

WARREN COUNTY COMBINED HEALTH DISTRICT WEIGHT MANAGEMENT CLASS

MAY 21, 2018

FIRST OF ALL, I MADE CHOCOLATE MOUSSE YESTERDAY FOR YOU TO SAMPLE! I BELIEVE I'VE GIVEN YOU THE RECIPE RECENTLY, BUT I'LL INCLUDE IT AT THE END OF THE LESSON, ANYWAY. I KNOW THAT WE TALKED ABOUT IT, BECAUSE WE'VE BEEN TALKING ABOUT ADDING MORE FRUITS & VEGETABLES TO OUR DAILY FOOD PLANS. THE BASE OF THIS DESSERT IS AVOCADO, RATHER THAN THE TRADITIONAL MOUSSE RECIPE WHICH INCLUDES HEAVY WHIPPING CREAM!

DON'T FORGET...WE'RE CLOSED NEXT MONDAY, BUT WE'RE HAVING A MAKEUP CLASS ON TUESDAY, MAY 29TH, SINCE I'LL BE OUT OF TOWN FOR THE FIRST TWO MONDAYS IN JUNE. SAME TIME, SAME PLACE!

HAVE A HEALTHY BARBECUE!

IN HONOR OF THE COOKOUT(S) YOU'LL PROBABLY BE ATTENDING THIS COMING WEEKEND, LET'S TALK ABOUT THE BEST AND WORST PICNIC FOODS! IF NOTHING ELSE, IT SHOULD GIVE YOU SOME IDEAS OF WHAT YOU CAN CONTRIBUTE TO THE PICNIC TABLE – SO THERE WILL AT LEAST BE ONE ITEM YOU DON'T HAVE TO SKIP!

WORST: *BURGERS* WHO DOESN'T LOVE A GOOD BURGER? CHOOSE CAREFULLY, THOUGH, BECAUSE THEY CAN BE LOADED WITH CALORIES & SATURATED FAT. FATTIER MEAT ACTUALLY MAKES A JUICIER BURGER (SORRY, THAT LAST SENTENCE MADE MY MOUTH WATER...) AND WHOEVER'S HOSTING MAY MAKE THAT CHOICE DUE TO THAT PIECE OF INFO PLUS THE FACT THAT THE HIGHER THE FAT CONTENT, THE LOWER THE PRICE PER POUND. IF YOU'RE THE COOK, GROUND SIRLOIN IS LOWEST IN FAT & CALORIES. IN LIEU OF THAT, SPLIT A BURGER WITH SOMEONE & FORGO THE BUN.

BEST: *WATERMELON* FUN TO EAT, & GOOD FOR YOU, AS WELL! WITH OR WITHOUT A LITTLE SALT, THIS TASTY FRUIT WILL HELP QUENCH YOUR THIRST. (USEFUL, SINCE WE SEEM TO HAVE GONE FROM WINTER COLD TO SUMMER HEAT IN ONLY A WEEK!) IT'S PRETTY HARD TO OVERDO ON WATERMELON; IT'S 92% WATER!

WORST: *FRIED CHICKEN* AGREED, IT TASTES HEAVENLY. IT'S SO EASY TO PICK UP A BUCKET FROM KFC – BUT IT'S VERY HIGH IN FAT, CALORIES, & SODIUM. IF YOU'RE THE CHEF, MARINATE A BAG OF CHICKEN BREASTS FOR THE GRILL. YUMMY, & MUCH MORE WEIGH-IN DAY FRIENDLY!

ANOTHER IDEA IS *OVEN-FRIED CHICKEN*. I'VE INCLUDED THIS RECIPE AT THE END OF THE LESSON, TOO. I'VE NEVER BEEN COMPLETELY SUCCESSFUL WITH THIS ONE. I MAY HAVE TO TRY THIS VERSION SOON. IT SOUNDS FINGER-LICKIN' GOOD!

BEST: *CORN ON THE COB* GRILL YOUR CORN FOR A GREAT SIDE DISH. EVEN IF YOU USE A LITTLE BUTTER, IT'LL STILL BE A PRETTY GOOD "STARCHY" (AS IN FILLING!) CHOICE. HERE'S ANOTHER IDEA I SAW ON THE INTERNET TODAY: SQUEEZE SOME LIME JUICE ON THE COB & SPRINKLE IT WITH SOME CAYENNE PEPPER & PARMESAN CHEESE. NOW THAT SOUNDS DELICIOUS!

WORST: *PULLED PORK SANDWICH* DELISH, NO DOUBT. HOWEVER, ONE CUP OF THE TRADITIONAL VERSION DELIVERS OVER 400 CALORIES, NOT TO MENTION A BUNCH OF SALT & SUGAR FROM THE BBQ SAUCE. AND THAT'S WITHOUT THE BUN!

BEST: *COLESLAW* TRADITIONAL COLESLAW IS ACTUALLY DRESSED WITH CIDER VINEGAR. HOWEVER, I'LL BET YOU 10 BUCKS THAT THE MAYONNAISE TYPE IS WHAT LANDS ON YOUR PICNIC TABLE, AS WELL AS ON MINE! IF WORSE COMES TO WORSE, EVEN WITH MAYO, IF YOU R-E-A-L-L-Y WATCH YOUR PORTION SIZE YOU CAN GET AWAY WITH IT.

WORST: *PREPACKAGED CHIPS & DIP* INSTEAD OF THIS (MOST LIKELY) AMERICAN TRADITION, HOW ABOUT MAKING A SIMPLE BEAN (OR TOMATO) SALSA & BRINGING ALONG SOME BAKED TORTILLA CHIPS? TWO TABLESPOONS OF SOUR CREAM BASED DIP WILL COST YOU ABOUT 60 CALORIES (TWO TABLESPOONS?!?) WHILE A SINGLE OUNCE OF POTATO CHIPS WILL PROVIDE 150 CALORIES!

BEST: *APPLE PIE* WHAT?!? HOLD ON, NOW...IF IT'S A STORE BOUGHT PIE, EITHER SKIP IT OR PRACTICE PORTION CONTROL & JUST TAKE A SLIVER. IF YOU'RE LUCKY ENOUGH TO SCORE A PIECE OF HOMEMADE, INDULGE IN A MODEST SLICE & SAVOR EVERY BITE! EVEN THOUGH (OBVIOUSLY!) IT'S NOT THE BEST WAY TO EAT THEM, APPLES ARE SO GOOD FOR YOU!

WORST: *SWEET ICED TEA* SWEETENED BEVERAGES ARE A GREAT PLACE TO START WHEN IT COMES TO CUTTING CALORIES. DEPENDING ON WHO MADE IT, IT MAY OR MAY NOT HAVE FEWER CALORIES THAN SODA - BUT IT'S STILL VERY SUGARY. SORRY, ALL YOU SOUTHERNERS!

BEST: *FRUIT SALAD* PRETTY HARD TO GO WRONG HERE – ESPECIALLY IF IT'S JUST FRUIT. ONCE IN AWHILE, SOMEONE TRIES TO GET FANCY & DRESSES THE SALAD, WHICH SEEMS UNNECESSARY! WHAT'S BETTER THAN A CUT UP PIECE OF FRUIT? I'LL TELL YOU WHAT: A BUNCH OF DIFFERENT PIECES OF CUT UP FRUIT!

WORST: *POTATO SALAD* THIS ONE CAN BE A DISASTER. FULL FAT MAYO IS THE CULPRIT. HOWEVER, IF YOU'RE THE ONE BRINGING THE SPUDS, YOU CAN USE A MUSTARD CHIVE DRESSING & CUT THE FAT IN HALF! YOU COULD ALSO TRY USING PURPLE POTATOES! I LOOKED THEM UP ON THE KROGER WEBSITE & IT DOES LOOK LIKE THEY'RE AVAILABLE. THEY HAVE MORE ANTIOXIDANTS THAN REGULAR POTATOES, PLUS I BET THEY LOOK COOL!

ONE MORE WORST: *BUFFALO CHICKEN DIP* LEAVE IT ON THE TABLE! IT'S ADDICTING! CHICKEN, HOT SAUCE, BLEU CHEESE, & CREAM CHEESE...WHAT'S NOT TO LIKE?! JUST ONE SERVING – 5 OR 6 TABLESPOONS – WILL PROVIDE A WHOPPING 284 CALORIES! AND WHO EATS JUST ONE SERVING?!

YOU COULD MAKE A LOWER FAT VERSION, BUT I'D RECOMMEND MAKING A *FRUIT & CHEESE PLATTER* AS AN APPETIZER, INSTEAD!

NOW, AS PROMISED...HERE ARE THE RECIPES!!!

CHOCOLATE AVOCADO MOUSSE

1 LARGE, RIPE AVOCADO

¼ C. UNSWEETENED COCOA POWDER

¼ C. MAPLE SYRUP

¼ C. MILK

PUT ALL INGREDIENTS INTO A BLENDER OR A FOOD PROCESSOR. ADD A DASH OF SALT & BLEND TIL SMOOTH & CREAMY. REFRIGERATE FOR AT LEAST AN HOUR BEFORE SERVING.

ACCORDING TO MY CALCULATIONS, A SERVING OF THIS MOUSSE = ~ 259 CALORIES, WHILE A SERVING OF REGULAR CHOCOLATE MOUSSE = 454 CALORIES. ALSO! THIS MOUSSE CONTAINS HEALTHY MONOUNSATURATED FAT + FIBER; THE REGULAR KIND IS FULL OF SATURATED FAT.

MUSTARD & CHIVE POTATO SALAD

1.5 # MIXED POTATOES

1 TBS LITE MAYO

2 – 3 TBS APPLE CIDER VINEGAR, DIVIDED

2 TBS CHOPPED CHIVES

2 TBS WHOLE GRAIN MUSTARD

CUT POTATOES INTO EVEN SIZED PIECES. PLACE IN A POT, COVER WITH WATER, ADD SALT & PLACE ON MEDIUM-HIGH HEAT. BRING TO A BOIL, & REDUCE A BIT & COOK FOR 6 – 8 MINUTES. CHECK FOR DONENESS; SHOULD BE FORK-TENDER.

DRAIN & COOL POTATOES. SPLASH WITH 1 – 2 TBS VINEGAR WHILE POTATOES ARE STILL WARM.

ONCE POTATOES ARE COOL, MIX THE REST OF THE INGREDIENTS IN A LARGE BOWL. ADD POTATOES & GENTLY TOSS TO COAT. S & P TO TASTE.

ONE CUP OF THIS RECIPE ~ 134 CALORIES; A CUP OF REGULAR POTATO SALAD = 358 CALORIES!

OVEN-FRIED CHICKEN

1 C. LOW FAT BUTTERMILK	¾ TSP FRESHLY GROUND BLACK PEPPER
2 LARGE EGG WHITES, BEATEN	¼ TSP GROUND RED PEPPER
1 C. FLOUR	2 CHICKEN BREAST HALVES, SKINNED
1/3 C. CORN MEAL	2 DRUMSTICKS, SKINNED
1 TEASPOON SALT, DIVIDED	COOKING SPRAY

PREHEAT OVEN TO 425

COVER A LARGE BAKING SHEET WITH PARCHMENT PAPER. WHISK TOGETHER BUTTERMILK & EGG WHITES. COMBINE FLOUR, CORNMEAL, ½ TSP SALT, & BOTH PEPPERS; STIR WELL. SPRINKLE CHICKEN EVENLY WITH REMAINING SALT. DIP CHICKEN IN BUTTERMILK MIXTURE & DREDGE IN FLOUR MIXTURE.

PLACE CHICKEN ON PREPARED BAKING SHEET; LIGHTLY COAT CHICKEN WITH COOKING SPRAY. BAKE AT 425 FOR 10 - 12 MINUTES. FLIP WITH TONGS & BAKE FOR ANOTHER 1 – 12 MINUTES. CHECK FOR DONENESS; IF NECESSARY BAKE ANOTHER 5 – 10 MINUTES OR UNTIL CHICKEN IS DONE.

HOW DID YOU DO WITH 3 SERVINGS OF FRUIT A DAY? I HAVE TO ADMIT, IT WAS A CHALLENGE FOR ME! OUR “NO!” FOOD FOR THIS WEEK: INSTEAD OF A “NO!” FOOD, EAT AT LEAST 3 SERVINGS OF PRODUCE EVERY DAY!

HAVE A GREAT WEEK! SEE YOU NEXT TUESDAY THE 29TH!!!