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CALORIES COUNT

RECIPE BOOK



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August 1, 2008

Food For Thought

"We have to do the best we can. This is our sacred human responsibility." - Albert Einstein

Calories Count Tip

Build a leaner breakfast sandwich by replacing the bacon or sausage with Canadian bacon or ham and ordering your sandwich on an English muffin, bagel or bun instead of a croissant.

Calorie Content: Cantaloupe, 1/4 medium = 47 calories

Wellness Recipe - Banana Raisin Wheat Muffins

1 1/4 cups flour 1 tablespoon baking powder
1/4 teaspoon salt
1 cup shredded wheat cereal
1 cup fat free milk
1 egg
1 cup mashed ripe banana (2 large)
1/3 cup firmly packed brown sugar 2 tablespoon margarine, melted
1/2 cup raisins

Heat oven to 400F. Mix flour, baking powder and salt in large bowl. Mix cereal and milk in another large bowl; let stand 5 minutes. Stir in egg, banana, sugar and margarine. Add to flour mixture; stir just until moistened. (Batter will be lumpy.) Stir in raisins. Spoon batter into muffin pan which has been sprayed with no stick cooking spray, filling each cup two-thirds full. Bake 20 minutes or until golden brown. Serve warm. Makes 12 muffins. Nutrition Information Per Serving: 150 calories, 2.5 grams total fat, 0.5 grams saturated fat, 20 milligrams cholesterol, 210 milligrams sodium, 30 grams carbohydrate, 2 grams dietary fiber, 13 grams sugars, 3 grams protein.

August 4, 2008

Food For Thought

"Keep away from people who try to belittle your ambitions. Small people always do that, but the really great ones make you feel that you too, can become great." - Mark Twain

Calories Count Tip

Try a smoothie made with juice, fruit and yogurt for a light breakfast, lunch or snack.

Calorie Content: Spinach, cooked, 1/2 cup = 21 calories

Wellness Recipe - Fruit Smoothie Recipe

Makes 8 servings

Ingredients 1 package (10 ounces) frozen strawberries in a light syrup, thawed
2 containers (8 ounces each) vanilla low-fat yogurt
1 tub lemonade flavored low calorie soft drink mix
5 cups cold water, divided
Ice cubes

Preparation Place strawberries, yogurt, drink mix, and 1 cup of the water in blender container; cover. Blend on medium speed 1 minute or until smooth. Pour into large plastic or glass pitcher. Stir in remaining 4 cups water. Serve over ice or refrigerate and stir before serving. Nutrition information per serving: 90 calories, 1gram total fat, 0.5 gram saturated fat, less than 5 milligrams cholesterol, 40 milligrams sodium, 19 grams total carbohydrate, less than 1 gram dietary fiber, 18 grams sugars, 3 grams protein, 25% Daily Value (DV) vitamin C, 10% DV calcium. Diabetic Exchanges: 1 carbohydrate

August 5, 2008

Food For Thought

“Adventure isn’t hanging on a rope off the side of a mountain. Adventure is an attitude that we must apply to the day to day obstacles of life – facing new challenges, seizing new opportunities, testing our resources against the unknown and in the process, discovering our own unique potential.” - John Amatt organizer and participant in Canada’s first successful expedition to the summit of Mount Everest.

Calories Count Tip

Whole fruits and vegetables are low in calories and fat and rich in phytochemicals. Lycopene, a phytochemical found in tomatoes, watermelon, red grapefruit and red pepper sprouts, may help prevent prostate cancer and heart disease.

Calorie Content: Almonds, 1 oz = 164 calories

Smoothie Recipe - Fruity Smoothie Spritz

(makes 1 serving)

Ingredients:

1/2 cup plain, nonfat yogurt
1/2 cup blueberries
1/2 cup chopped bananas (preferably peeled and frozen in advance)
1/4 teaspoon cinnamon, nutmeg or allspice
Ice
1/2 cup chilled, unflavored seltzer water or club soda

Directions: 1. Add yogurt, fruit and spice to a blender and blend until smooth or to desired consistency. 2. Pour mixture into a tall glass filled with ice. 3. Pour seltzer water or club soda on top of smoothie and gently stir to mix. * Note: You can use any combination of fruits in season for this recipe. **NUTRITION FACTS: Serving Size: 1 smoothie (548 g) Servings Per Recipe: 1 Amount per serving Calories 279 Calories from fat 5 Total Fat 1 g Saturated Fat 0 g Trans Fat 0 g Cholesterol 5 mg Sodium 215 mg Total Carbohydrates 55 g Dietary Fiber 5 g Sugars 40 g Protein 16 g Vitamin A 2% Vitamin C 30% Calcium 50% Iron 4%**

August 6, 2008

Food For Thought

Do not attempt to do a thing unless you are sure of yourself; but do not relinquish it simply because someone else is not sure of you. - Stewart E. White

Calories Count Tip

To decrease total calories and fat, look for broth-based and vegetable-based soups instead of cream-based soups.

Calorie Content: Fat-Free (skim) milk, 1 cup = 83 calories

Wellness Recipe - Avocado Green Onion Party Dip

Recipe Summary:

Preparation Time: 30 minutes

Number of Servings: 7

Cups of Fruits and Vegetables Per Person: 0.5

Ingredients: 1/2 medium avocado, seeded and peeled

1 cup low fat cottage cheese

3/4 cup plain, non-fat yogurt

1/2 cup sliced green onions

1/4 cup shredded carrots

1 Tbsp fresh lemon juice

1/4 cup non-fat mayonnaise

2 cups broccoli florets

1 cup cucumber slices

28 melba toast rounds

Directions: Dice avocado into small pieces, toss with lemon juice and set aside. In food processor or blender, blend cottage cheese, yogurt and mayonnaise until smooth. Add cottage cheese mixture to avocado, gently stirring in onions and carrots. Cover and chill. Serve with vegetable crudité and melba toast rounds, allowing 1/2 cup vegetables, 4 melba toast rounds and 8 Tbsp dip per serving. **Nutrition Facts Avocado Green Onion Party Dip Serving Size 1/7 of recipe Amount Per Serving Calories 120 Calories from Fat 30 % Daily Value (DV)* Total Fat 3g 5% Saturated Fat 1g 3% Cholesterol 5mg 2% Sodium 320mg 13% Total Carbohydrate 17g 6% Dietary Fiber 3g 12% Sugars 4g Protein 8g Vitamin A 30% Vitamin C 40% Calcium 8% Iron 6% * Percent Daily Values are based on a 2,000 calorie diet.**

August 7, 2008

Food For Thought

“An individual has a healthy personality to the exact degree to which they have the propensity to look for the good in every situation.” - Ralph Waldo Emerson

Calories Count Tip

Pizza can be a wonderful combination food when prepared/ordered carefully. To decrease total calories and fat, always choose thin crust pizza and include vegetable and lower-fat meat toppings like ham, Canadian bacon, chicken or shrimp. In addition try a side salad with 1-2 pieces of pizza. Eat the salad first and ask for the dressing on the side so you can control how much is added.

Calorie Content: Potato, baked, with skin, 1 medium = 161 calories

Wellness Recipe - Santa Fe Pizza

1 12-inch pre-baked pizza crust
2 tablespoons yellow cornmeal
2 meat-free, soy-based burgers
1/2 teaspoon cumin
1/2 cup taco sauce
3 tablespoons fresh cilantro
1/2 cup canned black beans, rinsed and drained
1/4 cup diced green chili peppers
6 ounces shredded mozzarella cheese

Spray pizza pan with nonstick cooking spray, then dust the pan with cornmeal. Fry soy-based burgers in a nonstick skillet over low heat, chopping the burgers into bits with a spatula. Stir in cumin. Spread taco sauce over pizza crust and sprinkle with warm burger and remaining toppings. Bake at 400 degrees F for 15 minutes or until cheese is bubbly and begins to brown. Cut into 8 slices. Calories per slice: 300 Protein: 15 grams Fat: 5 grams Carbohydrate: 47 grams Sodium: 590 milligrams Cholesterol: 12 milligrams

August 8, 2008

Food For Thought

“Be nice to people on your way up because you’ll meet them on your way down.” - Wilson Mizner

Calories Count Tip

To reduce calories and total fat when eating out, try corn on the cob, green beans or baked beans, or rice in place of fries or fried onion rings. Also, try sharing side orders, drinks and/or a large entree with a friend. If alone, ask for a to-go box at the beginning of your meal, split your order and carry the other half home for tomorrow.

Calorie Content: Raspberries, raw, 1/2 cup = 32 calories

Wellness Recipe - Lemon Barbecued Chicken

This dish is equally good hot off the grill or at room temperature tossed in a green salad the next day. If grilling isn't an option, you can broil the chicken four to five inches from the heat, turning every eight to 10 minutes until it is cooked through. Six Servings
2 teaspoons Worcestershire sauce
1 teaspoon grated lemon zest
1 teaspoon salt
1/2 teaspoon dry mustard
1/2 teaspoon dried oregano
1/2 cup fresh lemon juice
1/2 cup olive, canola, or corn oil
1 green onion with green top, chopped
6 chicken breast halves, or 6 legs and 6 thighs (2 1/2 to 3 pounds)

1. Mix the Worcestershire sauce, lemon zest, salt, dry mustard and oregano in a small bowl. 2. Gradually stir in the lemon juice, followed by the oil and chopped green onions. 3. Brush the mixture over the chicken pieces. Cover and marinate in the refrigerator for at least two hours. 4. Prepare a charcoal grill. 5. Remove the chicken from the marinade and place skin side down on the grill. Set three to six inches from charcoal that has reached the light gray ash stage. Cook 30 minutes for breast halves and 40 minutes for thighs, turning every 10 to 15 minutes. Serving Size: one breast half or one leg and one thigh Nutrition Facts per Serving Calories: 224 Total Fat: 12 grams Cholesterol: 73 milligrams Saturated Fat: 2 grams Sodium: 268 milligrams Carbohydrates: 1 gram Dietary Fiber: 0 grams Protein: 27 grams

August 11, 2008

Food For Thought

“The spirit of self-help is the root of all genuine growth in the individual.” - Samuel Smiles

Calories Count Tip

Create a healthy food environment in your home and at work by having cut up fruits and vegetables available instead of cake and cookies.

Calorie Content: Orange, 1 medium = 62 calories

Wellness Recipe - Fresh Fruit Clafouti

A clafouti is a county-French dessert that's made by topping a layer of fresh, ripe fruit with a cake-like batter and baking it. It makes a great addition to a brunch menu.

1 cake (six servings)

1 ½ cups sliced ripe nectarines, plums, peaches, or pitted cherries (about 10 ounces cut fruit)

2/3 cup fat-free evaporated milk

1 large egg, beaten, or ¼ cup egg substitute

2 tablespoons all-purpose flour

2 tablespoons sugar

½ teaspoon pure vanilla extract

1/8 teaspoon nutmeg, preferably freshly grated

1/8 teaspoon salt

1 tablespoon sifted powdered sugar

1. Preheat the oven to 375 degrees Fahrenheit. Prepare an 8-inch glass pie plate with nonstick pan spray. Layer fruit in the pie plate. 2. Combine the milk, egg, flour, sugar, vanilla, nutmeg and salt in a food processor. Process until smooth; pour over the fruit. 3. Bake 35 to 40 minutes, or until puffed and golden brown. Serve warm or at room temperature. At serving time, sprinkle with powdered sugar and cut into 6 slices. Serving size: 1 slice Nutrition Facts per Serving Calories: 92 Total Fat: 1 gram Cholesterol: 36 milligrams Saturated Fat: 0 grams Sodium: 92 milligrams Carbohydrates: 17 grams Dietary Fiber: 1 gram Protein: 4 grams

August 12, 2008

Food For Thought

“What lies behind us and what lies before us are small matters compared to what lies within us.” - Ralph Waldo Emerson

Calories Count Tip

Often, the most difficult part of exercising is just getting into the habit of doing something active. Characteristics of various exercise activities that encourage participation/commitment in physical activity include: confidence in the ability to perform the activity (this may take time to develop), enjoyment of the activity, ease of availability, safety, and personal support from friends and family.

Calorie Content: Brown rice, cooked, 1/2 cup = 108 calories

Wellness Recipe - Greek-Style Chicken with Lemon-Pistachio Rice

When you remove this meal from the oven, you'll think you're in a kitchen in Greece. The aroma is a delightful portent of good things to come.

Ingredients:

1 1/2 cups fat-free, low-sodium chicken broth

1 cup uncooked instant brown rice

10 ounces frozen chopped spinach, thawed and squeezed dry

2 large tomatoes, chopped

2 teaspoons lemon zest

2 tablespoons fresh lemon juice

2 tablespoons chopped pistachio nuts

1 tablespoon finely chopped fresh oregano or 1 teaspoon dried, crumbled

1 tablespoon snipped fresh dillweed or 1 teaspoon dried, crumbled

1/2 teaspoon ground cinnamon

1/4 teaspoon pepper

4 boneless, skinless chicken breast halves (about 4 ounces each), all visible fat discarded

8 ounces fat-free or low-fat plain yogurt

2 teaspoons fresh lemon juice

2 tablespoons chopped pistachio nuts

Fresh oregano, dillweed, and lemon zest (optional)

Directions Preheat the oven to 375°F. In an 8-inch glass or metal baking dish, stir together the broth, rice, spinach, tomatoes, lemon zest, 2 tablespoons lemon juice, 2 tablespoons pistachios, 1 tablespoon oregano, 1 tablespoon dillweed, cinnamon, and pepper. Push the mixture to the side. Add the chicken breasts. Spoon a small amount of the rice mixture over them. Cover with aluminum foil. Bake for 50 to 60 minutes, or until the chicken is no longer pink in the center and the rice is tender. Meanwhile, stir together the yogurt and 2 teaspoons lemon juice. To serve, spoon the yogurt mixture over the chicken, rice, and vegetables. Sprinkle with the remaining pistachios. Garnish with oregano, dillweed, and lemon zest. Serves 4; 3 ounces chicken and about 1 cup rice and vegetables per serving Cook's Tip If you're freezing this dish, delay making the yogurt sauce. Prepare it shortly before serving the reheated dish. Nutrition Analysis Calories: 333 Protein: 37 g Carbohydrates: 32 g Total fat: 6.5 Saturated: 1.0 Polyunsaturated: 2.0 Monounsaturated: 2.5 Cholesterol: 67 mg Fiber: 6 g Sodium: 207 mg

August 13, 2008

Food For Thought

The block of granite which was an obstacle in the pathway of the weak becomes a stepping-stone in the pathway of the strong. - Thomas Carlyle

Calories Count Tip

To cut calories and total fat, watch out for hidden calories found in mayonnaise/ buttered sandwich and hamburger buns, fried foods, buttered vegetables and noodles, super-sized portions, salad dressing (these can add 200-250+ calories and 20+ grams of fat!), and beverages like regular sodas, lemonade and alcohol.

Calorie Content: Black beans, cooked, 1/2 cup = 114 calories

Wellness Recipe - Spinach and Red Pepper Flounder with Feta

This is an ideal shove-in-the-oven dinner that's on the table in 30 minutes flat. Ingredients:

4 flounder, tilapia, or other white fish fillets (about 4 ounces each)
10-ounce package frozen chopped spinach, thawed and squeezed dry
1 cup chopped roasted red bell peppers, rinsed and drained if bottled
1 teaspoon dried basil, crumbled
1/4 teaspoon salt
2 teaspoons olive oil (extra virgin preferred)
2 ounces feta cheese, crumbled
1 cup uncooked couscous
1/8 teaspoon salt
1 teaspoon olive oil

Directions Preheat the oven to 350°F. Rinse the fish and pat dry with paper towels. Place the fish fillets in a single layer in a 13 x 9 x 2-inch baking pan. Top each piece with a thin layer of spinach and a single layer of roasted peppers. Sprinkle with the basil and 1/4 teaspoon salt. Drizzle with 2 teaspoons oil. Sprinkle with the feta. Bake for 10 to 12 minutes for flounder, 13 to 15 minutes for tilapia, or until the fish flakes easily when tested with a fork. Meanwhile, prepare the couscous using the package directions. Using a fork, mix in 1/8 teaspoon salt and 1 teaspoon oil. To serve, spoon the couscous onto plates. Place the fish on the couscous. Serves 4; 3 ounces fish and 1 cup vegetables and couscous per serving Cook's Tip To thaw a box of spinach quickly, remove the outer wrapper. Put the box of spinach on a microwaveable plate. Microwave on 100 percent power (high) for 3 1/2 to 4 minutes. Nutrient Analysis Calories: 383 Protein: 31 g Carbohydrates: 46 g Total fat: 8.0 g Saturated: 2.5 g Polyunsaturated: 1.0 g Monounsaturated: 3.0 g Cholesterol: 61 mg Fiber: 4 g Sodium: 553 mg

August 14, 2008

Food For Thought

"Those who think they have no time for healthy eating will sooner or later have to find time for illness." - Edward Stanley

Calories Count Tip

Question: Kids that eat breakfast are more likely to keep their weight under control? True or False Answer: True! They are also more likely to have lower blood cholesterol levels, meet their daily nutritional needs, attend school more frequently and make fewer trips to the school nurse's office complaining of a tummy ache. Remember, this is also true for adults! For a quick breakfast idea, try dry cereal and milk low/ nonfat milk. Make the cereal whole-grain or bran and you'll get fiber along with B vitamins and complex carbohydrates. Don't be afraid to add cut up fresh fruit.

Calorie Content: Halibut, cooked, 3 oz = 119 calories

Wellness Recipe - Dijon Pork with Potatoes and Carrots

Cleanup is kept to an absolute minimum with the help of a sheet of aluminum foil. Just line a baking sheet with it, combine and roast the ingredients on it, then throw the foil away. There isn't even a mixing bowl to wash. Ingredients:

8 medium red potatoes (about 2 ounces each), cut into 1/2-inch wedges
4 medium carrots, quartered lengthwise, then cut into 2-inch-long pieces
2 small onions, cut into eighths
1 medium green bell pepper, cut into thin strips
1 medium red bell pepper, cut into thin strips
2 medium garlic cloves, minced
1 tablespoon olive oil (extra virgin preferred)
1 pound pork tenderloin, all visible fat discarded
1 1/2 tablespoons Dijon mustard
1/2 teaspoon cracked black pepper
2 teaspoons olive oil (extra virgin preferred)
1/2 teaspoon salt

Directions Preheat the oven to 425°F. Line a baking sheet with aluminum foil. Put the potatoes, carrots, onions, bell peppers, and garlic on the baking sheet. Toss with 1 tablespoon oil. Arrange in a single layer, leaving enough room in the center for the pork. Spoon the mustard over the pork; spread evenly over the top and sides. Sprinkle with the pepper. Place the pork on the baking sheet. Tuck the thin end of the pork under for even cooking. Bake for 10 minutes. Stir the vegetables. Bake for 25 minutes, or until the pork is no longer pink in the center. Turn off the oven. Transfer the pork to a cutting board. Let stand for 3 minutes for easier slicing. Meanwhile, drizzle the remaining 2 teaspoons oil over the vegetables. Stir gently to coat. Sprinkle with the salt. Stir gently. Leave the vegetables in the oven to keep warm while you slice the pork. Serves 4; 3 ounces pork plus 1 1/2 cups vegetables per serving Nutrient Analysis Calories: 341 Protein: 29 g Carbohydrates: 37 g Total fat: 10.0 g Saturated: 2.0 g Polyunsaturated: 1.0 g Monounsaturated: 6.0 g Cholesterol: 74 mg Fiber: 7 g Sodium: 511 mg

August 15, 2008

Food For Thought

You have to deal with the fact that your life is your life. - Alex Hailey

Calories Count Tip

Question: Keeping a daily food record of what you eat is a good weight management strategy? True or False
Answer: True! This has been shown to be a very powerful behavior modification technique for weight management to help you decrease calories and lose weight. Keeping a food record for a week or two can give you insight into your eating habits, and help identify areas you might need to change.

Calorie Content: Cauliflower, cooked, 1/2 cup = 17 calories

Wellness Recipe - Red Pepper Frittata

Recipe Summary:

Preparation Time: 45 minutes

Number of Servings: 4

Cups of Fruits and Vegetables Per Person: 0.5

Ingredients: 2 tsp olive oil, divided

1/2 cup chopped celery

2 garlic cloves, minced

1/2 tsp dried oregano

1 Tbsp grated Parmesan Cheese

1 Tbsp chopped fresh flat-leaf parsley

2 cups egg substitute

2 red bell peppers, chopped

1/2 cup chopped onions

Directions: In a large ovenproof frying pan over medium heat, warm 1 tsp oil. Add the red peppers, celery, onions, and garlic; cook, stirring frequently for 4 to 5 minutes or until tender. Remove from heat and set aside. In a large bowl lightly whisk together the egg substitute, parsley, oregano and black pepper. Stir in the vegetable mixture. In the same frying pan over medium heat warm the remaining 1 tsp. oil. Add the egg mixture and cook until brown around the edges. Cover the pan and reduce heat to low. Cook for 3 to 4 minutes, or until the eggs are set. Meanwhile, preheat the broiler. Sprinkle the frittata with the Parmesan. Place the pan about 5" from the heat and broil for 1 to 2 minutes, or until golden brown. Serve cut into wedges. Nutrition Facts Red Pepper Frittata Serving Size 1/4 of recipe Amount Per Serving Calories 120 Calories from Fat 25 % Daily Value (DV)* Total Fat 3g 5% Saturated Fat 1g 3% Cholesterol 0mg 0% Sodium 280mg 12% Total Carbohydrate 9g 3% Dietary Fiber 2g 8% Sugars 6g Protein 14g Vitamin A 70% Vitamin C 260% Calcium 8% Iron 15% * Percent Daily Values are based on a 2,000 calorie diet.

August 18, 2008

Food For Thought

"The secret of health for both mind and body is not to mourn for the past, worry about the future, or anticipate troubles but to live in the present moment wisely and earnestly." - Buddha

Calories Count Tip

Regular physical activity has been shown to increase HDL "good" cholesterol levels, decrease triglyceride levels, help manage body weight, decrease risk of heart disease, and enhance overall sense of health and well-being. Even activities such as walking, gardening, yard-work and dancing can be very beneficial if done on a daily basis.

Calorie Content: Mango, 1/2 cup = 54 calories

Wellness Recipe - Tomatillo and Chile Pepper Salsa Salad

Ingredients:

1 cup finely chopped peeled cucumber

3 ounces tomatillos, finely chopped

1 1/2 ounces reduced-fat Monterey Jack or mozzarella cheese, cut into 1/4-inch cubes

1 medium Anaheim pepper, seeded and ribs removed, finely chopped

1/4 cup snipped fresh cilantro

2 tablespoons finely chopped green onions (green & white parts)

3 to 4 teaspoons fresh lime juice

1/8 teaspoon salt

Directions In a medium bowl, combine all the ingredients. Let stand for 10 minutes to allow the flavors to blend. Serve immediately or cover and refrigerate for up to 2 hours. Variation: Tomato and Bell Pepper Salsa Salad Substitute tomatoes for tomatillos, 1/2 medium green bell pepper for Anaheim pepper and parsley for cilantro. Nutrient analysis for Tomato and Bell Pepper Salsa Salad: 47 calories, 2.0 g total fat (1.0 g saturated, 0.0 g polyunsaturated, 0.0 g monounsaturated), 6 mg cholesterol, 145 mg sodium, 4 g carbohydrates, 1 g fiber, 4 g protein Cook's Tip Rich in vitamin A and a good source of vitamin C, tomatillos resemble small green tomatoes with thin, parchmentlike coverings. They have a green tomato/lemon-herb-apple taste. When selecting tomatillos, choose firm ones and pull back the papery skin to make sure there are no blemishes or bruises. Tomatillos are available in the produce section of major supermarkets and in Hispanic markets. Nutrient Analysis Calories: 48 cal Protein: 4 g Carbohydrates: 4 g Total fat: 2.0 g Saturated: 1.0 g Polyunsaturated: 0.5 g Monounsaturated: 0.5 g Cholesterol: 6 mg Fiber: 1 g Sodium: 143 mg

August 19, 2008

Food For Thought

"To eat is a necessity, but to eat intelligently is an art." - La Rochefoucauld

Calories Count Tip

It is helpful to become familiar with manufacturing and nutrition facts labels on food products. Here is a quick guide to help.

- Low-Calorie: 40 calories or less per serving
- Reduced Calorie: At least 25% fewer calories per serving when compared with a similar food.
- Light/Lite: One third fewer calories or 50% less fat per serving; if more than half the calories are from fat, fat content must be reduced by 50% or more.
- Fat Free: Less than ½ gram of fat per serving. 100% Fat Free meets the requirements of "Fat Free".
- Low Fat: 3 grams of fat or less per serving
- Reduced Fat: At least 25% less fat when compared with a similar food.
- Cholesterol Free: Less than 2 milligrams of cholesterol per serving and 2 grams or less of saturated fat per serving.
- Low Cholesterol: 20 milligrams or less of cholesterol per serving of saturated fat.

Calorie Content: Strawberries, 1/2 cup = 27 calories

Wellness Recipe - Rustic Stuffed Potatoes

Barbeque and potatoes go hand in hand. For a different way to pair them, mound barbecued chicken, Cheddar cheese and green onions on red potatoes. Ingredients:

- 4 medium red potatoes (about 6 ounces each)
- 1/2 cup bottled barbecue sauce
- 2 to 3 teaspoons cider vinegar
- 1/4 teaspoon cayenne
- Vegetable oil spray
- 12 ounces boneless, skinless chicken breasts, all visible fat removed, cut into bite-size pieces
- Fat-free, no-calorie liquid margarine spray
- 2 ounces shredded reduced-fat sharp Cheddar cheese
- 1/4 to 1/2 cup finely chopped green onions (green & white parts)

Directions Pierce the potatoes in several places with a fork. Microwave on 100 percent power (high) for 10 minutes, or until tender when pierced to the center with a fork, turning once. Meanwhile, in a small measuring cup or bowl, stir together the barbecue sauce, vinegar and cayenne. Heat a large non-stick skillet over medium-high heat. Remove the skillet from the heat and lightly spray with vegetable oil spray (being careful not to spray near a gas flame). Cook the chicken for 2 minutes, or until no longer pink on the outside, stirring constantly. Increase the heat to high. Add the barbecue sauce mixture; cook for 1 1/2 minutes, or until the sauce has thickened slightly and the chicken is no longer pink in the center, stirring constantly. Remove from heat. Cut the potatoes in half; fluff with a fork. Place 2 potato halves on each plate. Lightly spray each half with 2 pumps of liquid margarine spray. Sprinkle with the cheese. Spoon the chicken mixture over the potatoes. Sprinkle with green onions. Serves 4; 1 potato and about 1/2 cup chicken mixture per serving
Nutrient Analysis
Calories: 277cal Protein: 29 g Carbohydrates: 35 g Total fat: 4.0 g Saturated: 2.0 g Polyunsaturated: 0.5 g Monounsaturated: 1.0 g Cholesterol: 57 mg Fiber: 4 g Sodium: 403 mg

August 20, 2008

Food For Thought

"We never repent of having eaten too little." - Thomas Jefferson

Calories Count Tip

To calculate/reduce total calories it is important to measure actual cooked food portions using a food scale and measuring cups. However, when a food scale or measuring cups aren't handy you can still estimate your portion using these easy measuring guidelines:

- 3 ounces of meat (1 serving) = size of the deck of cards
- 1 medium apple or peach = size of tennis ball
- 1 oz cheese = size of 4 stacked dice
- ½ C ice cream = size of racquetball or tennis ball
- 1 Cup mashed potatoes or vegetables = size of a small fist
- 1 teaspoon butter/peanut butter = size of your thumb
- 1 ounce of nuts or small candies = 1 small handful

Calorie Content: Brussels sprouts, cooked, 1/2 cup = 28 calories

Wellness Recipe - Gazpacho

Recipe Summary:

Preparation Time: 2 hours

Number of Servings: 6

Cups of Fruits and Vegetables Per Person: 2.0

Ingredients: 8 large tomatoes

- 1 large cucumber, peeled, seeded and finely diced
- 1 large green bell pepper, finely chopped
- 1 medium-size red onion, minced
- 3 Tbsp red wine vinegar
- 1 Tbsp olive oil
- 3 Tbsp lemon juice
- 2-1/2 Tbsp chopped fresh parsley or 2 tsp dried basil
- salt and fresh ground pepper to taste
- tabasco sauce to taste

Directions: To peel the tomatoes, submerge them in boiling water for 15 seconds. Place into a colander and rinse under cold water. The skins should slip right off. Core the tomatoes and gently squeeze out the seeds. Coarsely chop half of the tomatoes and puree the other half in a food processor. Combine the puree and chopped tomatoes in a large mixing bowl. Blend the remaining ingredients with the tomatoes. Cover and refrigerate for several hours before serving. Serve chilled; garnish with herbed croutons if desired.
Nutrition Facts Gazpacho Serving Size 1/6 recipe Amount Per Serving
Calories 80 Calories from Fat 25 % Daily Value (DV)* Total Fat 3g 5% Saturated Fat 0g 0% Cholesterol 0mg 0% Sodium 65mg 3% Total Carbohydrate 14g 5% Dietary Fiber 4g 16% Sugars 8g Protein 3g Vitamin A 45% Vitamin C 100% Calcium 4% Iron 4% * Percent Daily Values are based on a 2,000 calorie diet.

August 21, 2008

Food For Thought

“Finish each day and be done with it. You have done what you could; some blunders and absurdities have crept in; forget them as soon as you can. Tomorrow is a new day; you shall begin it serenely and with too high a spirit to be encumbered with your old nonsense.” - Ralph Waldo Emerson

Calories Count Tip

To decrease calories and extra fat, choose fried foods only sometimes... go for grilled, broiled, or steamed foods more often.

Calorie Content: Asian pear, raw, 1 small = 51 calories

Wellness Recipe - Crispy Oven-Fried Chicken

This heart-healthy alternative to traditional fried chicken is spicy and easy to make. The ginger is a pleasant surprise for your taste buds.

Ingredients:

Vegetable oil spray, butter-flavored or original
4 cups wheat-flake or corn-flake cereal, lightly crushed (4 to 5 ounces)
1 clove garlic, crushed, or 1/2 teaspoon bottled minced garlic (optional)
1 teaspoon ground ginger, or to taste
1 teaspoon paprika
1/4 teaspoon salt (optional)
Freshly ground pepper to taste
12 pieces chicken (about 3 1/2 pounds), skinned, all visible fat removed

Directions Preheat oven to 350° F. Spray a baking sheet with vegetable oil spray. Set aside. Place cereal in a pie pan or on a piece of foil. Stir in garlic. Set aside. Combine ginger, paprika, salt and pepper in a small bowl. Rinse chicken and pat dry with paper towels. Sprinkle seasonings on both sides of each piece. Roll chicken in cereal crumbs to coat. Spray chicken lightly on all sides with vegetable oil spray. Place on prepared baking sheet. Bake for 45 to 60 minutes, or until chicken is golden brown and tender. Timing will vary according to the thickness of the chicken pieces. Serves 6. **Cook's Tip** You can dramatically reduce the amount of fat and cholesterol in poultry by discarding the skin. Due to its slippery nature, however, poultry skin can be a challenge to remove. Hold the poultry piece on a flat surface (a plastic cutting board is recommended), grasp the skin with a double thickness of paper towels and pull firmly. Discard the paper towels. Use a knife or kitchen scissors to trim away any remaining visible fat. **Nutrient Analysis** Calories: 235 Protein: 20 g Carbohydrates: 15 g Total fat: 6 g Saturated: 2 g Polyunsaturated: 2 g Monounsaturated: 2 g Cholesterol: 77 mg Sodium: 206 mg

August 22, 2008

Food For Thought

“He that takes medicine and neglects diet, wastes the skill of the physician.” - Chinese Proverb

Calories Count Tip

Question: Making time for family meals means children and teens to eat more nutritious foods? True or False

Answer: True! Kids consume more nutritious meals if they eat an evening meal with their parents. In a recent study, kids who ate an average of six to seven family meals weekly had higher intakes of dairy foods, fruits and vegetables than those who ate three or fewer family meals per week. Parents can be positive role models by adopting healthy habits, which will in turn help their kids adopt similar habits for a lifetime.

Calorie Content: Whole-wheat spaghetti, cooked, 1/2 cup = 87 calories

Wellness Recipe - Toasted Ravioli with Italian Salsa

Ingredients:

16 ounces frozen beef ravioli (30 pieces)*
Vegetable oil spray
1/4 cup nonfat or low-fat Italian salad dressing
1/2 cup dried bread crumbs
1 1/2 teaspoons salt-free Italian herb seasoning

Italian Salsa

14.5-ounce can no-salt-added tomatoes with juice
1/2 small red onion, quartered
1 hot banana pepper or 1/2 green bell pepper, seeded and ribs removed
1 tablespoon chopped fresh oregano or 1 teaspoon dried
1 tablespoon chopped fresh basil or 1 teaspoon dried
1 clove garlic, halved, or 1/2 teaspoon bottled minced garlic
1 teaspoon balsamic vinegar or red wine vinegar
1/4 teaspoon sugar
Vegetable oil spray

*Some prepared ravioli may be high in sodium and fat. When shopping, select the one with the lowest sodium and fat values.

Directions Cook ravioli according to package directions, omitting salt and oil. Drain and cool for at least 10 minutes. Meanwhile, lightly spray 2 baking sheets with vegetable oil spray. Set aside. Using a pastry brush, lightly coat top of each of the ravioli with dressing. Place on baking sheets. Mix bread crumbs and herb seasoning. Sprinkle over ravioli. The ravioli can be refrigerated for up to 8 hours at this point. Place all salsa ingredients in a blender or food processor and process for 15 to 20 seconds. Set aside. (Salsa will keep in the refrigerator for up to 4 days.) Preheat oven to 400°F. Lightly spray tops of ravioli with vegetable oil spray. Bake the ravioli for 9 to 11 minutes. Drizzle the salsa over the ravioli or use the salsa for dipping. Serves 5 as an entrée. **Cook's Tip** on Leftover Fresh Herbs: Small amounts of fresh herbs, such as basil, oregano, cilantro, or a mixture, are the basis of easy herb cream cheese or herb margarine spread. Mix 2 tablespoons of chopped fresh herbs with 1 minced clove of garlic or 1/2 teaspoon bottled minced garlic and 8 ounces of nonfat or low-fat cream cheese or light margarine. Try a little herb cream cheese on a bagel or a dollop of herb margarine on a baked potato. You'll find lots of uses for these treats. **Nutrient Analysis** Calories: 126 Protein: 6 g Carbohydrates: 20 g Total fat: 2 g Saturated: 1 g Polyunsaturated: 0 g Monounsaturated: 1 g Cholesterol: 7 mg Sodium: 220 mg

August 25, 2008

Food For Thought

"When embarking on a journey like fitness and developing a healthy lifestyle, many obstacles will eventually get in the way, the biggest usually being yourself." - Joe Dibble

Calories Count Tip

Tuck portable, nonperishable foods in your purse, briefcase or backpack for on-the-go snacking. For example, crackers and peanut butter, small boxes of cereal, dried fruit, pretzels, or plain popcorn. Fresh fruit is already packaged to go. By having a small snack between meals you can prevent excess hunger leading to overeating later in the day.

Calorie Content: Soybeans, green, cooked, 1/2 cup = 127 calories

Wellness Recipe - Taquitos

Recipe Summary:

Preparation Time: 30 minutes

Number of Servings: 4

Cups of Fruits and Vegetables Per Person: 1.0

Ingredients: 2 cups frozen vegetables, thawed (peas, carrots, and corn)

1/3 cup crumbled queso anejo or shredded Monterey Jack cheese

12 corn tortillas, warmed

2 tsp vegetable oil

2 cups fresh salsa

1/2 avocado, chopped

Directions: Heat oven to 450 degrees. In a medium bowl, mix vegetables and cheese. Spoon 1/4 cup vegetable and cheese mixture down the center of each tortilla. Roll up tightly. Place taquitos on a baking sheet. Brush each Taquito lightly with oil. Bake until crispy, about 7 to 10 minutes. While taquitos are baking, mix fresh salsa with avocado. Spoon salsa mixture over each serving of taquitos. Serve. Nutrition Facts Taquitos Serving Size 3 taquitos Amount Per Serving Calories 360 Calories from Fat 110 % Daily Value (DV)* Total Fat 12g 18% Saturated Fat 3g 13% Cholesterol 10mg 3% Sodium 230mg 10% Total Carbohydrate 56g 19% Dietary Fiber 8g 32% Sugars 3g Protein 8g Vitamin A 80% Vitamin C 20% Calcium 10% Iron 10% * Percent Daily Values are based on a 2,000 calorie diet.

August 26, 2008

Food For Thought

"The state of your life is nothing more than a reflection of your state of mind." - Dr. Wayne W. Dyer

Calories Count Tip

Try these tips to trim excess fat and calories from your favorite recipes:

Instead of: | Try:

Whole milk | Skim or 1% milk

Light cream | Equal portions of 1% milk and evaporated skim milk

Heavy cream | Equal portions of half-&-half, evaporated skim milk

Whipped cream | Whip chilled evaporated skim milk/ low-calorie topping

Sour cream | Low-fat or non-fat sour cream or yogurt

Mayonnaise | Reduced-fat or fat-free versions

Butter, margarine | Reduce the amount added to recipes by 1/3 to 1/2

Oil (in baking) | Equal amount of applesauce

2 Whole Eggs | One egg and one egg white

Sausage/Bacon | Turkey, ham, or Canadian bacon

Luncheon meats | Low-fat versions like turkey, chicken, lean ham

Whole-milk cheese | Skim-milk mozzarella or low-fat/ fat-free versions

Calorie Content: Edible pod peas, cooked, 1/2 cup = 34 calories

Wellness Recipe - Salmon Sorrento

With its thick, colorful sauce, this dish provides a way to dress up salmon without covering up its natural flavor. Preparation time: 10 minutes Cooking time: 23 to 26 minutes

Ingredients:

1 tablespoon extra-virgin olive oil

5 medium Italian plum tomatoes, diced

6 medium black olives, coarsely chopped

6 medium green olives, coarsely chopped

3 tablespoons lemon juice

2 tablespoons coarsely or finely chopped fresh parsley (Italian, or flat-leaf, preferred)

1 tablespoon capers, rinsed and drained

1 1/2 teaspoons bottled minced garlic or 3 medium cloves garlic, thinly sliced

Pepper to taste

1-pound salmon fillet

Directions Heat a large skillet over medium-high heat. Add oil and swirl to coat bottom of skillet. Add tomatoes, black and green olives, lemon juice, parsley, capers, garlic, and pepper; stir to mix. Bring to a boil over medium-high heat, 2 to 3 minutes. Reduce heat to medium and cook until mixture is reduced by about one third, about 5 minutes, stirring occasionally. Meanwhile, rinse salmon and pat dry with paper towels. Using a spoon, push reduced sauce to one side and place salmon in skillet. Spoon sauce over salmon. Cook, covered, over medium heat for 15 to 17 minutes, or until salmon flakes easily when tested with a fork. Serves 4; 3 ounces fish per serving Nutrient Analysis Calories: 202 Protein: 24 g Carbohydrates: 6 g Total fat: 9 g Saturated: 2 g Polyunsaturated: 1 g Monounsaturated: 5 g Cholesterol: 84 mg Fiber: 1 g Sodium: 337 mg

August 27, 2008

Food For Thought

It did not really matter what we expected from life-but rather what life expected from us. - Viktor. E Frankl

Calories Count Tip

Dining out can be a challenge when trying to limit calories and fat. It is helpful to examine when and why you eat out. If you eat out often, ask yourself "can you change the pattern?" If not, develop the attitude that eating out does not mean eating more. Pass up all-you-can-eat specials, buffets and unlimited salad bars if you tend to eat too much. If you do choose the buffet, fill up on salad and vegetables first. Take no more than two trips and use the small plate, which holds less food.

Calorie Content: Whole-wheat English muffin, 1 each = 134 calories

Wellness Recipe - Southern Fish Fillets

This fish will remind you of an old-fashioned fish fry.

Ingredients:

Vegetable oil spray
1 pound fish fillets, such as orange roughy, perch, or crappie
1/2 teaspoon pepper
1/2 cup fat-free milk
4 drops red hot-pepper sauce
1/2 cup cornmeal
1/4 cup minced fresh parsley
1 teaspoon dried tarragon, crumbled
1/4 teaspoon cayenne
4 lemon wedges (optional)

Directions Preheat oven to 450° F. Lightly spray a 13x9x2-inch baking dish with vegetable oil spray. Sprinkle fish with black pepper. In a shallow bowl, combine milk and hot-pepper sauce. In a separate shallow bowl, combine remaining ingredients except lemon wedges. Dip fish in milk mixture, then roll in cornmeal mixture. Place in baking dish. Bake 15 to 17 minutes, or until fish flakes easily when tested with a fork. Serve with lemon wedges. Serves 4. Nutrient Analysis
Calories: 156 Protein: 20 g Carbohydrates: 16 g Total fat: 1 g Saturated: 0 g Polyunsaturated: 0 g Monounsaturated: 1 g Cholesterol: 23 mg Fiber: 2 g Sodium: 91 mg Potassium: 456 mg Calcium: 84 mg

August 28, 2008

Food For Thought

All great reforms require one to dare a lot and win a little. - William L. O'Neill

Calories Count Tip

To eat more whole grains, substitute a whole-grain product for a refined product – such as eating whole-wheat bread instead of white bread or brown rice instead of white rice. It's important to substitute the whole-grain product for the refined one, rather than adding the whole-grain product.

Calorie Content: Soybeans, green, cooked, 1/2 cup = 127 calories

Wellness Recipe - Corn & Tomatillo Soup

Recipe Summary:

Preparation Time: 30 minutes

Number of Servings: 8

Cups of Fruits and Vegetables Per Person: 2.0

Ingredients:

1-1/2 cup tomatillos
1-1/2 cup chopped onion
2 garlic cloves, diced
1 tsp margarine
3-3/4 cup whole kernel corn
1 cup frozen peas
4 cups low sodium chicken broth
1 Tbsp chopped cilantro
4 oz diced green chilies
1/4 cup spinach, chopped
1 tsp sugar

Directions: Sauté tomatillos, onion and garlic in with margarine for five minutes. Remove to food processor and add peas and cilantro. Puree to chunky. Pour in pan and add chicken stock, diced green chilies, chopped spinach, corn, and sugar. Heat and serve. Nutrition Facts Corn & Tomatillo Soup Serving Size 1/8 of recipe Amount Per Serving Calories 130 Calories from Fat 20 % Daily Value (DV)* Total Fat 2g 3% Saturated Fat 1g 3% Cholesterol 0mg 0% Sodium 120mg 5% Total Carbohydrate 23g 8% Dietary Fiber 4g 16% Sugars 6g Protein 6g Vitamin A 15% Vitamin C 25% Calcium 4% Iron 6% * Percent Daily Values are based on a 2,000 calorie diet.

August 29, 2008

Food For Thought

Difficulties strengthen the mind, as labor does the body. - Seneca

Calories Count Tip

Make most of your choices whole or cut-up fruit rather than juice, for the benefits dietary fiber provides.

Calorie Content: Pear, raw, 1 small = 81 calories

Wellness Recipe - Sweet Potato Pancakes

Recipe Summary:

Preparation Time: 30 minutes

Number of Servings: 8

Cups of Fruits and Vegetables Per Person: 1.0

Ingredients: 6 cups peeled and finely shredded sweet potatoes

1 cup finely shredded onions

1 tsp salt-free herb seasoning

1-2/3 cup unbleached flour

1/3 cup chopped fresh flat-leaf parsley

2 cups finely shredded zucchini

1/4 cup lemon juice

1-1/2 cups egg substitute

6 tsp canola oil, divided

Directions: In a large bowl, mix the sweet potatoes, onions, herb seasoning, flour, parsley, zucchini, lemon juice and egg substitute. In a large no-stick frying pan or griddle over medium-high heat, warm 2 tsp of the oil. Drop a large Tbsp of the batter into the pan and spread it with a spatula to form a thin pancake. Add more batter to fill the pan without crowding the pancakes. Cook for about 2 minutes per side, or until golden and crispy. Remove from the pan and keep warm. Repeat, adding the remaining 4 tsp oil as needed, until all the batter has been used. Nutrition Facts Sweet Potato Pancakes Serving Size 1/8 of recipe Amount Per Serving Calories 250 Calories from Fat 45 % Daily Value (DV)* Total Fat 5g 8% Saturated Fat 1g 3% Cholesterol 0mg 0% Sodium 100mg 4% Total Carbohydrate 39g 13% Dietary Fiber 4g 16% Sugars 6g Protein 10g Vitamin A 300% Vitamin C 60% Calcium 6% Iron 15%
* Percent Daily Values are based on a 2,000 calorie diet.