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**October 3, 2016**

The more you eat, the less flavor; the less you eat, the more flavor. - Chinese Proverb

**Less Is More:** Before you eat, think about what goes on your plate or in your cup or bowl. Foods like vegetables, fruits, whole grains, low-fat dairy products, and lean protein foods contain the nutrients you need without too many calories. Eat red, orange, and dark-green vegetables, such as tomatoes, sweet potatoes, and broccoli, in main and side dishes.



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**Wellness Recipe - Cucumber Yogurt Dip**

Serving Size: 1/6 of recipe

Yield: 6 servings

Ingredients:

2 large cucumbers

2 cups plain yogurt, low-fat

1/2 cup sour cream, low-fat

1 tablespoon lemon juice

1 tablespoon fresh dill

1 garlic clove, chopped

1 cup cherry tomatoes

1 cup broccoli florets

1 cup baby carrots

Preparation: 1. Peel, seed, and grate one cucumber. Slice other cucumber and set aside. 2. Mix grated cucumber, yogurt, sour cream, lemon juice, dill, and garlic in a serving bowl. Chill for 1 hour. 3. Arrange tomatoes, cucumbers, broccoli, and carrots on a colorful platter. 4. Serve with dip.

**October 4, 2016**

Simplicity is about subtracting the obvious and adding the meaningful. - John Maeda

**Less Is More:** Eat fruit, vegetables, or unsalted nuts as snacks - they are nature's original fast foods.



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### **Wellness Recipe - Lemon Supreme**

Serving Size: 1/6 of recipe

Yield: 6 servings

Ingredients:

2 cups vanilla yogurt, low-free

3 tablespoons instant, lemon pudding mix

8 squares graham crackers, crushed

1 can (4 ounces) mandarin orange slices,  
drained (or your favorite fruit)

Preparation: 1. Combine vanilla yogurt and pudding mix; gently stir together. 2. Layer bottom of serving dish with crushed graham crackers. 3. Pour pudding mixture over cracker crumbs. 4. Top with mandarin orange slices or your favorite fruit.

Nutrient Totals Per Serving: Calories 150  
Total Fat 1 g Saturated Fat 0 g Sodium 21 mg  
Protein 5 g

**October 5, 2016**

To avoid sickness eat less; to prolong life worry less. - Chu Hui Weng

**Less Is More:** Choose low-fat dairy products. Switch to skim or 1% milk. Both have the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. Try calcium-fortified soy products as an alternative to dairy foods.



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### **Wellness Recipe - Corn Chowder**

Serving Size: 1 cup

Yield: 4 servings

Ingredients:

1 tablespoon vegetable oil  
2 tablespoons finely diced celery  
2 tablespoons onion, finely diced  
2 tablespoons finely diced green pepper  
1 package (10 ounces) frozen whole kernel corn  
1 cup raw diced potatoes, peeled,  
1 cup water  
1/4 teaspoon salt  
Black pepper to taste  
1/4 teaspoon paprika  
2 cups milk, low-fat, divided  
2 tablespoons flour  
2 tablespoons chopped fresh parsley

Preparation: 1. In medium saucepan, heat oil over medium high heat. 2. Add celery, onion, and green pepper; saute for 2 minutes. 3. Add corn, potatoes, water, salt, pepper, and paprika. Bring to a boil; reduce heat to medium; and cook, covered, about 10 minutes or until potatoes are tender. 4. Pour 1/2 cup milk into a jar with a tight-fitting lid. Add flour and shake vigorously. 5. Add gradually to cooked vegetables; stir well. 6. Add remaining milk. 7. Cook, stirring constantly, until mixture comes to a boil and thickens. 8. Serve garnished with chopped fresh parsley. Nutrient Totals Per Serving: Calories 186 Total Fat 5 g Saturated Fat 1 g Sodium 205 mg Protein 7 g

**October 6, 2016**

The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison. - Ann Wigmore

**Less Is More:** Make at least half your grains whole. Choose 100% whole grain cereals, breads, crackers, rice, and pasta. Check the ingredients list on food packages to find whole-grain foods.



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**Wellness Recipe - Zesty Tomato Soup**

Serving Size: 1 cup

Yield: 4 servings

Ingredients:

1 can (14.5 ounces) no-salt added diced tomatoes

1 cup roasted red peppers, drained

1 cup evaporated milk, fat-free

1 teaspoon garlic powder

1/4 teaspoon ground black pepper

2 tablespoons fresh basil, rinsed and chopped (or 2 teaspoons dried)

Preparation: 1. Combine tomatoes and red peppers in a blender or food processor. Puree until smooth. 2. Put tomato mixture in a medium sauce pan and bring to a boil over medium heat. 3. Add evaporated milk, garlic powder, and pepper. Return to a boil, reduce heat to low, and gently simmer for 5 minutes. 4. Add basil and serve. Nutrient Totals Per Serving: Calories 94 Total Fat 0 g Saturated Fat 0 g Sodium 231 mg Protein 5 g

**October 7, 2016**

Never overlook the power of simplicity. -  
Robin Sharma

**Less Is More:** Vary your protein food choices. Twice a week, make seafood the protein on your plate. Keep meat and poultry portions small and lean.



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**Wellness Recipe - Roasted Root Vegetables**

Serving Size: 1/4 cup

Yield: 4 servings

Ingredients:

2 medium-sized sweet potatoes, cut into large chunks

2 medium-sized root vegetables (white potatoes, rutabagas, turnips, parsnips, beets), cut into large chunks

2 carrots, chopped

1 medium onion, chopped

1/4 cup vegetable oil

3 tablespoons Parmesan cheese

Season with your favorite spices

Preparation: 1. Preheat oven to 350 degrees F. 2. In a medium bowl, add all chopped vegetables, and pour oil over top. 3. Add Parmesan cheese and seasonings; mix well. 4. Spread vegetable mixture evenly on a baking sheet. 5. Bake for 1 hour or until tender. Nutrient Totals Per Serving: Calories 250 Total Fat 15 g Saturated Fat 2 g Sodium 150 mg Protein 5 g

**October 10, 2016**

Simplicity is the ultimate sophistication. -  
Leonardo da Vinci

**Less Is More:** Eat beans, which are a natural source of fiber and protein. Adding beans is a convenient and cheap way to boost the nutritional power of your meals. Beans with the deepest colors are the best choices.



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**Wellness Recipe - Breakfast Cobbler**

Serving Size: 3/4 cup

Yield: 4 servings

Ingredients:

1 cup juice-packed canned sliced peaches, drained

1 cup juice-packed canned sliced pear halves, drained

6 pitted prunes, cut in half (or other dried fruit)

1/4 teaspoon vanilla extract

1 orange, zested and juiced

1 cup granola, low-fat

Preparation: 1. In a large microwave-safe bowl, mix peaches, pears, prunes, vanilla extract, orange zest, 1/4 cup orange juice; stir. 2. Top with granola. 4. Microwave on high for 5 minutes. Let stand for 2 minutes. 5. Spoon into 4 bowls and serve warm. Nutrient Totals Per Serving: Calories 280 Total Fat 1 g Saturated Fat 0 g Sodium 60 mg Protein 3 g

**October 11, 2016**

Don't use a lot where a little will do. -  
Proverb

**Less Is More:** Cut back on foods high in solid fats, added sugars, and salt. Many people eat foods with too much solid fats, added sugars, and salt (sodium). Added sugars and fats load foods with extra calories you don't need. Too much sodium may increase your blood pressure.



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**Wellness Recipe - Frozen Fruit Cups**

Serving Size: 1/18 of recipe

Yield: 18 servings

Ingredients:

3 bananas, mashed

24 ounces yogurt, low-fat strawberry  
flavored (or plain)

10 ounces strawberries, frozen, thawed,  
undrained

1 can (8 ounces) crushed pineapple,  
undrained

Preparation: 1. Line muffin tin(s) cups with paper baking cups (18 total). 2. In a large mixing bowl, add mashed bananas, yogurt, strawberries, and pineapple. 3. Spoon into muffin tin and freeze at least 3 hours or until firm. 5. Remove frozen cups and store in a plastic bag in the freezer. 6. Before serving, remove paper cups.  
Nutrient Totals Per Serving: Calories 70  
Total Fat 2 g Saturated Fat 0 g Sodium 25 mg Protein 2 g



**October 12, 2016**

If you keep good food in your fridge, you will eat good food. - Errick McAdams

**Less Is More:** Choose foods and drinks with little or no added sugars.

Drink water instead of sugary drinks.

Select fruit for dessert. Eat sugary desserts less often.

Choose 100% fruit juice instead of fruit-flavored drinks.



## **Wellness Recipe - Bulgar Chickpea Salad**

Serving Size: 1/6 of recipe

Yield: 6 servings

Ingredients:

1 1/4 cups water

1 cup coarse bulgur

1 teaspoon dried parsley

1 teaspoon minced onion

1 teaspoon soy sauce

1/2 cup chopped green onions

1/2 cup raisins

1/2 cup chopped carrots

3/4 cup canned chickpeas (garbanzo beans), drained and rinsed

Dressing:

2 tablespoons oil

2 tablespoons lemon juice

1 tablespoon soy sauce

1 garlic clove, minced

Black pepper to taste

Preparation: 1. In a medium saucepan, bring water to boil. Stir in bulgur, parsley, minced onion, and soy sauce. Reduce heat to low and cover. Simmer 15-20 minutes (until all water is absorbed and bulgur is not too crunchy). Do not overcook. 2. Remove from heat and allow to cool; fluff with fork. 3. Combine dressing ingredients; stir well. 4. Put bulgur mixture in a large bowl. Pour dressing over bulgur mixture and mix well. 5. Stir in green onions, raisins, carrots, and chickpeas. Cover and chill for several hours. Nutrient Totals Per Serving: Calories 200 Total Fat 5 g Saturated Fat 0.5 g Sodium 330 mg Protein 5 g

**October 13, 2016**

Stop short of your appetite; eat less than you are able. - Ovid

**Less Is More:** Look out for salt (sodium) in foods you buy - it all adds up. Compare sodium in foods like soup, bread, and frozen meals - and choose the foods with lower numbers. Add spices or herbs to season food without adding salt.



### **Wellness Recipe - Berry Bread Pudding**

Serving Size: 1 cup

Yield: 2 servings

Ingredients:

1 1/2 cups unsweetened, frozen berries, thawed, undrained (or fresh) (blueberries, sliced strawberries, or raspberries)  
1/2 teaspoon sugar (optional)  
1/2 teaspoon vanilla extract or almond extract (optional)  
4 or 5 slices whole wheat bread, crusts removed  
Vanilla yogurt (optional)

Preparation: 1. In a small bowl, combine the thawed berries, sugar and/or vanilla extract. 2. Spoon 1/4 cup of the berry mixture to cover

the bottom of a 2 cup deep dish. 3. Cover the berry mixture with a layer of bread. 4. Spoon 1/3 of remaining berry mixture on top of the bread. 5. Cover with another layer of bread. 6. Repeat steps 4 and 5 twice ending with a layer of bread. 7. Cover the dish with plastic wrap and place a plate or bowl on top of the berry dish that fits just inside of it. Place a heavy object on top to press down on the fruit and bread layers. 8. Refrigerate overnight. (Check the dish to be sure juice does not run over the top. You may need to replace the heavy object with a lighter one to prevent spills.) 9. Serve with a dollop of vanilla yogurt. Note: In summer fresh berries can be used. Nutrient Totals Per Serving: Calories 180 Total Fat 2.5 g Saturated Fat 0.5 g Sodium 300 mg Protein 6 g

**October 14, 2016**

Going back to a simpler life is not a step backward. - Yvon Chouinard

**Less Is More:** Eat fewer foods that are high in solid fats. Make major sources of saturated fats - such as cakes, cookies, ice cream, pizza, cheese, sausages, and hot dogs - occasional choices, not everyday foods. Select lean cuts of meats or poultry and low-fat milk, yogurt, and cheese.



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**Wellness Recipe - Carribean Casserole**

Serving Size: 1 cup

Yield: 10 servings

Ingredients:

- 1 medium onion, chopped
- 1/2 green pepper, diced
- 1 tablespoon canola oil
- 1 can (14.5 ounces) stewed tomatoes
- 1 teaspoon oregano leaves
- 1/2 teaspoon garlic powder
- 1 1/2 cups instant brown rice, uncooked
- 1 can (16 ounces) black beans, undrained (or beans of your choice)

Preparation: 1. In a large pan, heat oil over medium heat. 2. Add onion and green pepper in canola oil, in a large pan, and cook until tender. Do not brown. 3. Add tomatoes, beans (include liquid from both), oregano, and garlic powder. 4. Bring to a boil. Stir in rice and cover. 5. Reduce heat to low and cook for 5 minutes. 6. Remove from heat and let stand for 5 minutes before serving. Nutrient Totals Per Serving: Calories 100 Total Fat 2 g Saturated Fat 0 g Sodium 280 mg Protein 4 g

**October 17, 2016**

The ability to simplify means to eliminate the unnecessary so that the necessary may speak. - Hans Hoffman

**Less Is More:** Switch from solid fats to oils when preparing food.

Solid Fats: Beef, pork, and chicken fat, butter, cream, and milk fat, coconut, palm, and palm kernel oils, hydrogenated oil, partially hydrogenated oil, shortening, stick margarine

Oils: Canola oil, corn oil, cottonseed oil, olive oil, peanut oil, safflower oil, sunflower oil, tub (soft) margarine, vegetable oil



### **Wellness Recipe - Chicken Creole**

Serving Size: 1 cup

Yield: 8 servings

Ingredients:

- 1 tablespoon vegetable oil
- 2 whole chicken breasts, skinless, boneless, cut into 1/2-inch strips
- 1 can (14.5 ounce) diced tomatoes with juice
- 1 cup chili sauce, low sodium
- 1 large green pepper, chopped
- 2 celery stalks, chopped
- 1 small onion, chopped
- 2 garlic cloves, minced
- 1 teaspoon dried basil
- 1 teaspoon dried parsley
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon salt

Preparation: 1. In a large pan, heat oil over medium-high heat. 2. Add chicken and cook 5 minutes, stirring occasionally. 3. Reduce heat to medium and add remaining ingredients. 4. Bring to a boil then reduce heat to low. Simmer, covered for 15 minutes. 5. Serve over hot, cooked rice or whole-wheat pasta. Nutrient Totals Per Serving: Calories 130 Total Fat 3 g Saturated Fat 0 g Sodium 260 mg Protein 9

**October 18, 2016**

Your diet is a bank account. Good food choices are good investments. - Bethenny Frankel

**Less Is More:** Eat the right amount of calories for you. Everyone has a personal calorie limit. Staying within yours can help you get to or maintain a healthy weight. People who are successful at managing their weight have found ways to keep track of how much they eat in a day, even if they don't count every calorie.



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### **Wellness Recipe - Lentil Chili**

Serving Size: 1 cup

Yield: 6 servings

Ingredients:

1/2 pound ground beef (extra lean beef to reduce fat)

1 1/2 cups chopped onion

1 clove garlic, crushed

2 cups cooked, drained lentils

1 can (29 ounce) tomatoes, diced or crushed

1 tablespoon chili powder

1/2 teaspoon ground cumin (optional)

Preparation: 1. In a large saucepan, brown beef over medium-high heat, breaking it into bite-sized pieces. Drain fat. 2. Reduce to medium heat. Add onion and garlic. Cook on medium heat, until softened. 3. Add lentils, tomatoes, chili powder, and cumin. Cook on low heat for about 1 hour until flavors are blended. Nutrient Totals Per Serving: Calories 210 Total Fat 4.5 g Saturated Fat 1.5 g Sodium 470 mg Protein 16 g

**October 19, 2016**

The simpler I get, the healthier I get.  
- Kris Carr

**Less Is More:** Cook more often at home, where you are in control of what's in your food. Update your favorite home recipes to make them healthier and more nutritious.



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### **Wellness Recipe - Salmon Patties**

Serving Size: 1/9 of recipe

Yield: 9 servings

Ingredients:

1 can (15 1/2 ounces) salmon, drained

1 cup whole-grain, crushed cereal or  
crackers

2 large eggs, lightly beaten

1/2 cup 1% milk

1/8 teaspoon black pepper

1 tablespoon vegetable oil

Preparation: 1. Use a fork or clean fingers to flake salmon until very fine. 2. Crumble cereal or crackers into crumbs. 3. Add cereal or cracker crumbs, eggs, milk, and pepper to salmon. 4. Mix thoroughly. 5. Shape into 9 patties. 6. In a skillet, heat oil over medium heat. 7. Carefully brown both the sides until patty is thoroughly cooked. Nutrient Totals Per Serving: Calories 110 Total Fat 4.5 g Saturated Fat 1 g Sodium 270 mg Protein 12 g

**October 20, 2016**

We cannot do everything at once, but we can do something at once. - Calvin Coolidge

**Less Is More:** Write down what you eat to keep track of how much you eat. By studying your food diary you can be more aware of your eating habits and the number of calories you take in on an average day. Some have noted that weight loss can double, if a food journal is kept. A food journal allows you to look at your food intake over a time period, and identify areas that you can work on, which will benefit your health. Keeping a food journal can be as simple, or complex, as you like - start simple. It can be as simple as recording your food and drink intake in a small notebook.



**Wellness Recipe - Glazed Carrots**

Servings: 6 Time: 25 minutes Ingredients:

12 medium carrots (2 lbs), peeled and ends removed

1/2 Tbsp butter

1/2 Tbsp canola oil

2 Tbsp orange juice

1/2 tsp salt

1/4 tsp cinnamon

1/4 tsp cayenne pepper

Directions: 1. Slice carrots to create coin-like pieces. 2. Heat butter and canola oil in a skillet. Add carrots and saute for 5 minutes. 3. Add the rest of the ingredients. Cook until carrots are tender and liquid is absorbed, about 15 minutes.

\* Nutrition info per serving: Calories: 70kcal; Fat 2.5g; Sodium 270mg; Carb 12g; Fiber 4g; Protein 1g; Vit A 480%; Vit C 15%; Calcium 4%; Iron 2% \* Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories

**October 21, 2016**

The greatest ideas are the simplest. -  
William Golding

**Less Is More:** Drinks Count Too!

- Try drinking a glass of water before your meal.
- Instead of an alcoholic beverage, try a diet soda, or club soda with fresh lemon or lime. You will consume less calories.
- Try mixing 100% fresh fruit with club soda for a refreshing alternative to soda or packaged drinks.
- You can make your own lemonade with fresh lemons, sparkling water, and honey instead of sugar.
- If you drink alcoholic beverages, do so sensibly - limit to 1 drink a day for women or to 2 drinks a day for men. While there may be some heart health benefit, drinking alcoholic beverages increases the risk of cancer.



**Wellness Recipe - Asian Snow Peas**

Servings: 4

Time: 15 minutes

Ingredients:

1 tsp sesame oil

1/2 lb fresh or frozen snow pea pods, ends trimmed

1/2 cup carrots, sliced diagonally

1/4 cup canned water chestnuts, sliced, no-salt added

1/2 cup low-sodium chicken broth

1 tsp low-sodium soy sauce

1 tsp cornstarch

Directions: 1. Add oil to a nonstick skillet and heat on mediumhigh. Add snow peas and carrots. Saute 2 minutes. 2. Add water chestnuts and broth. Bring to a boil. Cover, reduce heat, and simmer 5 minutes or until vegetables are crisp-tender. 3. Combine soy sauce and cornstarch, stir until cornstarch dissolves. Add to vegetable mixture. 4. Cook over medium heat, stirring constantly, until sauce thickens. Serve immediately. \* Nutrition info per serving: Calories: 60kcal; Fat 1.5g; Sodium 75mg; Carb 9g; Fiber 2g; Protein 3g; Vit A 60%; Vit C 60%; Calcium 4%; Iron 8% \* Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories



**October 24, 2016**

Simple can be harder than complex: You have to work hard to get your thinking clean to make it simple. But it's worth it in the end because once you get there, you can move mountains. - Steve Jobs



**Less Is More:** Spoil your dinner! We learned as children not to snack before a meal for fear of "spoiling our dinner." Well, it's time to forget that old rule. If you feel hungry between meals, eat a healthy snack, like a piece of fruit or small salad, to avoid overeating during your next meal.

Out of sight, out of mind. Make your home a "portion friendly zone". Store especially tempting foods, like cookies, chips, or ice cream, out of immediate eyesight, like on a high shelf or at the back of a freezer. People tend to consume more when they have easy access to food.

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### **Wellness Recipe - Chicken Broccoli**

#### **Stir Fry**

Servings: 4

Time: 25 minutes

Ingredients:

1/3 cup orange juice

1 Tbsp low-sodium soy sauce

1 Tbsp Schezuan sauce

2 tsp cornstarch

1 Tbsp canola oil

1 lb of boneless chicken breast, cut into 1 inch cubes

2 cups of frozen broccoli florets

1 6-oz package of frozen snow peas

2 cups of shredded cabbage

2 cups of cooked brown rice

1 Tbsp sesame seeds (optional)

Directions: 1. Mix orange juice, soy sauce, Schezuan sauce, and cornstarch in a small bowl. Set aside. 2. Heat oil in a wok and add chicken. Stir fry for about 5-7 minutes. 3. Add cabbage, broccoli, snow peas, and sauce mixture. Cook for about 5 minutes until vegetables are heated through. Serve over brown rice. Sprinkle with sesame seeds. \* Nutrition info per serving: Calories: 340kcal; Fat 8g; Sodium 240mg; Carb 35g; Fiber 5g; Protein 28g; Vit A 4%; Vit C 70%; Calcium 8%; Iron 15% \* Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories

**October 25, 2016**

Knowledge is a process of piling up facts; wisdom lies in their simplification. - Martin H. Fischer



**Less Is More:** When eating or snacking in front of the TV, put the amount that you plan to eat into a small bowl or container instead of eating straight from the package. It's easy to overeat when your attention is focused on something else. Buy or portion out treats and snacks in small bags or packages. Portion sizes are key especially for once-in-a-while foods such as treats, sweets and drinks. Be aware of large packages. The larger the package, the more people consume without realizing it. Portion out your snack on a plate or small bowl, not from the bag, to stay aware of how much you're eating. Divide up the contents of one large package into several smaller containers to help avoid over-consumption.

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### **Wellness Recipe - Noodles with Shrimp**

Servings: 6 Time: 30 minutes

Ingredients:

8 ounces soba noodles or whole-wheat spaghetti  
1/4 cup natural crunchy peanut butter  
4 cups of shredded cabbage  
2 cups of shredded carrots  
1 cup edamame, shelled and thawed  
1 Tbsp grated fresh ginger  
2 garlic cloves, minced  
1/2 cup chicken broth  
1 pound of shrimp, peeled and uncooked  
2 Tbsp Hoisin sauce  
2 tsp chili sauce or 1 tsp red chili paste  
1/4 cup chopped cilantro (optional)  
Non-stick spray

Directions: 1. Cook noodles. Drain and rinse. Set aside in large mixing bowl. 2. In a small saucepan, combine garlic, ginger, chicken broth, peanut butter, hoisin sauce, and chili sauce. Cook on low heat stirring until peanut butter is blended. 3. Spray non-stick spray in large frying pan. Add cabbage, carrots, and edamame. Cook for about 5 minutes. 4. Add shrimp and sauce mixture and cook until shrimp turn pink, about 5 minutes. 5. Pour mixture over noodles and mix until noodles are well coated. 6. Top with fresh cilantro (optional) and serve. \* Nutrition info per serving: Calories: 360kcal; Fat 8g; Sodium 460mg; Carb 46g; Fiber 6g; Protein 29g; Vit A 130%; Vit C 40%; Calcium 10%; Iron 20% \* Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories

**October 26, 2016**

Only those who have patience to do simple things perfectly ever acquire the skill to do difficult things easily. - James J. Corbett

**Less Is More:** Order smaller portions of fast food and take-out. Try fast food options such as smaller burgers, grilled chicken sandwiches or salads with low-calorie dressings, cups or bags of fresh fruit, low-fat milk, 100% fruit juice and bottled water. Look for low sodium options. At sandwich shops, ask for leaner cuts and smaller amounts of roast beef, turkey, or ham; extra lettuce and tomato; and whole-wheat, oatmeal, or multigrain bread. When dining out, order a light appetizer instead of an entree.



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**Wellness Recipe - Salad Nicoise**

Servings: 6

Time: 25 minutes

Ingredients:

9 small new potatoes, diced

2 cups of frozen green beans, cooked and drained

4.5 cups of mixed salad greens

1 14-oz canned artichokes, drained, rinsed, and chopped

2 medium tomatoes

2 hard-boiled eggs, sliced

2 6-oz cans of tuna in water

Directions: 1. Cook potatoes in boiling water for 15 minutes. Drain and cool for 10 minutes. 2. Divide each ingredient into 6 even portions. Arrange ingredients on 6 plates and serve. Nutrition info per serving: Calories: 330kcal; Fat 4g; Sodium 420mg; Carb 51g; Fiber 7g; Protein 24g; Vit A 35%; Vit C 70%; Calcium 8%; Iron 25% \* Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories

**October 27, 2016**

Reduce the complexity of life by eliminating the needless wants of life, and the labors of life reduce themselves. - Edwin Way Teale



**Less Is More:** Many restaurants serve more food than one person needs at one meal. Take control of the amount of food that ends up on your plate by splitting an entree with a friend. Or, ask the wait person for a “to-go” box and wrap up half your meal as soon as it’s brought to the table. If you order an entree, take the leftovers home, refrigerate and enjoy another meal or a snack tomorrow.

When you order fast food, picture the food on a plate. Even better, take it home and put it on a plate. You may be surprised at how full the plate looks, so next time try a smaller size.

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## **Wellness Recipe - Spinach Pesto**

### **Pasta**

Servings: 4

Time: 25 minutes

Ingredients:

8 ounces of fettucine

1 Tbsp olive oil

1 garlic clove, minced

3 cups fresh spinach, stems removed

1 cup fresh basil leaves, stems removed

1/2 cup chicken broth, low-fat, low sodium

1/4 cup grated parmesan cheese 1 15-oz can of cannellini (white beans), rinsed and drained

1 cup red bell pepper, chopped

1 tsp black pepper

Directions: 1. Cook pasta as directed on package. Drain and place in large mixing bowl. 2. In a blender, add olive oil, garlic, spinach, basil, parmesan cheese, and chicken broth. Mix well until leaves are blended. 3. Pour sauce over pasta. Mix until pasta is well coated. 4. Add beans and red bell pepper. Lightly toss and serve. Nutrition info per serving: Calories: 360kcal; Fat 6g; Sodium 330mg; Carb 62g; Fiber 8g; Protein 16g; Vit A 80%; Vit C 90%; Calcium 15%; Iron 25% \* Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories

**October 28, 2016**

Our life is frittered away by detail. Simplify, simplify. - Henry David Thoreau

**Less Is More:** Remember that a portion size is the amount of a single food item served in a single eating occasion, normally a meal or a snack. Portion size is the amount offered in the packaging of prepared foods, or the amount a person chooses to put on his or her plate. Portion sizes have increased over time, so make sure you check the serving size on the label.



## **Wellness Recipe - Baba Ghanoush**

### **Servings: 8**

Time: 30 minutes

Ingredients:

- 2 large eggplants (1 1/4 lbs)
- 2 Tbsp tahini
- 4 cloves of garlic, peeled and crushed
- 3 Tbsp fresh lemon juice or more to taste
- 4 Tbsp cold water
- 1/4 tsp salt
- 1/8 tsp freshly ground black pepper
- 1/2 tsp olive oil
- 1 cup chopped tomato
- 1/2 cup diced onion
- Parsley sprigs to garnish (optional)

Directions: 1. Pierce the eggplants in several places with a toothpick or fork. Wrap each eggplant in aluminum foil and place on a gas grill or in the oven at 500 degrees F. 2. Cook until the eggplants collapse and begin to release a lot of steam, about 10-15 minutes. Remove the foil and place the eggplants into a bowl of cold water. 3. Peel while eggplants are still hot and allow them to drain in a colander until cool. Squeeze pulp to remove any bitter juices and mash the eggplant to a puree. 4. In a food processor, mix tahini, garlic, onion, tomato, lemon juice, and water until mixture is concentrated. 5. With the blender running, add the peeled eggplant, salt, pepper, and olive oil. 6. Serve in a shallow dish and garnish with black pepper, tomatoes, and parsley. \* Nutrition info per serving: Calories: 70kcal; Fat 2.5g; Sodium 80mg; Carb 11g; Fiber 5g; Protein 2g; Vit A 4%; Vit C 15%; Calcium 4%; Iron 4% \* Vitamin A, Vitamin C, Calcium and Iron listed as % of daily value based on 2,000 calories

**October 31, 2016**

You must begin to think of yourself as becoming the person you want to be. - David Viscott



**Less Is More:** Not all large portions are created equal. Larger portions of water- and fiber-rich foods, like fruits, vegetables, and broth-based soups, can fill you up with less calories. Steam vegetables and use spices and low-fat sauces for flavor. Enjoy the natural sweetness of raw fruit. When eating out, research shows that if you eat a low-calorie appetizer before a meal, you will eat fewer total calories during the meal. Start your meals with a broth-based soup or a green salad without a large amount of cheese, or croutons.

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### **Wellness Recipe - Simple Salad**

Serving Size: 1 cup

Yield: 4 servings

Ingredients:

2 cups salad greens of your choice  
1 cup chopped vegetables (tomatoes, cucumbers, carrots, green beans)  
1 cup juice-packed pineapple chunks, drained, or fresh orange segments  
1/4 cup dressing  
2 tablespoons raisins or dried cranberries  
2 tablespoons chopped nuts, any kind

Dressing:

1/4 cup yogurt, low-fat, plain or fruit-flavored  
1 tablespoon orange juice  
1 1/2 teaspoons white vinegar

Preparation: 1. Put mixed salad greens on a large platter or in a salad bowl. 2. In a large bowl, mix chopped vegetables and pineapple or orange segments. 3. Add dressing and stir. 4. Spoon mixture over salad greens. 5. Top with raisins and nuts. Preparation Dressing: 1. In a small bowl, mix all ingredients. Refrigerate until ready to serve. Nutrient Totals Per Serving: Calories 100 Total Fat 2.5 g Saturated Fat 0 g Sodium 30 mg Protein 2 g