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DATE: February 3 2005, L39

Clarksburg WV

WEEKLY MEETING BHLC:
FIRST BAPTIST CHURCH NUTTER FORT
219 Maryland Avenue
AGENDA – THURSDAY February 03, 2005

1. 5:00 Exercise
2. 6:00 Stress Management
3. 7:00 Group
5. 7:30 Dinner RUNWAY GRILL

EDITORIAL: I would like to share some tips on fruits, I received from one of our readers.

FROM: Max Weaver – Martinsburg.

1. Blend a cup of fruit with half a cup of orange juice, half a cup of vanilla fat-free yogurt, and five ice cubes for a nice smoothie.
2. Fold grated carrots or zucchini into pancake, waffle, or muffin batter.
3. Layer apricots, red and green peppers, and pineapple chunks with seitan slices or Quorn, wrap in foil, and cook it on the grill or in the oven.
4. Top a pizza with broccoli, mushrooms, spinach, artichokes, peppers, and/or asparagus. Add fat-free cheese and tomato sauce if you wish.
5. Mix vegetable chunks in with rice pilaf.
6. Dip raw vegetables in salsa (a fine source of vegetables in itself) for a snack.
7. Use fat-free mayo and tofu pieces to make your favorite macaroni or potato salad (or slaw), and mix in peas, grated carrots, and celery.
8. Add your favorite cooked vegetable to tomato sauce and pour it over whole-wheat pasta.

9. Carry baby carrots with you in the car for a quick snack.
10. Add kidney, navy, or black beans to salads and soups, or blend them with salsa for a lively dip or spread.
11. Make fat-free onion rings. Slice a large onion into rings, dip them in egg substitute to coat thoroughly, and press them into bread crumbs (to which you've added a little pepper, maybe). Arrange on a cookie sheet or pizza pan lightly sprayed with Pam, and bake at 400 degrees until lightly browned.
12. Try peach or apricot slices and yogurt on a whole-grain waffle or pancake.

Self Directed Community:

Last weeks Modality Adherence results from the Clarksburg Electronic Adherence form are shown below. Great results on Stress Management Adherence, this is the best average we have recorded. A great way to start the new year.

Any Ornish Participant can fill out the adherence form; it helps us to keep connected with how we are doing and provides statistical data as to group adherence to the program.

MOLADITY	RESULTS %
Exercise	88.9
Diet	92.7
Stress Management	84.7
Group Support	85.8
Out Side Group Support	88.9
Not Attending Group	1
Number of Inputs	18

RECIPES:

Zesty Potato Salad

From The Kitchen of Betty White

2 ½ cups diced cooked potato
½ cup finely chopped onion
¼ cup finely chopped celery
½ cup plain nonfat yogurt
1 tbsp. prepared mustard
¾ teaspoon herb or Italian seasoning
¼ teaspoon paprika

Combine the potato, onion, parsley, and celery; then mix. In a small bowl combine the yogurt, mustard, and seasoning; add to vegetables and mix carefully. Cover and chill several hours to allow flavors to blend. To serve, garnish with paprika.

Custard Pie

From The Kitchen of Dan Dunkle

1 box Kroger nonfat custard (pie filling)
2-3 tsp. frozen apple juice
1 cup Nutty Nuggets

Mix frozen apple juice with nutty nuggets. Press in to glass pie pan. Bake approximately 10 minutes. Remove and cool.

Fix custard following instructions on box. Substitute nonfat milk or soy milk for the milk. Add fresh fruit if you want to the baked crust. Use sugar substitute if you wish. Pour mixture in to pie shell. Top with nonfat Cool Whip and ground nutmeg.

Spice Sweet Potatoes

From The Kitchen of Wendy Kallmyer

2 large sweet potatoes
Chinese five spice
1 cup orange juice

Peel and cut the potatoes in to 1 inch slices. Sprinkle with Chinese five spice and pour the orange juice over the potatoes that have been arranged on a 13 by 9 inch casserole pan. Bake for 45 minutes in a 350 degree oven.

Tuscan Vegetable Minestrone

From the Kitchen of Joe Hull

2 cups diced green cabbage
½ cup diced onion
½ cup diced carrots
½ cup diced celery
½ cup diced, peeled baking potato
1 cup canned ground tomatoes or diced tomatoes
5 cups vegetable broth or store bought
½ cup diced zucchini
1 (15-ounce) can kidney beans or 2 c. cooked kidney beans with ¼ cup liquid
¼ cup dried elbow macaroni
1 tbsp. minced fresh oregano
Salt and pepper

In a large pot, combine cabbage, onion, carrots, celery, potatoes, tomatoes, and vegetable broth, bring to a simmer over moderate heat. Cover, adjust heat to a simmer and cook until vegetables are half done, about 15 minutes. Add zucchini, beans with little juice, and macaroni, cover and simmer until vegetables are tender and pasta is al dente, about 15 minutes. Add oregano, season to taste with salt and pepper.