

WARREN COUNTY COMBINED HEALTH DISTRICT WEIGHT MANAGEMENT CLASS

FEBRUARY 4, 2019

EAT MORE AND MORE PRODUCE! CONTINUED!

HOW DID YOU DO WITH “NO CHIPS” FOR THE LAST WEEK? I MADE IT THROUGH SUPERBOWL 53 CHIP-FREE!

I’VE ALWAYS THOUGHT BEETS WERE UNDERRATED...SEE, MOST OF YOU ARE TURNING UP YOUR NOSES AT THE MENTION OF THEM! WE’RE SAMPLING SOME “LOVE BEETS” FROM THE GROCERY STORE TONIGHT. (THIS IS WHAT YOU MISS IF YOU DON’T COME TO CLASS!!!) THERE ARE A FEW DIFFERENT FLAVORS. I HAVE ALSO COOKED THEM A FEW TIMES, AND IT’S NOT HARD AT ALL. I HAVE A CAN OF STRING BEETS IN MY FRIDGE AS WE SPEAK- THEY’RE HANDY AS A SNACK!

NOW HERE ARE SOME MORE SUGGESTIONS TO HELP YOU “EAT MORE VEGGIES!” THE OBVIOUS THING THAT COMES TO MIND AT THIS POINT IN TIME IS SOUP, SOUP, AND MORE SOUP! WE HAD A CREAMY CAULIFLOWER SOUP THE OTHER NIGHT THAT WAS PRETTY TASTY...BUT IF I’M BEING HONEST, IT COULD’VE BENEFITTED FROM SOME HAM CUBES AND A LITTLE GRATED CHEESE! (I SAID “EAT MORE VEGGIES,” NOT “BE A VEGETARIAN!”) RECIPE IS INCLUDED AT THE END OF THE LESSON...I LIGHTENED IT UP A BIT.

DID ANYONE ELSE TRY THE “BROCCOMOLE” DIP RECIPE I GAVE YOU LAST MONDAY? I REALLY, REALLY LIKED IT – SURPRISINGLY, SO DID KEN! I DID TWEAK IT A LITTLE...I ADDED SOME LIME JUICE AND LEFT OUT THE JALAPENOS, WHICH IS HOW I SEASON MY REGULAR GUACAMOLE. I PUT IT ALL IN THE NINJA, SO IT WAS VERY SMOOTH. KEN SUGGESTED STIRRING IN CHOPPED TOMATOES AND ONION (I USE RED ONION) AFTER BLENDING TO MAKE IT CHUNKY. IT’S SUPER LOW IN CALORIES COMPARED TO TRADITIONAL GUAC. I USED ORANGE PEPPERS FOR DIPPERS, IN CASE YOU’RE WONDERING! TO SIMPLIFY THINGS, I USED A STORE BRAND, FROZEN CHOPPED BROCCOLI (ONE BUCK!), RATHER THAN CHOPPING

FRESH BROCCOLI MYSELF. IT HAD TO BE COOKED TO THE POINT OF ALMOST MUSHINESS ANYWAY, SO THAT WAS A NICE TIMESAVER.

I'M NOT A FAN OF GREEN PEAS, BUT THEY ARE VERY HEALTHY. I HAVE THIS PEA PESTO RECIPE THAT I THINK WOULD BE REALLY GOOD OVER BROWN RICE OR WHOLE GRAIN PASTA – I JUST HAVEN'T TRIED IT YET! MY FRIEND ALSO SAID IT'S GOOD SPREAD ON A PIECE OF TOASTED, CRUSTY BREAD. GREAT. NOW I'M HUNGRY.

HOW ABOUT ANOTHER WAY TO EAT CAULIFLOWER? I'VE BEEN CURIOUS ABOUT A CAULIFLOWER CRUST PIZZA – ANOTHER THING THAT I HAVE YET TO TRY! MY OLDEST DAUGHTER, KENDRA, HAS MADE THEM FROM SCRATCH. I CAN'T REMEMBER HOW SHE SAID THEY TURNED OUT, BUT I FEEL LIKE THERE'S A LEARNING CURVE ON GETTING IT TO STICK TOGETHER, ETC. I HAVE A COUPON FOR A STORE-BOUGHT BRAND (GREEN GIANT, I THINK?) WHICH IS PROBABLY MORE MY SPEED. I LOOKED UP THE CALORIES FOR A COMPARISON, AND FROM KIND OF AN AVERAGE OF REGULAR CRUSTS (I DID SPECIFY "THIN") IT LOOKS LIKE THE CAULIFLOWER CRUST HAS ABOUT ONE-THIRD AS MANY CALORIES.

I DID PLAN TO TRY AVOCADO BREAKFAST PUDDING THIS WEEKEND, BUT THE AVOCADOS I BOUGHT WEREN'T RIPE ENOUGH. THEY'RE NOW SITTING ON MY WINDOW LEDGE IN THE KITCHEN – SO I'LL LET YOU KNOW NEXT WEEK. SUPER EASY (AGAIN WITH THE NINJA!) AND I CALCULATED THE CALORIES FOR 2 SERVINGS USING ONE LARGE AVOCADO, AND IT CAME OUT TO AROUND 250 PER SERVING:

BLEND ONE LARGE AVOCADO, 1 TABLESPOON OF HONEY, AND ½ CUP MILK. (I WILL BE USING ALMOND MILK, SINCE I DON'T THINK THE PROTEIN IN REGULAR MILK HAS TOO MUCH TO DO WITH THE STRUCTURE OF THE PUDDING IN THIS CASE. WE'LL FIND OUT!) DIVIDE INTO TWO SMALL DISHES, AND GARNISH WITH ONE TABLESPOON CRUSHED ALMONDS. CHILL AND ENJOY!

I USUALLY PREFER SOME PROTEIN FOR BREAKFAST – AND AN EASY IDEA IS TO BREAK / BAKE AN EGG IN HALF AN AVOCADO. WHEN I'VE DONE THIS, I USE A MUFFIN TIN. IT TAKES ABOUT 15 MINUTES IN A 425 DEGREE OVEN.

CREAMY CAULIFLOWER SOUP (~ 35 CALORIES / CUP!)

½ TBSP OLIVE OIL

1 TSP SALT

2 GARLIC CLOVES, MINCED

32 OUNCES VEGETABLE BROTH

1 ONION, DICED

1 HEAD CAULIFLOWER, DICED

IN A HEAVY POT, HEAT OIL OVER MEDIUM HEAT. ADD ONION AND GARLIC, COOK UNTIL SOFTENED.

ADD BROTH AND CAULIFLOWER. BRING TO A BOIL; SIMMER 15 – 20 MINUTES. ADD SALT.

IF DESIRED, GARNISH WITH GRATED PARMESAN AND / OR SLICED GREEN ONIONS. SALT AND PEPPER TO TASTE.

***** NEXT TIME, I'LL PROBABLY THICKEN THIS WITH A SMALL AMOUNT OF POTATO FLAKES. IF I'M USING IT AS A MAIN DISH, I'LL ADD SOME LEAN HAM CHUNKS AND GRATED CHEDDAR CHEESE. THE ACTUAL RECIPE CALLS FOR USING A BLENDER – BUT WE LIKE CHUNKIER SOUP AT OUR HOUSE.**

PEA PESTO

1 CUP FROZEN PEAS, THAWED

1 TSP LEMON JUICE

½ CUP CHOPPED FRESH BASIL

2 TBSP OLIVE OIL

3 TBSP GRATED PARMESAN

SALT & PEPPER

PUT ALL INGREDIENTS EXCEPT THE OIL IN YOUR FOOD PROCESSOR. AS IT BLENDS, STREAM IN THE OIL. 3 SERVINGS, 28 CALORIES / SERVING

OUR "NO!" FOOD FOR NEXT WEEK: **POP** (REGULAR & DIET!) & **JUICE**

Stop eating so many vegetables. I can't seem to find anything wrong with you.

