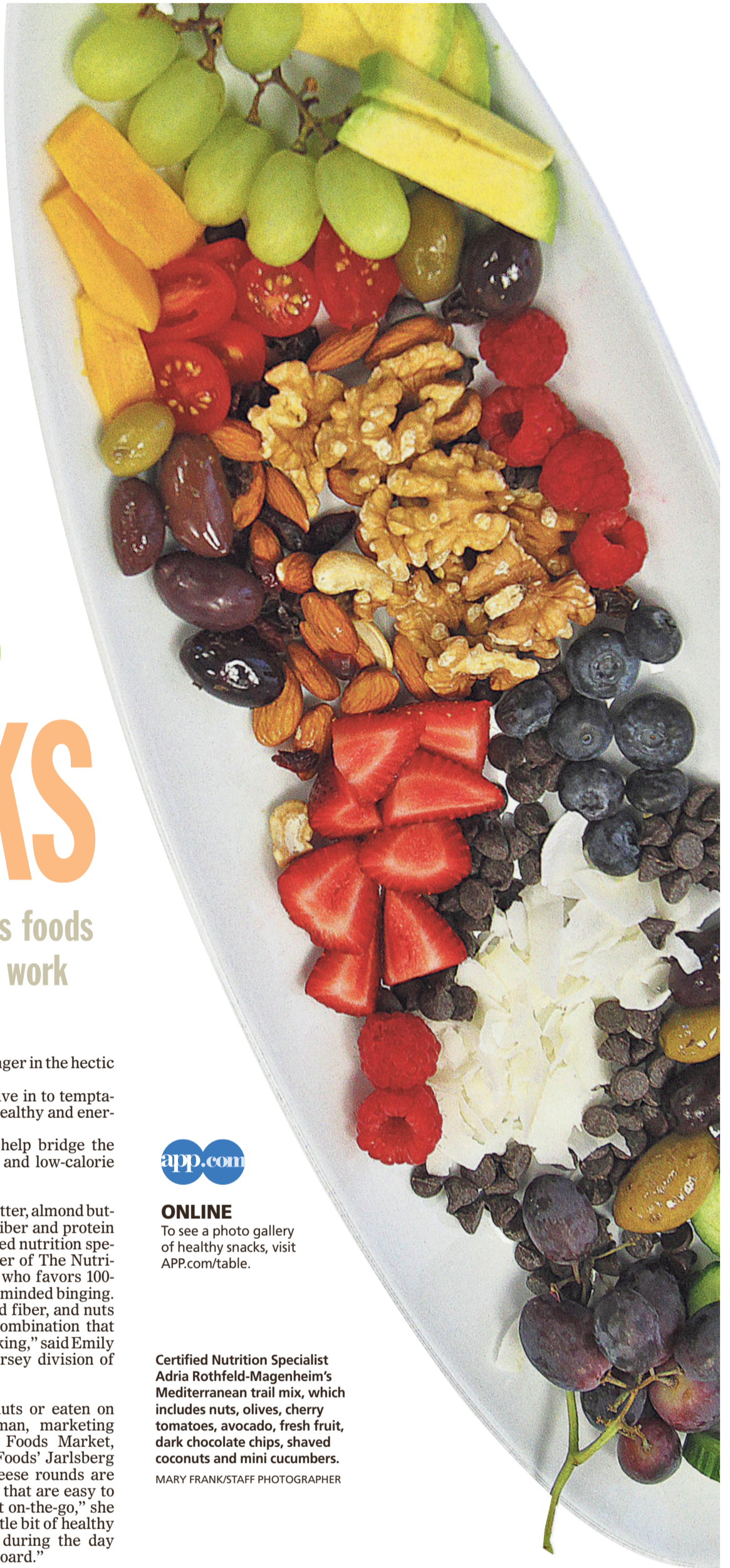
**Fruit and Nuts:** "An apple with peanut butter, almond butter or nuts offers a healthy balance of fiber and protein that will keep you satisfied," said certified nutrition specialist Adria Rothfeld-Magenheim, owner of The Nutritional Wellness Center in Colts Neck, who favors 100-calorie packs of nuts to avoid absent-minded binging.

"Fruit has vitamins, minerals and fiber, and nuts have protein and healthy fats, a combination that will keep your blood sugar from spiking," said Emily Raines, nutritionist for the New Jersey division of Wegmans.

**Cheese:** Paired with fruits, nuts or eaten on their own, Brooke Herman, marketing team leader for Whole Foods Market, loves items like Whole Foods' Jarlsberg Minis. "These little cheese rounds are perfectly-sized snacks that are easy to throw in a bag and eat on-the-go," she said. "They offer a little bit of healthy fat and indulgence during the day without going overboard."



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### ONLINE

To see a photo gallery of healthy snacks, visit [APP.com/table](http://APP.com/table).

Certified Nutrition Specialist Adria Rothfeld-Magenheim's Mediterranean trail mix, which includes nuts, olives, cherry tomatoes, avocado, fresh fruit, dark chocolate chips, shaved coconuts and mini cucumbers.

MARY FRANK/STAFF PHOTOGRAPHER

## Velo — a new contemporary eatery in Toms River

By Nina Rizzo

@NinaRizzo1

A new seafood-driven restaurant in Toms River is ready to spread its love on the Jersey Shore culinary scene.

Velo Eatery, which opened last month in a modest storefront on Route 9, is the creation of Toms River native and chef Matt Grote and his girlfriend, Jennifer Klotzkin. They named their first restaurant Velo, which is an anagram for the word love.

"A lot of love goes into the food, a lot of love goes into the restaurant, and of course, there's the love between Jenn and myself," Grote said.

The couple wants Velo to be known as a family-friendly, neighborhood restaurant that delivers on its promise to pre-

pare "simple, well-executed" dishes at reasonable prices.

"We're not re-inventing the wheel here," Grote explained. "We just want to be a nice, home-style place."

A place that relies on local, seasonal foods and offers the little touches that fancier places often overlook.

At first glance, Velo is a lively, 40-seat space with warm taupe-colored walls and photos of the couple's children (she has four and he has one) hanging on mini clipboards. The aqua blue, retro-style chairs are a nice pop of color to contrast the brown paper table runners — ideal for restless children who get to color all over them.

Then you notice the old-fashioned candy jars on the counter — root beer sticks and lobster gummies to be doled

out if the kids finish their veggies. Klotzkin, armed with a few plastic toys, knows how to keep young ones under control and focused on their meals.

In terms of the menu, little touches add a sophisticated twist. The roasted garlic and honey butter that comes with the bread basket is a wonderful start. The New England clam chowder (\$6) has a tasty corn muffin on the side. And the signature fish and chips (\$11/\$13) comes with house-made ketchup, tartar sauce and cole slaw.

Wash it all down with one of the freshly squeezed lemonades (\$2.50), and you'll start to feel right at home.

The menu is New American with an emphasis on seafood dishes, but pay



DOUG HOOD/STAFF PHOTOGRAPHER

Velo's Eatery's English-style fish and chips: battered cod, choice of sea-salted chips or steak fries, house-made ketchup and tartar sauce, cole slaw with malt vinegar imported from England.

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table



**BOB KARP/STAFF PHOTOGRAPHER**  
Kris Ohrenick, marketing team leader at Whole Foods Market in Madison, holds smoked salmon with cream cheese and gluten-free crackers — nutritious snacks that boost energy.



**MARK R. SULLIVAN/STAFF PHOTOGRAPHER**  
Emily Raines, New Jersey division nutritionist for Wegmans, shows a selection of fast and easy but healthy snacks.



**MARY FRANK/STAFF PHOTOGRAPHER**  
Adria Rothfeld-Magenheim shows her egg muffin quiches, perfect for snacking.

SNACKS

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**Trail Mix:** “Pre-packaged trail mixes can be unbalanced in favor of sweet and caloric items such as dried fruits, chocolate and candy,” said Rothfeld-Magenheim, who suggests make-your-own combinations of nuts, dark chocolate chips, shredded coconut and fresh raspberries or blackberries.

Her signature Mediterranean Trail Mix combines walnuts, olives, cherry tomatoes, sliced strawberries, cucumbers and avocado.

At Wegmans, Raines encourages customers to try their Trail Mix Bar, which offers ingredients such as cranberries, almonds, cherries and yogurt chips for customers to mix and match based on their preferences.

For those who want the simplicity of healthy, pre-packaged options, Raines said that the popular Berry Pistachio Blend represents “a nutrient-dense super food mix” at \$8.49 for a 16-ounce bag, while Herman said that Lakeside Maple Trail Mix at Whole Foods “contains blanched almonds, pumpkin and sunflower seeds, and cranberries that are lightly sweetened with natural maple syrup to keep you fueled all day long.”

**Muffins:** Rothfeld-Magenheim suggests baking these great on-the-go snacks using almond, pecan, coconut or other nut flours and adding cinnamon, dark chocolate or coconut instead of artificial sweeteners to enhance their healthfulness.

For an easy and savory out-the-door breakfast packed with protein, “make egg muffin quiches by blending nine egg whites and three whole eggs with veggies and shredded cheese if desired and bake in muffin cups,” she said.

**Popcorn:** Herman said that she loves this whole-grain snack “because you can have a good amount of it and it’s still a reasonable serving, so it’s satisfying.”

To ensure that you don’t overdo it, however, Herman recommends mini-packs of popcorn that can be thrown in a drawer at work or home or the brand Skinny Pop, “which is low in calories and free of trans fats, artificial colors and preservatives while still tasting delicious.”

**Roll-Ups:** If you can make the time to prepare them, savory or sweet roll-ups using whole-grain wraps, tortillas or greens are healthy and satisfying.

“You can make sweet ones by combining almond or peanut butter with an apple or banana, or savory ones

involving hummus or guacamole, lean meat and cheese,” Raines said, “and you can also create fun texture by adding crunchy items like peppers, lettuce or cole slaw.”

Rothfeld-Magenheim likes to go equally creative by rolling sliced turkey, roast beef or nitrate-free ham around pretzels, pickles or tortilla chips.



**BOB KARP/STAFF PHOTOGRAPHER**  
Orange and Brazil nut flavored Chia Pod Muesli, a healthy and nutritious snack that boosts energy and is available at Whole Foods Market.

**Yogurt:** “Plain, organic Greek yogurt with fresh berries, chopped nuts and cinnamon offers healthy probiotics, calcium and protein while being satisfying and easy to transport,” Rothfeld-Magenheim said.

For a modern twist on the texture and richness of yogurt, Herman recommends Chia Pod Muesli, a high-fiber, pudding-like treat in the dairy section that combines fruit, nuts, oats and nondairy milk.

High on texture and fiber, “it’s a nutrient-packed snack,” Herman said.

**Smoothies:** Made using chocolate or vanilla-flavored protein powders as the base, frozen or fresh fruit, and less-sugary alternatives to milk such as unsweetened vanilla or chocolate almond or coconut milk, “smoothies supply carbs via fruit, are portable, and are great to drink in the car or to give to children between activities,” Rothfeld-Magenheim said.

“To boost a smoothie’s staying power and critical mass, add peanut butter, almond butter or ground flax seeds,” she added.

**Veggies and Dips:** “Cleaned and cut-up vegetables with a variety of dips are easy to eat and are surprisingly filling due to their high fiber and water content,” Raines shared. “Both kids and adults love options like sugar snap peas, baby carrots, string beans, celery, cucumbers and peppers paired with different-flavored hummus, guacamole, salsa or cheese.”

Rothfeld-Magenheim agreed, noting that lightly-steamed broccoli, cauliflower and zucchini make healthy and tasty dippers as well.



**MARK R. SULLIVAN/STAFF PHOTOGRAPHER**  
A couple of different fun roll-ups using whole grain tortillas from Wegmans.

LEARN MORE

**Certified Nutrition Specialist Adria Rothfeld-Magenheim of The Nutritional Wellness Center:** 281 Route 34 (Colts Neck Commons) in Colts Neck. 732-308-3030 or www.thenutritionalwellnesscenter.com

**Wegmans:** 15 Woodbridge Center Drive, Woodbridge; 732-596-3200; or at 724 Route 202 S. in Bridgewater; 908-243-9600. www.wegmans.com

**Whole Foods Market:** 222 Main St., Madison; 973-822-8444 and 471 Route 35 N. in Middletown; 732-758-1688. www.wholefoodsmarket.com

**Hors d’oeuvres:** If apples, celery, carrots and pretzels get boring, Herman challenges snackers to think outside the box.

“Why not top whole grain bread, a cracker or endive with two pieces of smoked salmon, which is high in healthy omega-3 fats, or reduced or full-fat cream cheese with vegetables and nuts?”

“These feel like an indulgence,” she added, “and in the end, it’s important to have fun with your snacks so that you have something to look forward to and won’t feel like you’re missing out.”

TODAY’S ANSWERS

C	H	A	M	P	F	O	R	D	C	A	L	F		
L	O	S	E	R	A	V	E	R	E	L	I	E		
A	M	I	G	O	B	A	L	I	N	O	V	A		
M	E	D	J	E	L	L	I	F	I	S	H	E	S	
P	R	E	C	E	D	E	T	R	U	A	N	T		
					P	C	S	F	L	E	A	S		
K	A	R	A	T	L	A	I	R	S	B	A	D		
E	R	A	S	T	E	R	M	S	R	O	A	R		
N	I	P	P	R	E	E	N	M	O	T	H	S		
					T	O	U	R	S	T				
T	R	O	O	P	S			C	I	R	C	L	E	D
Y	A	C	K	E	T	Y	A	C	K	O	R	O		
K	I	T	E	I	O	U	S	I	R	O	N			
E	D	E	N		E	R	M	A	E	A	S	E	L	
S	I	S	T	S		S	E	A	S	R	E	E	S	E

WORD SLEUTH

Wednesday’s unlisted clue: SHARON

**TODAY’S CRYPTOQUOTE** I AM NOT A PRODUCT OF MY CIRCUMSTANCES. I AM A PRODUCT OF MY DECISIONS. —STEPHEN COVEY

JUMBLE

Jumbles: KUDOS BRING LAWYER MOSAIC  
Answer: He promised to give up cigarettes, but he was just — BLOWING SMOKE

SCRIBBLE BRAND GRAMS SOLUTION												
O <sub>1</sub>	N <sub>1</sub>	B <sub>3</sub>	O <sub>1</sub>	A <sub>1</sub>	R <sub>1</sub>	D <sub>2</sub>	RACK 1 =	66				
F <sub>4</sub>	O <sub>1</sub>	R <sub>1</sub>	G <sub>1</sub>	O <sub>1</sub>	T <sub>1</sub>		RACK 2 =	10				
C <sub>3</sub>	A <sub>1</sub>	R <sub>1</sub>	N <sub>1</sub>	A <sub>1</sub>	G <sub>2</sub>	E <sub>1</sub>	RACK 3 =	60				
C <sub>3</sub>	O <sub>1</sub>	A <sub>1</sub>	L <sub>1</sub>	B <sub>3</sub>	I <sub>1</sub>	N <sub>1</sub>	RACK 4 =	72				
							TOTAL	208				

Answers to Wednesday’s Boggle BrainBusters:  
PINT LITER QUART OUNCE GALLON

SUDOKU

9	4	5	2	1	7	8	3	6
6	3	8	4	9	5	1	2	7
2	7	1	6	8	3	5	4	9
3	9	7	8	4	6	2	5	1
4	8	6	1	5	2	7	9	3
5	1	2	7	3	9	4	6	8
1	6	9	5	2	8	3	7	4
8	2	3	9	7	4	6	1	5
7	5	4	3	6	1	9	8	2

VELO

Continued from Page D1

close attention to the chalkboard specials. The paneared scallops with a white bean ragout under a heap of shimmering Swiss chard (\$23), offered on a recent Friday night, was delightful.

The Jackson couple decided to open their own place after experiencing so many “disappointing” meals at high-end restaurants that simply charged too much for what they were offering.

Grote, 36, a graduate of Johnson and Wales University’s culinary program in Providence, R.I., spent 12 years in Boston area restaurants, most notably Jasper White’s Summer Shack, before returning to the Jersey Shore.

The autumn menu promises a heartier selection derived from the local harvest. Appetizers will include maple-orange glazed Jersey beets with goat cheese and walnut pesto as well as butternut and crab squash soup.

For the main dish, think grilled rib eye with balsamic roasted Brussels sprouts and fingerling potatoes or a double-cut pork chop, smoked mashed potatoes, cranberry and cider pan gravy and sauteed spinach. Braised monk fish with hard cider and tart apples also will be on the list.

A caramel fondue with Granny Smith and Pink Lady apples will be a featured fall dessert.

Hopefully, there will be apple pie as well. Grote made a blueberry pie on a recent Friday night that could have easily won a blue ribbon at any county fair. The perfectly balanced filling mixed blueberries with orange (rather than the tired lemon), a handful of raspberries and a touch of cinnamon. The slice (\$5) was finished with a dollop of fresh whipped cream.

Velo is in a small strip mall at 1616 Route 9 S., at the intersection of Church Road. This cozy BYOB is open for lunch and dinner every day but Monday.

IF YOU GO

**Velo Eatery:** 1616 Route 9 S., Toms River, 732-569-6153, www.veloeatery.com



**DOUG HOOD/STAFF PHOTOGRAPHER**  
Owners Jennifer Klotzkin and Matthew Grote, who also is the chef, at Velo Eatery in Toms River.



**DOUG HOOD/STAFF PHOTOGRAPHER**  
Seafood bouillabaisse: scallops, cod, mussels, clams, fingerling potatoes simmered in a saffron fennel, tomato and lobster broth at Velo Eatery.