

Back To Health and Living SDC News Letter



DATE: June 15, Letter 70

Clarksburg WV

WEEKLY MEETING BHLC:
FIRST BAPTIST CHURCH OF NUTTER
FORT. 5:00 pm each Thursday.
219 Maryland Avenue. Nutter Fort, WV.

ARTICLES:

1. New meeting location for Clarksburg SDC.
2. Editorial Larry Massey.
3. Morgantown Fashion Show.
4. Vegetarian Summerfest.
5. Peanut Butter.
6. 9 Recipes.

CLARKSBURG SDC MEETING

LOCATION: The Clarksburg SDC is moving to a new location at the First Baptist Church of Nutter Fort. Directions are: From I-79 take exit 119 to Clarksburg. Go west on U. S. 50 till you come to Joyce Street exit, which is State Route 20 South. Turn left on Route 20 and count 4 stoplights. Just before the fifth stoplight, Maryland Avenue will be on the left after the BC Bank. The church is on the left two blocks down. We are moving to expand the SDC and have additional room and cooking space for additional members.

We want to express our appreciation and thanks to the ST MARK'S LUTHERAN CHURCH for their gracious hospitality and Love while we were having our meetings at the church. For any additional information please contact myself or Dan Webster rcx2x2@aol.com.

EDITORIAL: By Larry Massey: **I want to relate my story to each of you to cover my last few months.** Let's start with the last 4 years. I started with Cohort One (The Dirty

Dozen) at UHC. I have followed the program between 90 and 100% each week for 4 years, and last December my blood work was the best it has been in my life. Then in January of this year because of stress, depression and some personal problems I started to loose my ability to follow the program. This was devastating to me because I knew I was not continuing to reverse my heart disease. One way of looking at the Ornish program is like a car that has four wheels and all four tires full of air. From January through March of this year I started running on two flat tires. I had to do something.

I contacted the Health Connection and because I paid for my last Ornish program (which saved my life) and I now have Blue Cross and Blue Shield and I was covered to take the program. I am now in Cohort 15 and very happy that I can learn some new techniques, and get the booster shot that I needed. The program is hard to follow at 100%, but I must give all my effort to follow the program. I will pass along any new information that I learn. I will keep you up-to-date on my progress. Love is something I have learned through the last few years and that will never leave me. I ask that you keep me in our thoughts and I will keep each of you in my heart as we make our journey through life. P.S. The PAL forms are harder!!

MORGANTOWN FASHION:

By Jeannie Lewis: Awareness of Heart Disease Model Walk during the Celebration of Women's Health Festivities in Morgantown at the Ramada Inn Tuesday, May 23rd at noon.. The moderator allowed me to carry my grandson during my walk

which made the whole experience most comfortable and joyful for me.



The photo above is (from Left to Right) Sharon Brinkman-Windle, Jeannie Lewis, JoAnn Hammond, Mary Gansor, Cindy Blosser and Margaret Darr. Sharon moderated and Mary Gansor came in support of the activity. The other four of us walked while our bios were read describing our heart health issues and our successes from our participation in the Ornish Program.

VEGETARIAN SUMMERFEST:

By Ed Ehlers: The 32nd annual conference is set for July 5-9, 2006 at the Conference Center at Pitt-Johnstown on the University of Pittsburgh campus at Johnstown, Pennsylvania.

I am hoping other people will consider joining me at the Vegetarian Summerfest that is held at a college campus in Johnstown Pa .It is the Annual Conference of the North American Vegetarian Society. I like to joke that I hold the record for going to the most Ornish retreats that he used to have in California. Besides the basic one week retreat for newcomers he used to put on annual advanced retreats. The reason I kept going back is that I always learned more which helped me stay motivated on the program. Also, I always met nice people where we all had common interests. However, it was expensive at over \$5,000 per person for the conference, hotel and air fare. He always had great speakers. I have gone to one

Summerfest in the past and it was very similar to the Ornish retreats but a heck of a lot less expensive. The costs range from \$715 to \$315 depending if you are going for the entire conference with a single air conditioned room or just for the weekend with a double non air conditioned room. There are at least Three great reasons to go. The Speakers, the Food and the Price. The speakers include T. Colin Campbell whose book *The China Study* is a must read for anyone that wants to cut back on animal protein. Per Dean “Everyone in the field of nutrition science stands on the shoulders of T. Colon Campbell.” Also speaking is Dr. Esselstyne a surgeon who did a study similar to Dean’s. Several other great speakers will be there. Check the website at: www.vegetariansummerfest.org. The food will be vegan which means no animal products not even honey. Most of it was very good and meets or exceeds Dean’s guidelines. It is just wonderful to go someplace and not have to think much about your diet.

At the old Ornish one week retreats they would focus on the four basic parts of the program: Diet, Exercise, Stress Reduction thru Yoga and Group Interaction. At the Summerfest, Diet is covered, Trails are available for Exercise and some of the speakers will deal with Yoga and perhaps lead us in some routines. The only thing that is missing is Group Interaction. If other people that are on the Ornish program attend and we knew ahead of time who we were, we could get together at the retreat and have some group interaction on our own. Plus, it is just nice to get away.

So please give it some thought and if you are thinking of going, or going, contact me by phone or e-mail. 585-336-9847. eehlers@rochesterfurnished.com

Favorite Quote: Success – Success
Is A Journey ... Not A Destination.

Better n Peanut Butter: By Jennie Wilkins: Approval of New Food Product As “Ornish Friendly” I have contacted Kroger about stocking this and they are going to see if they can get it in their store.

Marlene: “Good news! Dr. Ornish has approved the name brand “Better n Peanut Butter” for participant use. Wonder Natural Foods Corp. based in Watermill, NY makes this product. It has 85% less fat and 40% less calories than regular peanut butter. One serving is equal to 2 tablespoons and contains 2.5 grams of fat, none of which is hydrogenated or saturated. Regular and low sodium versions are available. Participants can incorporate this product by counting it as 1 of the 3 permitted products per day with an acceptable added fat. Visit their Website at www.betternpeanutbutter.com for more information.”

Dr. Ornish: “Remind participants to practice portion control with this item.”



Ingredients:

Peanuts (as de-fatted peanut flour and natural peanut butter), tapioca syrup, pure water, dehydrated cane juice, rice syrup, vegetable glycerin, soy flour, salt, tapioca starch, natural flavors, paprika & annatto, calcium carbonate, lecithin, vitamins e & c (antioxidants).

RECIPES: Wes Miller and I were fortunate to be invited to the Morgantown SDC Dinner for a graduating cohort. It was a great experience, and we left with a lot of love, new friends and great recipes as listed below. I want to thank them for their hospitality.

Bruschetta Florentine

Chef Scott, UHC Hospital

- 1 package (10 oz) frozen chopped spinach, thawed and squeezed dry
- 1 cup shredded nonfat or soy mozzarella cheese
- ¾ cup chopped plum tomatoes (about 2 ½ medium)
- 2 Tbsp finely chopped onion
- 1 Tbsp Finely chopped fresh basil
- 1 tsp crushed fresh garlic
- 4 whole-wheat submarine-sandwich rolls, each 6" long, or 1 loaf French Bread, 24" long

Combine the spinach, mozzarella cheese, tomatoes, onions, basil and garlic in a medium-sized bowl and stir to mix. Set aside.

Slice each roll into 12 (1/2 inch) slices. If you are using French bread, slice the French bread into 48 (1/2 inch) slices. Arrange the slices on a baking sheet and bake at 300 degrees for 15 minutes, or until crisp and lightly browned.

Spread each slice with 1 slightly rounded tablespoon of the spinach mixture. Increase the oven temperature to 400 degrees and return appetizers to the oven for 15 minutes, or until the cheese is melted.

Pineapple Surprise

Teresa Davisson

- 1 package (not softened) fat free cream cheese
- 1 jar pineapple preserves
- 1 tsp horseradish

Mix pineapple preserves and horseradish. Place cream cheese on platter, pour pineapple/horseradish mixture over cream cheese. Serve with your favorite Ornish Friendly Cracker.

Spinach Dip

Knorr Vegetable Recipe Mix Box

1 package (10 oz.) frozen chopped spinach, thawed and squeezed dry
1 container (16 oz.) fat free sour cream
1 cup fat free mayonaise
1 package. Knorr vegetable recipe mix
1 can (8 oz.) water chestnuts, drained and chopped (optional)
3 green onions, chopped (optional)
Combine all ingredients and chill. Serve with your favorite dippers. Makes 4 cups dip.

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### Eggplant Parmesan

Denise Binion

Yield: 6 servings

3 large egg whites or equivalent amount of Egg Beaters

1 cup fine dry breadcrumbs (hard to find commercially, prepare your own)

½ cup grated "Parmesan Cheese" soy based or Fat free

2 medium eggplants, sliced into ¼" thick rounds

¼ cup FRESH basil (use LESS if dried)

2 ½ cups marinara sauce (make your own or substitute Healthy Choice or other fat free sauce)

¾ cup Fat Free mozzarella cheese

Preheat oven to 400F. Lightly spray 2 baking sheets with cooking spray.

Beat/whisk egg whites/Eggbeaters with 3 tablespoons water until frothy. Combine bread crumbs and ¼ cup Parmesan "cheese", with salt & pepper to taste in shallow dish. Dip eggplant slices in egg, then coat with breadcrumb mixture and place on baking sheets.

Bake until golden brown, turn and bake again.

This part takes about ½ hour.

Mix basil with marinara sauce. Spread ½ cup sauce in baking dish, top with eggplant slices and cover with 1 cup of sauce and sprinkle with ½ of the mozzarella cheese. Cover with the rest of the eggplant slices. Top with the rest of the sauce, mozzarella and Parmesan.

Bake uncovered 20 – 30 minutes until bubbly. Allow to stand about 10 minutes before serving. One serving is high protein, low calorie and nearly fat free.

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*Johnnie Marzetti*

Mary Mutschelknaus

Yield: 12 servings

1 package (12 oz.) whole wheat noodles

1 ½ package Morning Star soy crumbles

4 medium onions (chopped)

2 cans Healthy Choice Tomato Soup

½ pound fat free cheddar cheese (or Kraft fat free slices)

1 package (6 oz.) sliced Portabella mushrooms

2 cups water

½ cup fat free evaporated milk

2 Tbsp cornstarch

¼ cup water

Cook noodles until tender. Saute soy crumbles and onion mixture until tender in a non-stick skillet lightly sprayed with Pam. Heat 2 cans tomato soup, add cheese and stir until melted. Dice mushrooms, cook until tender in 2 cups of water, do NOT drain.

Mix cornstarch with ¼ cup water and stir until there are no lumps, add ½ cup of fat-free evaporated milk and stir until thickened. Add to mushroom mixture.

Fold noodles into baking dish. Add crumbles and onion mixture. Stir, add tomato soup and cheese mixture. Stir and add mushroom mixture. Stir well. Bake at 350 degrees for 30 minutes.

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### *Vegetable Lasagna*

Tom DeGori, Executive Chef, Radisson Hotel  
Pittsburgh – Green Tree

Yield: 12 servings

1 pound whole-wheat lasagna noodles

2 pounds fat free cottage cheese

1 cup fat free parmesan cheese or soy cheese alternative

1 Tbsp garlic, chopped

1 Tbsp basil, chopped

Salt and Pepper

3 ounces egg substitute  
1 pound broccoli, chopped in small florets  
½ pound carrots, shredded  
3 cups fresh spinach, chopped  
1 package (5 oz.) Veggie Shreds  
4 cups tomato sauce

Cook lasagna noodles in boiling water until al dente, cool and set aside. Combine cottage cheese, Parmesan cheese, garlic, basil, salt, pepper and egg substitute in mixing bowl and mix until smooth. Add vegetables to mixture and continue to mix thoroughly.

Lightly spray a 9 x 13 inch baking dish with cooking spray. Line bottom of pan with lasagna noodles and place ½ of the cheese and vegetable mixture on top of noodles. Cover cheese mixture with 2 cups of tomato sauce. Repeat layer of noodles and rest of cheese mixture. Top with layer of noodles, remaining tomato sauce and Veggie Shreds. Cover with foil and bake in oven for 1 hour and 15 minutes at 350 degrees F.

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Quick Blackberry Cobbler

Butter Busters – The Cookbook

1 cup flour (whole wheat)
1 cup sugar (or ½ c sugar and 6 packets of Sweet'n Low)
1 tsp baking powder
¾ cup canned skimmed evaporated milk
¼ tsp salt (optional)
1 (21 oz.) can of blackberry pie filling (or your choice of fruit pie filling)
2 tsp sugar mixed with 1 tsp ground cinnamon

Pour pie filling into a square casserole dish that has been sprayed with a non-fat cooking spray. Mix together flour, sugar, baking powder, salt and skim milk. Pour batter mix on top of the fruit. Sprinkle cinnamon-sugar mixture on top of the batter.

Bake at 350 degrees F for 35-40 minutes or until golden brown. Serve warm with non-fat frozen yogurt or Fat Free Redi Whip.

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**Sour Cherry Pudding**

Everyday Cooking with Dr. Dean Ornish, pg.101

1 cup unbleached all-purpose flour  
½ cup sugar

2 tsp baking powder  
½ tsp salt  
2/3 cup nonfat milk  
1 can (15 oz.) sour pie cherries, drained (Fresh pitted cherries or quartered ripe apricots would be even better than the canned cherries in this dessert.)

Preheat oven to 350 degrees F.

In a medium bowl, combine flour, sugar, baking powder and salt. Stir to combine. Add milk and stir just until blended. Pour half the cherries into a 9" cake pan, either no-stick or sprayed lightly with nonstick spray. Pour all the batter over the cherries to cover completely. Scatter remaining cherries over the top of the batter. Bake until a toothpick inserted in the center comes out clean, 35-40 minutes. Serve warm (not hot) or cool.

**Sour Cream Wonder Cocoa Cake**

Melvin Graham

Yield: 16 servings

Beat:

1 ½ cup Fat Free Sour Cream  
½ cup Egg Beaters

Sift:

½ cup sugar  
½ cup Splenda  
1 ¾ cup flour  
¼ tsp salt  
1 tsp baking soda  
1/3 cup Wonder Cocoa

Mix.

Add 1 tsp vanilla  
Spray 9x9 glass baking pan with Pam Baking Spray. Bake at 325 degrees for 45 minutes (or until toothpick in center of cake comes out clean).

Frosting:

1 cup powdered sugar  
2 Tbsp Wonder Cocoa  
1 ½ Tbsp Very Vanilla Full Fat Soy Milk (or skim milk)  
1 ½ tsp vanilla

Mix ingredients till well blended and smooth. Just frost top of cake.