

WARREN COUNTY COMBINED HEALTH DISTRICT WEIGHT MANAGEMENT CLASS

MARCH 20, 2018

FEAR NOT THE GREENS!!!

MOST OF US HAVE THE INTENTION OF SERVING OURSELVES AND OUR FAMILIES HEALTHY MEALS. JUST TO KIND OF SUM UP "HEALTHY EATING"...BUY AND EAT *LESS* PROCESSED FOOD, AND BUY AND EAT *MORE* PRODUCE! WHAT THAT WILL MEAN IS: SPENDING MORE OF YOUR FOOD DOLLARS AT THE GROCERY STORE, AND LESS OF THEM AT RESTAURANTS. THERE WILL BE A SMALL INVESTMENT OF YOUR TIME, YES...BUT IT'S WELL WORTH THE TROUBLE!

SO...EAT YOUR GREENS. AND YOUR YELLOWS. AND YOUR REDS! IT'S ALL GOOD. HOWEVER, ONE COMMON COMPLAINT I HEAR IS THAT EATING HEALTHY IS MORE EXPENSIVE. ANOTHER: I DON'T KNOW WHAT TO DO WITH THE STUFF ONCE I GET IT HOME! THE TWO SIMPLE IDEAS I'M SHOWING YOU TODAY SHOULD SOLVE A LITTLE OF EACH OF THOSE QUESTIONS!

AVOCADOS ARE FREQUENTLY ON SPECIAL. JUST REMEMBER: DON'T OVERBUY. ONCE THEY GET TOO RIPE, YOU CAN'T REALLY USE THEM – AND WASTING FOOD IS ALWAYS EXPENSIVE, NO MATTER WHAT. PICK THE ONES THAT HAVE A LITTLE "GIVE" WHEN YOU SQUEEZE THEM, AND IF YOU'RE NOT USING THEM FOR, SAY, 3 – 5 DAYS, PICK THE ONES THAT FEEL FIRM TO THE TOUCH. KEEP THEM ON THE COUNTER (IN THE SUNLIGHT) IF YOU NEED THEM TO RIPEN; IF THEY'RE RIPE ENOUGH ALREADY, STORE THEM IN THE REFRIGERATOR. TO USE, RINSE THEM OFF AND CUT HORIZONTALLY. SCOOP OUT THE "MEAT" WITH A SPOON.

BY USING MASHED AVOCADO, RATHER THAN MAYO, FOR TUNA SALAD, YOU'LL CUT THE FAT CALORIES BY OVER HALF. BESIDES THAT, AVOCADOS ADD FIBER, VITAMINS AND MINERALS. THEY EVEN HAVE A LITTLE PROTEIN! MAYONNAISE JUST ADDS FAT! AVOCADOS HAVE A SMOOTH TEXTURE AND SORT OF A BUTTERY MOUTHFEEL; ONCE YOU GET USED TO USING THEM I BET YOU WON'T GO BACK TO MAYONNAISE!

THE SPIRALIZER IS AN ITEM THAT I JUST THOUGHT I HAD TO HAVE – BUT I'VE NEVER USED IT BEFORE TODAY! (LOL YOU CAN BORROW IT!) SHARON COFFMAN, OUR RESIDENT PAMPERED CHEF LADY, HELPED ME WITH THE DETAILS TODAY. YOU'RE SAMPLING "PASTA" MADE FROM ZUCCHINI AND YELLOW SQUASH. I THINK YOU CAN GET A SIMILAR ITEM IN THE "AS SEEN ON T.V." SECTION AT MOST DEPARTMENT STORES FOR UNDER \$20. IT'S NO DOUBT NOT AS STURDY AS THIS ONE, HOWEVER IF YOU ONLY USE IT OCCASSIONALLY IT'S PROBABLY JUST FINE.

THE SAUCE IS A RECIPE I SAW YEARS AGO IN A MAGAZINE. I'VE PLANNED TO TRY IT FOREVER! I DID MESS WITH THE RECIPE A BIT – I ADDED HALF THE FAT THAT IT CALLED FOR, AND ACTUALLY THE BUTTER YOU'RE TASTING TODAY HAS GARLIC, BASIL AND PARMESAN. (LOL IT WAS PRIVATE SELECTION AND I HAD A COUPON!) ANYWAY, AFTER THE SAUCE SIMMERED FOR A WHILE, WE THREW THE "NOODLES" IN TO COOK FOR A FEW MINUTES. EASY!

ANOTHER TIP FOR YOU, WHICH I JUST RECENTLY LEARNED ABOUT: YOU CAN ROAST FROZEN VEGETABLES! WHO KNEW?! I NEVER CONSIDERED IT, BUT IF I HAD, I WOULD HAVE IMAGINED THEY'D TURN OUT MUSHY. I'VE ONLY DONE IT ONCE, AND THEY WERE YUMMY AND EASY! I PRE-HEATED THE BAKING SHEET (IT SAID TO DO SO, ONLINE), BUT I'VE SINCE HEARD THAT'S NOT NECESSARY. ALSO NOT NECESSARY IS "TOSSING THE VEGGIES WITH OIL AND SPICES"...SPREAD THE VEGETABLES ON A BAKING SHEET, SPRAY A *LITTLE* OLIVE OIL PAM ON THEM, SPRINKLE WITH DESIRED SPICES, AND BAKE AT 350 FOR 20 – 25 MINUTES. THAT'S IT. GREAT SIDE DISH!

AN EASY WAY TO INCREASE YOUR FRUIT INTAKE IS TO CUT UP WHATEVER YOU HAVE AND TOP IT WITH EITHER FAT-FREE COTTAGE CHEESE OR YOGURT. I DO THIS ALL THE TIME. IT'S AN EASY AND FILLING LUNCH!

I WAS PLANNING ON DESCRIBING THE PROCESS OF SELECTING / CLEANING / COOKING GREENS – BUT TRUTH BE TOLD, I BUY THEM ALREADY WASHED, IN A BAG. THE EASIER AND QUICKER SOMETHING IS, THE MORE LIKELY YOU ARE TO SERVE AND EAT IT, RIGHT? AGAIN – DON'T BUY PRODUCE AND FORGET ABOUT IT IN THE CRISPER! EAT THAT STUFF!

OUR "NO!" FOOD FOR THIS WEEK: _____

