



Labor Day Festivities

# Recipes & The History of Labor Day

Summer is coming to an end in the Northern Hemisphere and we've got one last hurrah in the USA called Labor Day. American's do a lot of eating and drinking (3rd highest day for beer consumption in the US) so sneaking in some healthy food amidst the junk can really help sustain your energy and increase your enjoyment of this holiday. Jodi Jones has put together 4 of her favorite recipes that go well with any Labor Day celebration and will allow you to sneak in a little nutrition between the chips, beer and fried chicken.

So why do Americans celebrate Labor Day? Here's the history...

Labor Day: How it Came About; What it Means

"Labor Day differs in every essential way from the other holidays of the year in any country," said Samuel Gompers, founder and longtime president of the American Federation of Labor. "All other holidays are in a more or less degree connected with conflicts and battles of man's prowess over man, of strife and discord for greed and power, of glories achieved by one nation over another. Labor Day...is devoted to no man, living or dead, to no sect, race, or nation."

Labor Day, the first Monday in September, is a creation of the labor movement and is dedicated to the social and economic achievements of American workers. It constitutes a yearly national tribute to the contributions workers have made to the strength, prosperity, and well-being of our country.

Founder of Labor Day

More than 100 years after the first Labor Day observance, there is still some doubt as to who first proposed the holiday for workers.

Some records show that Peter J. McGuire, general secretary of the Brotherhood of Carpenters and Joiners and a cofounder of the American Federation of Labor, was first in suggesting a day to honor those "who from rude nature have delved and carved all the grandeur we behold."

But Peter McGuire's place in Labor Day history has not gone unchallenged. Many believe that Matthew Maguire, a machinist, not Peter McGuire, founded the holiday. Recent research seems to support the contention that Matthew Maguire, later the secretary of Local 344 of the International Association of Machinists in Paterson, N.J., proposed the holiday in 1882 while serving as secretary of the Central Labor Union in New York. What is clear is that the Central Labor Union adopted a Labor Day proposal and appointed a committee to plan a demonstration and picnic.

### The First Labor Day

The first Labor Day holiday was celebrated on Tuesday, September 5, 1882, in New York City, in accordance with the plans of the Central Labor Union. The Central Labor Union held its second Labor Day holiday just a year later, on September 5, 1883.

In 1884 the first Monday in September was selected as the holiday, as originally proposed, and the Central Labor Union urged similar organizations in other cities to follow the example of New York and celebrate a "workingmen's holiday" on that date. The idea spread with the growth of labor organizations, and in 1885 Labor Day was celebrated in many industrial centers of the country.

### Labor Day Legislation

Through the years the nation gave increasing emphasis to Labor Day. The first governmental recognition came through municipal ordinances passed during 1885 and 1886. From them developed the movement to secure state legislation. The first state bill was introduced into the New York legislature, but the first to become law was passed by Oregon on February 21, 1887. During the year four more states — Colorado, Massachusetts, New Jersey, and New York — created the Labor Day holiday by legislative enactment. By the end of the decade Connecticut, Nebraska, and Pennsylvania had followed suit. By 1894, 23 other states had adopted the holiday in honor of workers, and on June 28 of that year, Congress passed an act making the first Monday in September of each year a legal holiday in the District of Columbia and the territories.

### A Nationwide Holiday

The form that the observance and celebration of Labor Day should take were outlined in the first proposal of the holiday — a street parade to exhibit to the public "the strength and esprit de corps of the trade and labor organizations" of the community, followed by a festival for the recreation and amusement of the workers and their families. This became the pattern for the celebrations of Labor Day. Speeches by prominent men and women were introduced later, as more emphasis was placed upon the economic and civic significance of the holiday. Still later, by a resolution of the American Federation of Labor convention of 1909, the Sunday preceding Labor Day was adopted as Labor Sunday and dedicated to the spiritual and educational aspects of the labor movement.

The character of the Labor Day celebration has undergone a change in recent years, especially in large industrial centers where mass displays and huge parades have proved a problem. This change, however, is more a shift in emphasis and medium of expression. Labor Day addresses by leading union officials, industrialists, educators, clerics and government officials are given wide coverage in newspapers, radio, and television.

The vital force of labor added materially to the highest standard of living and the greatest production the world has ever known and has brought us closer to the realization of our traditional ideals of economic and political democracy. It is appropriate, therefore, that the nation pay tribute on Labor Day to the creator of so much of the nation's strength, freedom, and leadership — the American worker.

*Source: US Department of Labor*

## Pureed Roasted Veggie Soup with Sprouted Grain Croutons

*This flavorful soup is so smooth and creamy you won't believe it doesn't have any cream or dairy. Add a side grilled chicken breast and dark leafy green salad for a complete balanced meal. Serves 4-6*

### Soup Ingredients:

1 large red bell pepper  
 1 large yam/sweet potato  
 1 cup baby carrots  
 1 cup grape tomatoes  
 4 garlic cloves  
 2 tablespoons extra virgin olive oil  
 2 cups chicken broth  
 1 cup vegetable stock  
 3 tablespoons rice vinegar  
 2 teaspoons ground cumin  
 1 teaspoon ground ginger  
 ½ teaspoon white pepper  
 ½ teaspoon cayenne pepper  
 White pepper, to taste  
 Fresh basil

### Croutons—Ingredients:

8 slices sprouted wholegrain bread  
 Spray olive oil  
 Spices of choice (recommend All Purpose Chef's Shake—The Spice Hunter)

### Directions:

Preheat oven to 450 degrees.

Wash all vegetables. Cut and clean red bell peppers. Slice peppers and yams in equal size pieces. Place garlic cloves, red peppers, yams, tomatoes and carrots in a large glass baking dish or foil-lined cookie sheet. Do not layer the vegetables—spread evenly. Lightly cover all vegetables with olive oil and season with freshly ground pepper. Place in preheated oven for 30 minutes or until vegetables are completely roasted. Remove from oven and allow vegetables to cool.

Optional Croutons: Cut sprouted grain bread into cubes. Place bread cubes in a large bowl and spray olive oil to cover the cubes. Sprinkle seasoning of choice over all cubes. Mix well. Place seasoned bread cubes on cookie sheet and place on the upper rack of the oven during the last 10 minutes while vegetables are roasting. The croutons should be well toasted.

Place cooled roasted vegetables in food processor. Add chicken broth, vegetable stock and all spices (excluding white pepper and fresh basil). Puree until completely smooth. Pour the pureed soup into a saucepan, add pepper to taste and warm over low/medium heat.

Ladle servings into soup bowl and top with croutons. Garnish with freshly chopped basil and serve immediately.

### Nutritional Value Per Serving:

Calories: 272

Total fat: 9.26 g

Saturated fat: <2 g

Protein: 19.82 g

Carbohydrate: 29.38 g

Sodium: 344 mg

% Fat: 29.75

% Protein: 28.30

% Carbohydrates: 41.94

## Chicken Noodlicious Soup

*This hearty soup combines the best of old-fashioned homemade chicken noodle soup with the health benefits of fresh vegetable soup. This soup warms the heart, soul, and tummy! Perfect for lunch or dinner.*

Serves: 6

### Ingredients:

2 cups vegetable broth (low sodium or homemade)  
4 cups chicken stock (low sodium organic or homemade)  
½ cup low-sodium V-8 juice  
4 chicken breasts—steamed/cooked and cubed  
6 ounces Soba noodles—brown rice with stone ground whole wheat  
½ cup carrots—chopped  
½ cup red, yellow or orange peppers—chopped  
½ cup sweet potato—chopped  
½ cup tomatoes—seeded and chopped  
½ cup broccoli—chopped  
½ cup sliced mushrooms  
1 cup spinach—chopped

### Directions:

Steam or sauté chicken in ¼ cup chicken stock or extra virgin olive oil. Cut into cubes. Pour all liquid ingredients in stockpot or large saucepan and bring to a boil. Add carrots, peppers, and sweet potato and boil gently for 15 minutes. Break noodles into 1-inch pieces and add noodles, tomatoes, broccoli and mushrooms to soup. Boil for 5 minutes then reduce heat to simmer for 10 minutes, or until noodles are completely cooked. Add chopped spinach and fresh ground black pepper and cayenne pepper to taste.

### Nutritional Value Per Serving:

Calories (kcal): 254.67  
Protein (g): 18.36  
Calories from Protein: 72.15  
% Calories from Protein: 28.33  
Carbohydrates (g): 33.66  
Calories from Carbohydrates: 132.28  
% Calories from Carbohydrates: 51.94  
Fat (g): 5.68  
Calories from Fat: 50.24  
% Calories from Fat: 19.73  
Saturated Fat (g): 0.89

## Quinoa Caribbean Salad

*Although quinoa (pronounced "keenwa") is new to the American market, it was a staple of the ancient Incas, who called it "the mother grain." To this day, it's an important food in South American cuisine. Hailed as the "supergrain of the future," quinoa contains more protein than any other grain. With its soft texture and delicate taste, quinoa can be described as a mix between couscous and brown rice.*

Serves: 6

### Ingredients:

2 cups quinoa  
1½ cups chicken broth  
1 cup pineapple juice (reserve ½ cup for sautéing shrimp or chicken)  
¼ teaspoon ground ginger  
¼ teaspoon garlic powder  
Cayenne pepper to taste  
1 pound jumbo shrimp or chicken  
8 oz. can water chestnuts—chopped  
8 oz. fresh pineapple chunks—approx. 1 cup thinly sliced  
½ cup carrots—shredded  
½ cup fresh asparagus—blanched and cut  
½ cup snow peas—blanched and cut  
½ cup red, yellow or orange pepper—diced

Dressing: Roasted Bell Pepper Cumin Sauce

### Directions:

Rinse quinoa in water. If preparing according to package directions in a saucepan, double the liquid in ingredients above. If preparing Quinoa according to this recipe (steaming in a Krups Steamer), place rinsed Quinoa in rice steaming bowl. Add water, ½ cup pineapple juice, ginger and garlic. Stir, cover and steam for 45 minutes.

While Quinoa is steaming, sauté jumbo shrimp or chicken in reserved ½ cup pineapple juice and a "pinch" of cayenne pepper. Shrimp will be done when shell reaches a deep orange color. Peel and vein the shrimp. Cut into bite sized pieces.

Place shrimp or chicken in small bowl, marinate in dressing until ready to mix with Quinoa. Meanwhile, prepare additional ingredients: chop water chestnuts, shred carrots, blanch and cut asparagus, blanch and cut snow peas, and cut pineapple chunks into very thin pieces.

When Quinoa is cooked, let cool for 30 minutes. Add ingredients to cooled Quinoa. Add enough dressing to lightly coat all ingredients. Keep refrigerated until ready to serve.

### Nutritional Value Per Serving:

Calories: 91  
Total Fat: 1 g  
Saturated Fat: 1 g  
Protein: 3 g  
Total Carbohydrate: 18 g  
Dietary Fiber: 3 g  
Sodium: 90 mg  
Percent Calories from Fat: 10%  
Percent Calories from Protein: 14%  
Percent Calories from Carbohydrate: 74%

## Roasted Bell Pepper Cumin Sauce

*This colorful, fragrant sauce is simple to prepare and yummy over grilled chicken or fish. It would also be good stirred into Risotto. Roasting your own peppers is easy. Once you get in the habit of roasting your own peppers this way you will always do your own instead of using peppers from a jar. For an extra kick of heat, add a pinch of Cayenne pepper.*

Serves 4-6

### Ingredients:

2 large bell peppers – combination of yellow, orange, or red  
 6 tablespoons natural rice vinegar  
 4 cloves garlic, finely minced  
 2 teaspoons ground cumin  
 2 teaspoons course brown mustard  
 1 teaspoon ground chili powder  
 1 tablespoon olive oil  
 Fresh ground pepper, to taste

### Directions:

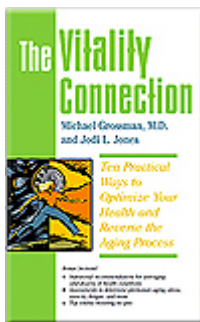
Roast bell peppers by placing over a low to medium open gas flame atop of your stove, turning until evenly charred and blackened. Wrap in foil or place in a brown paper bag. Allow roasted pepper to sit until cool enough to handle. Skin pepper and discard seeds and membrane. Alternatively, split and seed the pepper and broil on a cookie sheet until charred, then continue.

Place skinned pepper in a blender with balance of ingredients. Puree sauce until smooth. Season with salt and pepper to taste.

Heat gently over low heat in a small saucepan until warmed. Serve over grilled chicken or fish. Or, serve chilled with couscous, quinoa, or brown rice salad.

### Nutritional Value Per Serving:

Calories (kcal): 70.38  
 Energy (kJ): 294.49  
 Protein (g): 1.46  
 Calories from Protein: 5.41  
 % Calories from Protein: 7.69  
 Carbohydrates (g): 13.35  
 Calories from Carbohydrates: 49.53  
 % Calories from Carbohydrates: 70.38  
 Fat (g): 1.85  
 Calories from Fat: 15.44  
 % Calories from Fat: 21.93  
 Saturated Fat (g): 0.22



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