IPFW Community,

2010 has been another healthy and productive year for IPFW employees! This year employees have taken advantage of the new River Greenway path through campus, participated in Quick Checks and health screenings, have implemented healthy lifestyle changes, and so much more!. In 2010, IPFW was recognized as a Gold Start! Fit-Friendly Company!

2011 is sure to bring more positive health changes. This year’s cookbook focuses on improving our health risk factors, specifically risk factors for obesity, heart disease, stroke and diabetes.

IPFW Health and Wellness continues to make strides to make IPFW a healthy place to work. We are available to provide a wide array of wellness programs to your department. We encourage departments to take advantage of the wellness benefits offered. We will continue to plan and implement programs to serve you and help you to improve your health.

Please contact us at any time with questions, suggestions or ideas!

IPFW Health and Wellness Staff

Judy Tillapaugh, R.D., Wellness and Fitness Coordinator
Office: Hilliard Gates Sports Center, Room 121
Email: tillapau@ipfw.edu
Phone: 481-6647

Jennifer Roherty, ACSM Health Fitness Specialist
Office: Walb Union, Room 234
Email: rohertyj@ipfw.edu
Phone: 481-6746

Alexa Rang, Wellness Graduate Assistant
Office: Hilliard Gates Sports Center, Room 121
Email: rangac01@ipfw.edu
Phone: 481-6647

IPFW/Parkview Health and Wellness Clinic
Office: Walb Union, Room 234
Email: clinic@ipfw.edu
Phone: 481-5748
2011—Creating a Healthier You!

- In the United States, almost half the deaths that result from the 10 leading causes of death are caused by unhealthy behavior.
- 25% of health care costs are due caused by habits we can change— including high stress, tobacco use, body weight, activity levels, and nutritional habits.
- Conditions such as high blood pressure, Type 2 diabetes, high cholesterol and obesity can be prevented or reversed by preventive care and healthy lifestyle choices.

You aren’t a victim of statistics. Your health is something you have a very active part of! There are some risk factors that you can not control including your age, family history and genetics. However, you can still have control in the lifestyle you live and how you manage the non-controllable risk factors.

Your lifestyle greatly influences your health. Making simple lifestyle changes can make a big difference.
- Follow a healthy eating plan low in saturated fats and sodium, and rich in fruits, vegetables and whole grains (DASH Diet approach).
- Increase activity level with the goal being at least 30 minutes of moderate activity 5 days per week.
- Reduce alcohol to 1-2 drinks per day or less.
- Eliminate tobacco use.
- Healthy stress management

How do you find out your risk factors?
- Annual physical with your doctor
- Free/discounted health screenings at IPFW
- Take your Cigna Health Assessment

Cigna: Know Your Numbers
Build Your Health Team

1. Cigna Choose Well Live Well Personal Health Advocate:
   - My.cigna.com
   - 1-800-767-7141

2. Employee Assistance Program Personal Counselor
   - www.Cignabehavioral.com
   - Take a confidential, online assessment
   - Achieve work/life balance
   - 1-800-767-7141

3. Personal Physician

4. IPFW Health and Wellness Clinic
   - 481-5748
   - www.ipfw.edu/clinic
   - 2011: Accepting Cigna insurance and LabCorp lab draws

5. IPFW Hilliard Gates Sports Center
   - 481-6655
   - www.ipfw.edu/fitness
   - www.ipfw.edu/intramurals
   - www.gomastodons.com

6. IPFW Health & Wellness Program Offerings
   - www.ipfw.edu/health
   - Screenings
   - Health Awareness Workshops
   - Health Behavior Programs
   - Special Events

7. IPFW Registered Dietitian: Judy Tillapaugh, R.D., 481-6647

8. IPFW Wellness Specialist: Jen Roherty, ACSM HFS, 481-6746

9. IPFW Personal Trainers: Kate Black, Sue Bair, & Jim Thurber
   - www.ipfw.edu/fitness

10. IPFW Human Resources
    - www.ipfw.edu/hr

11. IPFW Campus Resources
    - Trail network: www.fortwayneparks.org
    - Measured outdoor walking distances: http://new.ipfw.edu/offices/wellness/resources/walking.html

12. IPFW Health & Wellness Information and Events:

13. Local Hospitals:
    - Parkview Hospital: www.parkview.com
    - Lutheran Hospital: www.lutheranhospital.com
# Table of Contents

**Back to the Basics** ................................................................. 9-17

**Breakfast** ............................................................................. 18-25

**Appetizers and Sides** .......................................................... 27-33

**Drinks** .................................................................................. 35

**Dinners, Soups and Casseroles** ............................................. 36-57

**Desserts** ................................................................................ 58-63

**Creating a Healthier You!** .....................................................

- Build Your Health Team......................................................... 5
- Know Your Numbers............................................................. 8
- Cigna.................................................................................... 16
- Creating a Dynamic Breakfast............................................. 18
- Mission Possible: Dining Out............................................. 26
- Mission Possible: Healthy Holidays.................................... 30
- Managing Your Stress.......................................................... 34
- Simple Baking & Cooking Exchanges.................................. 38
- Target Heart Rate............................................................... 40
- Creating Healthier Snacks at Work..................................... 42
- Eat Wise...Drop a Size.......................................................... 46
- Enhance the Flavor of Your Food........................................ 52
- Build Your Health Team-Personal Trainer........................ 56
- Build Your Health Team-Cigna Behavioral....................... 62
- Build Your Health Team-Cigna Coaching.......................... 66
- Healthified Meal Planning................................................... 68
- Creating a Shopping List...................................................... 70
- Meeting Your Dietary Needs............................................... 71
- Local Farmer's Markets....................................................... 72
- Indiana Harvest Calendar.................................................... 73

Stay Informed! Visit www.ipfw.edu/health
<table>
<thead>
<tr>
<th>Section</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>Welcome Letter</td>
<td>3</td>
</tr>
<tr>
<td>Resources</td>
<td>64-65</td>
</tr>
<tr>
<td>New Recipes</td>
<td>67</td>
</tr>
<tr>
<td>Recipe Index</td>
<td>74</td>
</tr>
<tr>
<td>Educational Page Index</td>
<td>75</td>
</tr>
</tbody>
</table>
### Creating a Healthier You

#### Know Your Numbers

<table>
<thead>
<tr>
<th>Assessment</th>
<th>Norms</th>
<th>My Values</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Blood Pressure</strong></td>
<td>120/80</td>
<td></td>
</tr>
</tbody>
</table>
| **BMI**            | Underweight = <18.5  
Normal weight = 18.5–24.9  
Overweight = 25–29.9  
Obesity = BMI of 30 or greater |           |
| **Cholesterol**    | Below 200 mg/dL - Desirable  
200-239 mg/dL – Borderline High  
240 mg/dL and above - High |           |
| **HDL**            | Below 40 mg/dL (men)  
Below 50 mg/dL (women) - Poor  
50-59 mg/dL—Better  
60 mg/dL and above—Best |           |
| **LDL**            | Below 70 mg/dL—Ideal for people at very high risk of heart disease  
Below 100 mg/dL—Ideal for people at risk of heart disease  
100-129 mg/dL—Near ideal  
130-159 mg/dL—Borderline high  
160-189 mg/dL—High  
190 mg/dL and above—Very high |           |
| **Triglycerides**  | Below 150 mg/dL—Desirable  
150-199 mg/dL—Borderline High  
200-499 mg/dL—High  
500 mg/dL and above—Very High |           |
| **Blood Sugar**    | Fasting—70-99 milligrams per deciliter  
2 Hour Fast—70-145 mg/dL  
Random Reading—70-125 mg/dL |           |
| **Waist Circumference** | Men  
Very High: >47 inches  
High: 39.5 - 47  
Low: 31.5 - 39  
Very Low: <31.5 | Women  
> 43.5 inches  
35.5 - 43  
28.5 - 35  
< 28.5 |
| **Average number workouts per week** | 3-5 workouts or 150 minutes of exercise |           |
| **Average number of days when you get 5-9 servings of fruits and vegetables per day** | 5-9 servings per day |           |
| **Average number of nights with 7-9 hours of sleep** | 7-9 hours per night |           |

Source: American Heart Association, American College of Sports Medicine, Centers for Disease and Control
Eat three meals and 2–3 snacks daily.
Make time for meals. Eating three meals per day plus snacks will provide you with energy that will last all day and keep your metabolism active. Pack healthy, portable snacks when you know you will be on the go.

Build meals with complex carbohydrates.
Carbohydrates are the main fuel source for the mind and muscles. Complex carbohydrates include whole wheat breads, cereals, pasta, rice, beans and other starchy vegetables.

Vegetables and Fruit
Include vegetables and fruit at each meal or snack. Fresh, frozen, and/or canned are all healthy options to include vegetables and fruit into meals and snacks.

Include protein at each meal.
Protein provides essential amino acids which are the building blocks for the body’s tissues. Lean sources include non-fat or 1% dairy, low-fat cheese, poultry, seafood, lean meats, tofu, soy, egg whites and beans.

Limit high fat foods.
Fat provides essential fatty acids which help transport nutrients and provide energy. Some fat is important but too much will provide excess calories.

Limit high sugar foods.
High sugar foods like soda, candy and desserts are high in calories and low in nutrients.

Stay hydrated.
Proper hydration is important for healthy skin and organs. Drink water even if you are not thirsty. If you wait until you are thirsty, you are already partially dehydrated. Carry a bottle of water in your bag.

Relax, turn off the TV and enjoy your meals.
Listen to your body as to when you are hungry and when you are satisfied. Taking your time while eating will help you realize when you are satisfied and prevent over eating.

If you choose to drink alcohol, drink in moderation.
It’s recommended that women limit themselves to one drink per day and men stop at two.

Confused?
Contact an IPFW Dietitian at the IPFW/Parkview Health and Wellness Clinic! Call 481-6647 or email tillapau@ipfw.edu to schedule an appointment. This is a free service for employees!
**Grains:** Aim for 6-11 servings each day. Choose whole grains whenever possible.

<table>
<thead>
<tr>
<th>Examples</th>
<th>One serving equals</th>
<th>That's about the size of</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bread</td>
<td>1 ounce (1 small slice, 1/2 bagel, 1/2 bun)</td>
<td>Index card</td>
</tr>
<tr>
<td>Cooked Grains</td>
<td>1/2 cup cooked oats, rice, pasta</td>
<td>Billiard ball</td>
</tr>
<tr>
<td>Dry cereal</td>
<td>1/2 cup flakes, puffed rice, shredded wheat</td>
<td>Billiard ball</td>
</tr>
</tbody>
</table>

**Fruits and Vegetables:** Aim 5-9 total servings each day. Choose fresh fruits and veggies whenever possible.

<table>
<thead>
<tr>
<th>Examples</th>
<th>One serving equals</th>
<th>That's about the size of</th>
</tr>
</thead>
<tbody>
<tr>
<td>Raw fruit</td>
<td>1/2 cup raw, canned, frozen fruit</td>
<td>Billiard ball</td>
</tr>
<tr>
<td>Dried fruit</td>
<td>1/4 cup raisins, prunes, apricots</td>
<td>An egg</td>
</tr>
<tr>
<td>Juice</td>
<td>6 oz. 100% fruit or vegetable juice</td>
<td>Hockey puck</td>
</tr>
<tr>
<td>Raw vegetables</td>
<td>1 cup leafy greens, baby carrots</td>
<td>Baseball</td>
</tr>
<tr>
<td>Cooked vegetables</td>
<td>1/2 cup cooked broccoli, potatoes</td>
<td>Billiard ball</td>
</tr>
</tbody>
</table>

**Fats & Oils:** Eat fats and oils sparingly and in small portions. Choose heart-healthy fats whenever possible.

<table>
<thead>
<tr>
<th>Examples</th>
<th>One serving equals</th>
<th>That's about the size of</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fat &amp; Oil</td>
<td>1 tsp. butter, margarine, oil</td>
<td>One die</td>
</tr>
</tbody>
</table>

**Dairy:** Aim for 2-3 servings of calcium-rich foods each day. Choose low- or non-fat products whenever possible.

<table>
<thead>
<tr>
<th>Examples</th>
<th>One serving equals</th>
<th>That's about the size of</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheese</td>
<td>1 ounce or 1 thin slice of cheese</td>
<td>A pair of dice</td>
</tr>
<tr>
<td>Milk</td>
<td>1 cup milk, yogurt, soy milk</td>
<td>Baseball</td>
</tr>
</tbody>
</table>

**Meat and Beans:** Aim for 2-3 servings each day. Choose lean meats and plant proteins whenever possible.

<table>
<thead>
<tr>
<th>Examples</th>
<th>One serving equals</th>
<th>That's about the size of</th>
</tr>
</thead>
<tbody>
<tr>
<td>Meat &amp; Tofu</td>
<td>2-3 oz. cooked beef, poultry, fish, tofu</td>
<td>Deck of cards</td>
</tr>
<tr>
<td>Beans</td>
<td>1/2 cup cooked beans, split peas, legumes</td>
<td>Billiard ball</td>
</tr>
<tr>
<td>Nuts &amp; Seeds</td>
<td>2 tbsp. nuts, seeds, or nut butters</td>
<td>Ping pong ball</td>
</tr>
</tbody>
</table>
Creating Meal Menu Ideas

Breakfast
1 1/2 cup Raisin Bran
1 cup milk (skim or 1%)
Banana or 1/2 cup 100% juice

Lunch
6” turkey sub with veggies
Baked Doritos
Water, milk or unsweetened tea

Dinner
1 cup cooked whole wheat pasta
1/2 cup tomato sauce
Shredded cheese
3 ounces baked chicken breast
1 cup milk (skim or 1%)
Fruit or vegetables

Snack
Strawberry orange muffin (page 21)
Roasted kale chips (page 27)

Breakfast
Quinoa egg bake (page 22)
1 cup milk (skim or 1%)

Snack
Low-fat yogurt and grapes

Lunch
Peanut butter and jelly on whole wheat bread
1 cup milk (skim or 1%) or light lemonade

Snack
Assorted raw vegetables
Or
Low-fat granola bar

Dinner
Chinese ground pork and eggplant (page 54)
1/2—1 cup brown rice
1 serving steamed or raw broccoli
Fruit
1 cup milk (skim or 1%)

Snack
Apple slices with goat cheese (page 32)

Smart Grocery Shopping Tips
1. Concentrate shopping time around the perimeter of the grocery store. Fill your card with produce first.
2. Watch your beverages. Choose 100% juices instead of juice drinks. Beware of soft drinks, which can contain up to 11 teaspoons of sugar.
3. Do not shop when you are hungry.
4. Think whole grains! Cereals can be a source of fiber. Find cereals with at least 5 grams fiber per serving.
5. Beware of featured items at the end of aisles and at the checkout counter. These foods are often loaded with fat and calories, plus make you spend more money on things you don’t really need.
6. Make a list and stick to it.
7. If you are trying to find convenient, on-the-go items, look for foods that are high in fiber and have both healthy carbohydrates and protein.
8. Clip coupons before you go to the store. Use only coupons on items that you normally buy or will definitely use. Be sure to use store discount cards.

Prepared by: Judy Tillapaugh, R.D., IPFW Wellness/Fitness Coordinator

Stay Informed! Visit www.ipfw.edu/health
**Whole Grains**

3 (1 oz.) equivalents (6-7 servings of grains total)
(at least 1/2 of all the grains eaten should be whole grains)
One ounce serving equals 1 slice whole-wheat bread,
1/2 cup brown rice, 5 whole-wheat crackers, 1/2 cup oatmeal

**Fruits**

2 cups
One serving equals 1 cup sliced, chopped or cut-up fruit,
about 8 large strawberries, 1 large orange, 32 seedless grapes

**Protein**

5.5–6.6 oz. equivalents
In general, 1 ounce of meat, poultry or fish, ¼ cup cooked dry
beans, 1 egg, 1 tablespoon of peanut butter, or ½ ounce of nuts or
seeds can be considered as 1 ounce equivalent from the meat and
beans group.

---

**Whole Grains**

- Whole-grain breakfast cereal
- Whole-grain breads (wheat, rye, etc.)
- Oatmeal
- Brown rice
- Popcorn

**Vegetables**

- Broccoli
- Spinach
- Carrots
- Red or green pepper
- Tomatoes
- Sweet potatoes

**Fruits**

- Peaches
- Bananas
- Grapefruit
- Blueberries
- Kiwi
- Cantaloupe

**Milk and Milk Products**

- White milk
- Flavored milk
- Lactose-free milk
- Cheddar cheese
- Swiss cheese
- Mozzarella cheese
- Yogurt

**Tips**

Snack on ready-to-eat, whole-grain cereals such as
toasted oat cereal
Try brown rice or
whole-wheat pasta
Try whole-grain snack chips,
such as baked tortilla chips
Use whole grains in mixed
dishes, such as barley in
vegetable soup or stews
and bulgur wheat in
stir-fry or casseroles
Choose foods that name
whole wheat, whole oats,
brown rice, etc. first on the
label’s ingredient list

Buy vegetables that are
easy to prepare
Try crunchy vegetables,
raw or lightly steamed
Shred carrots or zucchini
into meatloaf, casseroles,
quick breads, or muffins
Include chopped
vegetables in pasta sauce
or lasagna
Set a good example
for children by eating
vegetables with meals
and as snacks

Buy fresh fruits
in season
Vary your fruit choices—
fruits differ in nutrient
content
Keep a bowl of whole
fruit
on the table, counter, or in
the refrigerator
Refrigerate cut-up fruit to
store for later
Make most of your choic-
es whole or cut-up fruit ra-
er than juice, for the benefits
dietary fiber provides
For dessert, have baked
apples, pears, or a
fruit salad

Include milk as a beverage
at meals
Use fat-free or low-fat milk
instead of water to prepare
oatmeal and hot cereals
Make a dip for fruits or
vegetables from yogurt
Top casseroles, soups,
stews, or vegetables
with shredded reduced
fat cheese
Make fruit-yogurt
smoothies in the blender
If you are lactose intolerant,
choose lactose-reduced
or low-lactose alternatives
such as cheese, yogurt, or
lactose-reduced milk
### Conversions & Abbreviations

<table>
<thead>
<tr>
<th>tbsp. = tablespoon</th>
<th>tsp. = teaspoon</th>
</tr>
</thead>
<tbody>
<tr>
<td>c. = cup</td>
<td>oz. = ounce</td>
</tr>
<tr>
<td>pt. = pint</td>
<td>qt. = quart</td>
</tr>
<tr>
<td>lb. = pound</td>
<td>pkg. = package</td>
</tr>
</tbody>
</table>

### Stocking Your Kitchen with the Basics

#### Canned Beans
Beans are an excellent source of fiber and protein! Try a variety such as black, red kidney, white and pinto. Try fat-free refried beans!

#### Tomatoes
Tomato based pasta sauce is a great staple to keep on hand. Canned tomatoes, tomato sauce, tomato paste and salsa can also be used to enhance a variety of dishes.

#### Rice
You can stock regular or instant rice. Brown rice has the most nutrients.

#### Pasta
Pasta is quick and delicious! There are many varieties such as fettuccini, penne, spaghetti, orzo, macaroni and many more. Most pasta varieties are also available in whole wheat as well!

#### Herbs
Fresh herbs are very flavorful, though may not be convenient. Dried sage leaves, bay leaves, oregano, thyme, rosemary, and mint are just as great!

#### Spices
Purchase spices in small quantities. Convenient spices to keep include garlic powder, garlic salt, onion powder, pepper, salt, nutmeg, oregano, Italian seasoning, cayenne pepper, paprika and basil.

#### Other
Baking powder, baking soda, canned fruits and vegetables, canned fish, cream of mushroom or chicken soup, canola or olive oil, broth and non-stick cooking spray.
## Chopping Terminology

<table>
<thead>
<tr>
<th>Chopping Term</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Chop</strong></td>
<td>To cut into small pieces with a sharp knife.</td>
</tr>
<tr>
<td><strong>Cube</strong></td>
<td>To cut into small squares of equal size.</td>
</tr>
<tr>
<td><strong>Dice</strong></td>
<td>To cut into small cubes. Size may be specified in recipe.</td>
</tr>
<tr>
<td><strong>Grate</strong></td>
<td>To cut food into very fine particles by rubbing on a grater. Spray a grater with non-stick spray to help in cleanup.</td>
</tr>
<tr>
<td><strong>Grind</strong></td>
<td>To cut food into tiny particles by pushing through a food grinder, or by crushing with a mortar and pestle. Also can be accomplished in a food processor.</td>
</tr>
<tr>
<td><strong>Julianne</strong></td>
<td>To cut into thick long strips.</td>
</tr>
<tr>
<td><strong>Sliver</strong></td>
<td>To slice into long, then strips.</td>
</tr>
</tbody>
</table>

## Mixing Terminology

<table>
<thead>
<tr>
<th>Mixing Term</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Beat</strong></td>
<td>To make a mixture smooth or to introduce air by using a brisk, regular revolving motion that lifts the mixture over and over.</td>
</tr>
<tr>
<td><strong>Blend</strong></td>
<td>To combine two or more ingredients by mixing thoroughly.</td>
</tr>
<tr>
<td><strong>Fold</strong></td>
<td>To combine by using two motions: (1) cutting vertically through the mixture and (2) turning over and over by sliding the implement across the bottom of the mixing bowl with each turn of the bowl. Usually accomplished with a spatula, and usually used to incorporate light mixtures, such as egg whites, into other mixtures, such as cake batter.</td>
</tr>
<tr>
<td><strong>Mix</strong></td>
<td>To combine ingredients in any way that evenly distributes them.</td>
</tr>
<tr>
<td><strong>Stir</strong></td>
<td>To mix foods with a circular motion for the purpose of blending or obtaining uniform consistency.</td>
</tr>
<tr>
<td><strong>Toss</strong></td>
<td>To lightly blend ingredients by lifting them and letting them fall back in the bowl.</td>
</tr>
</tbody>
</table>
Baking VS Roasting
Both baking and roasting are done behind a closed oven door. Foods are cooked by dry heat circulating in the oven. The key is an accurate oven temperature. Generally, baking is used for cookies, breads and pies and for preparing chicken and fish. Meat is rarely baked. Roasting is done at a higher heat and is appropriate method for cooking meat, poultry and vegetables. Bake or roast foods in the middle of the oven unless the recipe states otherwise.

Grilling VS Broiling
These are essentially the same techniques. The main difference is that in grilling, the heat source is below the food and in broiling, the heat source is above the food. When broiling, place a pan about 4 inches from the heat source. To prevent cleanup hassles, line the bottom of the pan with aluminum foil so you can toss it out when you are done cooking. Watch food very carefully when using the broiler so that they do not burn.

Other Cooking Terms

<table>
<thead>
<tr>
<th>Term</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Baste</td>
<td>To spread, brush or spoon water, melted fat or other liquid such as chicken broth, over food to keep the surface moist and add flavor.</td>
</tr>
<tr>
<td>Blanch</td>
<td>To boil in water for a short time and then plunge into cold water or to pour boiling water over food then drain it almost immediately. Often used to preserve color in vegetables or loosen tomato skin.</td>
</tr>
<tr>
<td>Boil</td>
<td>To cook in water or liquid that is boiling.</td>
</tr>
<tr>
<td>Marinate</td>
<td>To let foods stand in a liquid mixture. Refrigerate, covered if marinating for more than 2 hours.</td>
</tr>
<tr>
<td>Poach</td>
<td>To cook in water, broth or other liquid that is just below boiling point</td>
</tr>
<tr>
<td>Sear</td>
<td>To brown surface quickly over high heat, usually in a hot skillet. Often an instruction at the beginning of meat preparation.</td>
</tr>
<tr>
<td>Simmer</td>
<td>To cook in a liquid at a low temperature. Liquid should not boil.</td>
</tr>
<tr>
<td>Steam</td>
<td>To cook, covered, over a small amount of boiling liquid so the steam formed in the pan cooks the contents.</td>
</tr>
<tr>
<td>Sauté</td>
<td>To cook briskly in a small amount of fat, usually in a skillet on top of the stove. Also known as pan-fry.</td>
</tr>
</tbody>
</table>
Creating A Healthier You

Small Steps to Create a Healthier You

Where should you start? It's not easy to do all of this every day living in today's fast-paced and fast-food world. It can be even harder if you have a lot of changes you want to make.

- **One Step at a Time:**
  It's easier to make lifestyle changes over months and years. Think of each small step as one piece of your effort to change your habits.

- **Bad habits?**
  Accept that you have bad habits you need to change. If you believe you have a problem, you will probably succeed in making some changes.

- **Ready, Willing and Able:**
  To succeed at making lifestyle changes, the change must be important to you. For example, maybe you want to live long enough to see your grandchildren grow up. You must have more reasons to change than reasons not to change.

- **Pick and Choose:**
  Take what you want to do and break it down into small steps. Then think about a few things you are ready, willing, and able to change. Leave other habits that you don't feel ready to change for another time.

- **Take a Look:**
  Think about your current habits. How active are you? Pick some changes that you want to do the most and that will make the biggest impact. For example, take 15 minute break from the TV and go for a walk.

- **Setting Goals:**
  For each goal, think about four things:
  1. How long will you try to reach this goal? Keep it short.
  2. How often will you do this?
  3. Is it easy to do in your regular daily life? Keep it realistic.
  4. Is it limited in scope? Be specific.

- Set 1 to 3 goals at a time. For example: for the next month (how long), four days each week (how often) I will take a 15 minutes walk after lunch three days a week (realistic and specific). Write them down. Put them in a place where you will see them often—on the refrigerator, your bathroom or bedroom mirror, or in your purse or wallet.

- **How Did You Do?**
  Once the time you set is over, look at the goals you set. Did you succeed? Did you set your sights too high? Did something happen in your life to keep you from being successful? If you were successful, give yourself a BIG pat on the back (or maybe a trip to the movies!).

- **Wait, you are not done!**
  Making a change for two weeks or a month does not mean that it will stick for life. It's so easy to slip back to your old ways. Practice the new habits faithfully. It will take months before they become your way of life.

If you weren't successful, try again. Revise your goals or choose easier ones. Make sure they contain the four parts of setting a goal that's within reach. Make sure you want to make changes in this area and that you believe you can.
Stay Informed! Visit www.ipfw.edu/health

www.mycigna.com

Your CIGNA Log In
Select a self services site from the pull down menu below, enter your User ID and password, then click "Go."

User ID
Password

Why is this secure?
Forgot ID or Password? Register!

Purdue-Cigna Customer Service Hotline
Available 24/7
1-800-767-7141

• Health Risk Assessment
• Online and Phone Coaching programs (weight loss, sleep, stress and smoking cessation)
• 24/7 Online Health Account Management
• Personalized and secure online account tools
• Review plan coverage levels
• Check available balances
• Track claims and payments
• Get HAS bank account information
• Manage investment accounts via link to JPMorgan Chase
• Vast health and wellness resources
• Wellness discounts

Abundant health resources available at you're my.cigna.com webpage
### Creating a Dynamic Breakfast

**Bread/Cereal Group** | **Fruit Group** | **Protein**
--- | --- | ---
Cold Cereal | + | Fruit | + | Milk
Whole Wheat Toast | + | Fruit | + | Yogurt
Whole wheat bagel | + | Orange juice | + | Peanut Butter
Bran muffin | + | Banana | + | Milk
Instant oatmeal | + | Raisins | + | Milk
Whole Wheat Toast | + | Peaches | + | Cottage cheese
Whole Wheat Toast | + | Strawberries | + | Egg
Waffles | + | Pomegranate Juice | + | Tofu
Toast with Honey | + | Apple | + | Milk

Submitted by: Heather Etzler, IPFW Student

---

**Healthy and Quick Breakfast Ideas!**

- Prepare a casserole the night before. Pop it in the microwave when you wake up and it will be ready to go when you are.
- Incorporate complex carbohydrates, such as whole wheat toast and bagels. Spread peanut butter and raisins on top of either for added flavor.
- Bake bran muffins early in the week, then grab one or two each morning. Or check out a local bakery for healthy varieties.
- Make waffles Sunday morning and freeze the leftovers. You can pop ‘em in the toaster for a homemade breakfast. Also, grocery stores sell frozen whole grain selections.
- Have you ever tried a tortilla for breakfast? Wrap up cold turkey and cheese, grab an apple and you’re on your way.
- Don’t forget cold cereal. We’re not talking about those covered with sugar, but the healthy variety. Items such as Wheaties and Cheerios are always good choices.
- Whole-egg or egg white omelets with fresh or frozen veggies (carrots, broccoli, celery, peppers, onions and even black beans make great additions).
- Make a shake or a smoothie. Blend fruit and yogurt and then drink it in the car. A side option is a small bag of finger foods, such as a mixture of granola and grapes.

www.sparkpeople.com
Homemade Muesli

Source: http://iamglutenfree.blogspot.com

**Ingredients:**
3 strips of dried banana and/or 3-6 chopped dates  
One small handful dark raisins  
7 raw almonds, chopped  
7 raw pecan halves, chopped  
Handful raw sunflower seeds  
1-2 tbsp. grated, unsweetened coconut  
One chopped apple  
6-8 blackberries or berries of your choice

**Directions:**
1. Mix all ingredients and store in an air-tight container.
2. Enjoy!

**Ideas:**
- Mix up the ingredients using a variety of dried fruits and/or nuts
- Add additional dried fruit, fresh fruit, nuts and flakes (or anything else you might want to add)
- Pour milk or try vanilla almond milk over the top.

---

Apple and Honey Scones

**Source:** Diabetic Gourmet

**Ingredients:**
2 cups all-purpose flour  
1/4 tsp. salt  
2 tsp. baking powder  
1/4 tsp. baking soda  
1 tsp. ground cinnamon  
1/4 tsp. ground nutmeg  
2/3 cup toasted wheat germ  
1/3 cup soft tub margarine  
1-1/4 cups finely chopped apple  
1/2 cup skim milk  
1/4 cup honey

**Topping:**
1 tbsp. toasted wheat germ  
1/4 tsp. ground cinnamon  
1 tbsp. sugar

**Directions:**
1. Preheat oven to 400F. Lightly spray a large cookie sheet with non-stick cooking spray. Handle the dough gently; over mixing the scones can make them tough.
2. Combine flour, wheat germ, baking powder, spices baking soda & optional salt. Cut in the margarine until mixture resembles coarse crumbs. Add combined apple, milk and honey, mixing until dry ingredients are moistened.
3. Turn dough out onto lightly floured surface; knead gently 5-6 times. Pat dough into a 9-inch circle. Mix together topping ingredients in a separate bowl. Sprinkle over dough.
4. Cut dough into 10 wedges. Place 1/2 inch apart on prepared cookie sheet. Bake 16-18 minutes, or until golden brown.

Nutritional Information: 223 calories, 5g protein, 36 g carbohydrate, 7g fat. Exchanges: 1-1/2 bread/starch; 1 fat
Breakfast Banana Split

*Source: [www.diabetic-recipes.com](http://www.diabetic-recipes.com)*

**Ingredients:**
- 1/2 medium ripe banana, peeled and cut in half length wise
- 1/4 cup non-fat cottage cheese
- 1 small naval orange, peeled and sectioned
- 1/4 cup fresh raspberries

**Directions:**
1. Place banana halves in a shallow soup bowl or banana split dish. Top with cottage cheese.
2. Arrange orange sections over and around the cottage cheese.
3. Puree the raspberries in a food processor or blender until smooth.
4. Drizzle over the fruit and cottage cheese. Serve.

Per Serving: 140 calories, 9 g protein, 27 g carbohydrate, 4 g fiber, 5 mg cholesterol, 186 g sodium.
Exchanges: 1 very low fat protein, 2 carbohydrates (2 fruit)

---

Banana Yogurt Pancakes

*Source: [www.diabetic-recipes.com](http://www.diabetic-recipes.com)*

**Ingredients:**
- 2 cups all purpose flour sifted
- 1 packet sugar substitute
- 1 tbsp. baking soda
- 8 ounces fat free plain yogurt
- 1 large very ripe banana, mashed
- 1/2 cup skim milk
- 1/2 tbsp. canola oil
- 1 tsp. vanilla extract
- 4 egg whites, beaten to soft peaks

**Directions:**
1. Combine the flour, sugar substitute, and baking soda in a large bowl. Stir to combine.
2. Add yogurt, banana, milk, oil and vanilla. Stir until just moistened.
3. Gently fold in the beaten egg whites to complete the batter.
4. Lightly coat a nonstick cooking skillet with cooking spray. Working in batches and using a ladle, make 4-inch pancakes. Cook until the bottom is browned and bubbles come to the top of the pancakes. Turn and continue to cook until browned. Keep warm while you cook the remaining pancakes.

Per Serving: 76 calories, 3 g protein, 1 g fat, 14 g carbohydrate, 1 g fiber, 236 mg cholesterol.
Exchanges: 1 carbohydrate (bread/starch)
Strawberry Orange Muffins

Source: Eating Well

Ingredients:
3 tablespoons almonds
2 tablespoons plus 3/4 cup all-purpose flour, divided
2 tablespoons plus 1/2 cup brown sugar, divided
3 teaspoons freshly grated orange zest, divided (see Variation)
1/2 teaspoon salt, divided
2 tablespoons plus 1/4 cup canola oil, divided
1 cup white whole-wheat flour, or whole-wheat pastry flour (see Note)
2 teaspoons baking powder
1 teaspoon baking soda
3/4 cup nonfat or low-fat buttermilk
1/4 cup orange juice
1 large egg
1 teaspoon vanilla extract
1 1/2 cups chopped fresh or frozen (not thawed) strawberries, (about 8 ounces).

Directions:
1. Preheat oven to 400°F. Coat a 12-cup muffin pan with cooking spray.
2. Process almonds, 2 tablespoons all-purpose flour, 2 tablespoons brown sugar, 1 teaspoon orange zest and 1/4 teaspoon salt in a food processor until finely ground. Transfer to a small bowl, drizzle with 2 tablespoons oil and stir to combine.
3. Whisk the remaining 3/4 cup all-purpose flour, whole-wheat flour, baking powder, baking soda and the remaining 1/4 teaspoon salt in a large bowl. Whisk the remaining 1/2 cup brown sugar, 2 teaspoons orange zest and 1/4 cup oil in a medium bowl with buttermilk, orange juice, egg and vanilla extract until well combined. Make a well in the center of the dry ingredients and pour in the wet ingredients; stir until just combined. Add strawberries; stir just to combine. Divide the batter among the prepared muffin cups. Sprinkle with the almond topping, gently pressing into the batter.
4. Bake the muffins until golden brown and a wooden skewer inserted in the center comes out clean, 18 to 20 minutes. Let cool in the pan for 10 minutes, then transfer to a wire rack to cool for at least 5 minutes more before serving. Variation: For Strawberry-Basil Muffins, omit orange zest and use 1/4 cup additional buttermilk in place of orange juice. Stir in 1/4 cup chopped fresh basil with the berries in Step 3.

Tips & Notes
- Make Ahead Tip: Store, individually wrapped, at room temperature for up to 2 days or in the freezer for up to 1 month. To reheat, remove plastic wrap, wrap in a paper towel and microwave on High for 30-45 seconds.
- Note: White whole-wheat flour, made from a special variety of white wheat, is light in color and flavor but has the same nutritional properties as regular whole-wheat. Whole-wheat pastry flour is milled from soft wheat. It contains less gluten than regular whole-wheat flour and helps ensure a tender result in delicate baked goods while providing the nutritional benefits of whole grains.

Per muffin: 203 calories; 9 g fat (1 g sat, 5 g mono); 18 mg cholesterol; 28 g carbohydrates; 4 g protein; 2 g fiber; 314 mg sodium; 88 mg potassium.

Exchanges: 1 starch, 1 carbohydrate (other), 2 fat
Breakfast

**Quinoa Egg Bake with Thyme and Garlic**

*Source: Whole Foods Market*

**Ingredients:**
- 1 teaspoon canola oil
- 1/2 cup uncooked quinoa
- 8 eggs
- 1 1/4 cups milk
- 1 tablespoon chopped garlic
- 1 teaspoon chopped thyme
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 2 cups packed baby spinach, roughly chopped
- 1 cup finely shredded Romano or Parmesan cheese

Per serving (about 5oz/163g-wt.): 260 calories (130 from fat), 14g total fat, 6g saturated fat, 300mg cholesterol, 660mg sodium, 14g total carbohydrate (2g dietary fiber, 3g sugar), 18g protein

**Directions:**
1. Preheat oven to 350°F. Grease an 8-inch x 8-inch glass or metal baking dish with butter; set aside.
2. Put quinoa into a fine mesh strainer and rinse until cold running water until water runs clear; drain well.
3. In a large bowl, whisk together eggs, milk, garlic, thyme, salt, pepper and quinoa. Stir in spinach then pour mixture into prepared dish. Cover tightly with foil then jiggle dish gently from side to side so that quinoa settles on the bottom in an even layer. Bake until just set, about 45 minutes. Remove foil and sprinkle top evenly with cheese. Return to oven and bake, uncovered, until golden brown and crisp, 10 to 15 minutes more. Set aside to let cool briefly, then slice and serve.

**Banana Energy Sundae**

*Source: Whole Foods Market*

**Ingredients:**
- 1 banana
- 1 tablespoon nut butter
- 1 tablespoon toasted sesame seeds
- 1 tablespoon ground flax seeds
- 1 tablespoon chopped toasted pecans
- 1/4 cup of your favorite whole grain, low sugar cereal
- 1 tablespoon vegan carob chips
- 1/2 cup blueberries, fresh or frozen and thawed
- 1 tablespoon agave nectar, or to taste
- Soy or almond milk to taste, optional

**Directions:**
1. Cut the banana in half lengthwise. Spread nut butter on each half and put back together like a sandwich.
2. Sprinkle the banana with sesame seeds, ground flax, pecans and cereal. Top with carob chips, blueberries and agave nectar.
3. Eat as is or with a splash of your favorite milk.

Per Serving (272g-wt.): 460 calories, 24g total fat, 9g protein, 63g total carbohydrate, 13g dietary fiber
### Baked Pears with Granola Crunch

**Source:** Diabetic Gourmet

**Ingredients:**
- 2 large pears
- 1/4 cup low-fat granola
- 1 tsp. soft tub margarine, melted
- 1 tsp. light brown sugar
- 1/2 cup apple juice
- 1/4 cup plain low-fat yogurt

**Directions:**
1. Preheat oven to 350 degrees. Cut pears in half lengthwise; remove core and stem.
2. In a small bowl, combine granola and brown sugar. Press 1 tbsp. of the mixture into the center of each pear, mounding on the top. Set pears in a shallow baking dish. Pour apple juice into the dish. Bake until pears are tender when pierced with the tip of a knife, about 30 minutes.
3. To serve, transfer pears to individual dishes. Top with dollop of yogurt. Serve.

Per Serving: 102 calories, 2 g protein, 2 g fat, 18 g carbohydrate, 2 g fiber, 1 mg cholesterol, 30 mg sodium
Exchanges: 1 fruit, 1 1/2 fat

### El Dorado Granola

**Source:** ohhmay.com

**Ingredients:**
- 2 cups + 1/4 cup thick rolled oats
- 1/2 cup low fat or regular shredded coconut
- 3 tbsp. honey
- 3 tbsp. canola oil
- 1/2 tsp. turmeric
- 1/3 tsp. salt, optional

**Directions:**
1. Preheat oven to 325F.
2. Warm the honey and oil in a microwave or on the stove. Stir in the salt, 2 cups of rolled oats, coconut and turmeric.
3. Lightly grease a large sheet pan with canola oil. Pour out the wet oats, pack down into an even layer and top with the additional 1/4 cup oats.
4. Bake for 5 minutes then turn/stir with a spatula. Return to oven and stir every 4-5 minutes for 15 minutes.
5. Remove from oven and let cool fully before storing in an air-tight container or zip-top bag.
**Breakfast Quinoa**

*Source: www.ohmay.com*

**Ingredients:**
- 1/3 c. quinoa, rinsed
- 1/3 c. water
- 1/3 c. milk or milk substitute
- 1 tsp. cinnamon
- 1/2 tsp. vanilla

**Directions:**
1. Mix together all ingredients in a small pot. Cover and bring to a boil over medium-high heat on the stove.
2. Remove the lid and reduce the heat so that the quinoa is simmering. Cook, stirring often, until almost all of the moisture is absorbed.
3. Serve and top with your favorite toppings!

**Rice Cooker Oatmeal**

*Source: www.ohmay.com*

**Ingredients:**
- 1/2 cup rolled oats
- 1 tbsp. honey OR 1/2 banana, sliced thinly
- 1 tbsp. chia seeds OR 1 tbsp. flax seeds
- 2/3 c almond milk
- 1/3 c + 2 T water
- Dash of salt
- Cinnamon, to taste.

**Directions:**
1. Combine all ingredients in a rice cooker but the 2 T of water and salt.
2. Cook for 10 minutes.
3. Turn to warm and add the water and salt. Stir, then serve.
Asparagus and Canadian Bacon Omelet  Serves 1

Source: Eating Well
Ingredients:
10 stalks asparagus, trimmed and chopped  1/2 cup liquid egg substitute, such as Egg Beaters
1/4 cup plus 1 tablespoon water, divided  1/4 cup shredded reduced-fat Cheddar cheese
2 slices Canadian bacon, diced (1 ounce)  1/8 teaspoon salt
1 teaspoon extra-virgin olive oil  1/8 teaspoon freshly ground pepper

Directions:
1. Bring asparagus and 1/4 cup water to a boil in a small nonstick skillet over medium-high heat. Cover and cook until the asparagus is slightly softened, about 2 minutes. Uncover and continue cooking until the water has evaporated, 1 to 2 minutes.
2. Add Canadian bacon and oil to the pan and stir to coat. Pour in egg substitute, reduce heat to medium-low and continue cooking, stirring constantly with a heatproof rubber spatula, until the egg is starting to set, about 20 seconds. Continue cooking, lifting the edges so the uncooked egg will flow underneath, until mostly set, about 30 seconds more.
3. Sprinkle cheese, salt and pepper over the omelet. Lift up an edge of the omelet and drizzle the remaining 1 tablespoon water under it. Cover, reduce heat to low and cook until the egg is completely set and the cheese is melted, about 2 minutes. Fold over using the spatula and serve.

Per serving: 198 calories; 9 g fat (3 g sat, 5 g mono); 20 mg cholesterol; 7 g carbohydrates; 24 g protein; 3 g fiber; 978 mg sodium; 539 mg potassium.
Exchanges: 1 1/2 vegetable, 3 lean meat

Border Breakfast Steaks with Cilantro  Serves 4

Source: www.diabetes.org
Ingredients:
1 tsp. chili powder  1 medium tomato, diced
1/4 tsp. ground cumin  1/4 cup chopped cilantro
1/4 tsp. onion powder  1 medium lime, cut into wedges
1 lb. trimmed, thin, round steak, cut into four pieces  1/4 cup fat-free sour cream
1/4 cup water

Directions:
1. Combine the chili powder, cumin and onion powder in a small bowl. Sprinkle evenly over both sides of the beef, pressing down lightly with fingertips to adhere.
2. Place a large nonstick skillet over medium-high heat until hot. Coat lightly with cooking spray, cook the beef 2 minute, turn, cook 1 minute until very pink in the center. Place on serving platter and set aside.
3. Add the water and tomatoes to pan residue in skillet over medium-high heat and cook 2 minutes or until reduced slightly, scraping bottom and sides of skillet. Pour evenly over the beef. Season lightly with salt and pepper, if desired.
4. Sprinkle evenly with cilantro. Serve with lime wedges and top with sour cream, if desired.
Nutritional information: 165 calories, 6g fat, 2g carbohydrate, 1g fiber, 25g protein
Exchanges: 2 meat
Moderate portions and careful choices can help you make restaurant meals part of your overall plan for diabetes nutrition.

**Keep portion sizes in check**
- Choose the smallest meal size if the restaurant offers options, for example a lunch-sized entree.
- Share meals with a dining partner.
- Request a take-home container.
- Avoid "all you can eat" buffets.
- Make substitutions.
- Don’t settle for what comes with your sandwich or meal. For example:
  - Instead of French fries, choose a diabetes-friendly side salad or a double order of a vegetable.
  - Use fat-free or low-fat salad dressing, rather than the regular variety, or try a squeeze of lemon juice or flavored vinegar on your salad.
  - Ask for salsa with your burrito instead of shredded cheese and sour cream.
  - On a sandwich, trade house dressings or creamy sauces for ketchup, mustard, fat-free mayonnaise or a slice of fresh tomato.

**Watch the extras**
- Ask for them on the side to further control how much of them you eat.
- Food preparation is also something to consider. Avoid breaded and fried food. Instead request that your food be:

<table>
<thead>
<tr>
<th></th>
<th>Broiled</th>
<th>Roasted</th>
<th>Grilled</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low-Cholesterol Eggs</td>
<td>Whole Grain Bread</td>
<td>Skinless Chicken</td>
<td></td>
</tr>
</tbody>
</table>

- If you're ordering pizza, request a thin crust and lots of vegetables. Avoid doubling up on cheese or meat. If you're on a low-salt meal plan, ask that no salt or MSG be added to your food.

**Watch what you drink**
- **Avoid high-calorie drinks:** Order diet soda, water, unsweetened iced tea, sparkling water or mineral water.
- **When alcohol can worsen your diabetes:** If your diabetes is under control and your doctor agrees, an occasional alcoholic drink with a meal is fine. But alcohol adds empty calories to your meal. It can also aggravate diabetes complications, such as nerve damage and eye disease.
- **If you decide to drink alcohol:** If you choose to drink alcohol, choose options with fewer calories and carbohydrates such as light beer, dry wines, and mixed drinks made with sugar-free mixers, such as diet soda, diet tonic, club soda or seltzer.

**Eat on time**
- Eating at the same time every day can help you maintain steady blood sugar levels — especially if you take diabetes pills or insulin shots. If you're eating out with others, follow these tips:
  - Schedule the gathering at your usual mealtime.
  - To avoid waiting for a table, make a reservation or try to avoid times when the restaurant is busiest.
  - If you can't avoid eating later than usual, snack on a fruit or starch serving from the upcoming meal at your usual mealtime.
Enlightened Bacon and Onion Cheese Ball

*Source: Diabetic Cooking January/February 2010*

**Ingredients:**
1 (8 ounce) pkg. fat-free cream cheese, softened
1/2 cup fat-free sour cream
1/2 cup bottled lean diced ham
1/2 cup chopped green onions
1/3 cup bleu cheese crumbles
Optional: additional sliced green onions
Optional: celery sticks or whole wheat crackers

**Directions:**
1. Combine cream cheese, sour cream, bacon bits, bleu cheese and green onions in large bowl and blend well
2. Shape mixture into a ball. Wrap in plastic and chill at least 1 hour before serving. Garnish with additional green onion and serve with celery or crackers, if desired.

Per Serving: 34 calories, 1 g fat, 4 g protein, 2 g carbohydrate, 7 mg cholesterol, 203 mg sodium
Exchanges: 1/2 meat

Roasted Kale Chips

*Source: http://simplygluten-free.blogspot.com*

**Ingredients:**
1 bunch kale, washed and dried well
1 tablespoon olive oil
1 ½ teaspoons apple cider vinegar
Kosher or sea salt to taste, optional

**Directions:**
1. Preheat oven to 300 degrees. Line 2 baking sheets with parchment paper.
2. Remove the stem from each leaf of kale and tear into large bite sized pieces.
3. Toss in a large bowl with oil and vinegar.
4. Lay kale on prepared baking sheets in a single layer. Sprinkle with salt.
5. Bake for 20 minutes or until crisp. Let cool.
**Rosemary-Roasted Sweet Potatoes**

*Submitted by Deb Hein, Continuing Studies*

**Serves 4**

**Prep Time:** 10 minutes  
**Cook Time:** 40 minutes

**Ingredients:**
- 2 large sweet potatoes  
- 1/4 cup firmly packed brown sugar  
- 1/3 cup tub margarine, melted  
- 2 tsp. grated orange rind  
- 1/2 tsp. kosher salt, optional

**Directions:**
1. Peel potatoes, if desired. Cut each potato in half cross-wise; cut each half into 8 wedges.
2. Combine margarine and remaining ingredients in a large plastic bag; add potato wedges. Seal bag and shake until well coated.
3. Arrange wedges in a greased roasting pan or jelly roll pan.
4. Bake at 400 degrees for 40 minutes or until tender and browned, stirring occasionally.

---

**Sweet Fig Crostini**

*Prepared by Scott Magers, CATV and Sarah Hughes, Family and Consumer Sciences. November Nutritious Cooking Workshop*

**Ingredients:**
- Baguette  
- Ricotta cheese  
- Honey  
- Kosher salt (optional)  
- Ripe fig or fresh peach, nectarine or plum

**Directions:**
1. Slice a baguette and place the slices under the broiler just until golden.
2. Spread ricotta over the toasted bread, drizzle with honey and a tiny pinch of kosher salt (optional).
3. Top with a slice of ripe fig or fresh peach, nectarine or plum and then serve.

*Per Serving:* 270 calories, 5g fat, 47g carbohydrate, 9g protein, 579mg sodium, 161mg potassium. *Exchanges:* 2 starches, 1 fruit, ½ protein
## Salmon Canapes

*Source: Self Magazine, December 2010*

**Ingredients:**
- 4 oz. goat cheese, at room temperature
- 1 tbsp. fresh lemon juice
- 1/2 tsp. Sriracha sauce (or more to taste)
- 12 oz. daikon, cut crosswise into 16 slices (1/4 inch thick each)
- 8 oz. thinly sliced smoked salmon (or lox), cut into 16 pieces
- 1 tbsp. chopped fresh chives.

**Directions:**
1. Combine cheese, juice and Sriracha in a bowl.
2. Spread a layer of cheese mixture on each daikon slice; top with salmon and garnish with chives.

Per Serving: 93 calories per 2 canapés, 6 g fat, 2 g carbohydrate, 1 g fiber, 9 g protein  
Weight Watchers Points Plus: 3 points

## Yogurt Cheese Balls

*Prepared by Scott Magers, CATV and Sarah Hughes, Family and Consumer Sciences  
November Nutritious Cooking Workshop*

**Ingredients:**
- 32 ounces plain yogurt
- 1 tsp. sea salt, optional
- 1 tsp. curry powder, optional
- 1/8 tsp. cayenne pepper, optional

**Directions:**
Cheese:
1. Line a colander with a double thickness of cheesecloth and set it over a large bowl.
2. Place the yogurt, salt, curry and cayenne, if using, in a large bowl and stir to combine.
3. Transfer the yogurt to the strainer, cover loosely with plastic wrap and let the liquid strain off into a bowl placed beneath it in the refrigerator for 24-48 hours.
4. Cover a large plate with several thicknesses (about 6-8) of toweling and transfer the strained yogurt to the prepared plate. Cover lightly with plastic and let sit, refrigerated, for 4-6 hours.

Make the cheese balls:
1. Scrape the yogurt from the towel into a medium-sized bowl.
2. Serve in a bowl with assorted crackers and breads or shape into individual tablespoon cheese balls.
3. If desired, garnish the cheese balls with chopped nuts, seeds (poppy or caraway), or a light sprinkling of spice like paprika or cinnamon.
4. Store refrigerated and tightly up to 3 days.
Parties can pose a challenge for people with diabetes. Celebrations like birthdays, anniversaries, and the holidays present a minefield of situations to navigate. Without a little preplanning, you risk throwing your diabetes off course and sending a joyous occasion into a healthcare calamity.

**Birthdays:** If cake is important, please have some. You can exercise earlier in the day or after the dessert, moderate the carbs for your meal, or get a plan together for extra diabetes medication if needed. It’s a special event, and you shouldn’t be punished or deprive yourself for having diabetes. You can also try an activity that doesn’t involve food (shopping, going to the movies, the theater, playing games, etc.).

**New Years:** You may need less basal evening insulin should you have champagne on December 31. This would help to stave off starting the New Year with hypoglycemia. Carry emergency glucose tablets and a protein bar. You might try a small snack before arriving to the party to avoid an all night graze.

**Easter:** If you’re fasting for church service, you may need to reduce or hold your morning diabetes medications (check with your healthcare provider first) and pass on the chocolate bunny ears.

**Ramadan:** (Islamic month of fasting, dates change about 13 days earlier in each consecutive year): People with diabetes are not required or advised to fast. If you wish to follow tradition, get an individualized plan together with your healthcare provider to accommodate the pre-dawn to sunset fast to prevent hypo or hyperglycemia, and dehydration.

**Thanksgiving:** Bring a healthy choice to share, have a little of everything instead of a lot, build exercise into the day, and ask about the best medicine approach to take.

**Hanukkah:** (sometimes spelled Chanukah, the Jewish festival of lights, occurring anytime between late November and late December): Enjoy the stuffed beef brisket or fowl, try baking the potato latkes instead of frying in oil or substitute with other winter vegetables. Try whole wheat challah bread instead of egg-enriched yeast and limit the honey-sweetened desserts. Plan for extra walking or extra medications to combat the extra carbs.

**Christmas:** (12/25): Bring quick acting sugar with you to church (whether it be midnight or early mass) as lows can occur in the middle of a sermon. Suggest non-food related gifts. You can also accept all neighborly gifts of baked goods to share with your friends and family. Have a snack if the main meal feast is delayed. You may need more bolus insulin to account for the big meal. Ask for a donation to be made towards diabetes research in lieu of giving you a gift.

**Kwanzaa:** (African American / Pan-African celebration, 12/26-1/1): Have the karamu (yams, sesame seeds, collard greens and hot peppers) early in the evening if you also plan to celebrate New Year’s Eve. Factor candied yams into bolus insulin dose. Watch alcohol intake in the passing of a communal unity cup.

Excerpt from Your First Year with Diabetes ©2008 American Diabetes Association
Hummus

Prepared by Scott Magers, CATV and Sarah Hughes, Family and Consumer Sciences
November Nutritious Cooking Workshop

Ingredients:
1 15 oz. can chickpeas
1/4 cup Tahini
1/4 cup plain yogurt
4 mint leaves, fresh
1 lemon, juiced
3 cloves garlic, to taste
Salt, to taste, optional

Directions:
1. Place all ingredients in a food processor and blend until it reaches the desired consistency. It should be smooth with no lumps.
2. Spread on a plate, dust with paprika, then drizzle with olive oil.
3. Present with cut pita bread and/or fresh vegetables for dipping.

Per Serving: 283 calories, 15 g fat, 28 g carbohydrate, 10 g protein, 827 mg (245 mg without added salt) sodium, 316 mg potassium. Exchanges: 1 milk, 1 starch, 2 fat

Meatless Meatballs

Prepared by Scott Magers, CATV and Sarah Hughes, Family and Consumer Sciences
November Nutritious Cooking Workshop

Ingredients:
1 cup of soaked walnuts
1.5 cups coarsely chopped cremini mushrooms or portabellas (gills removed), marinated at least 1 hour with a little soy sauce, olive oil and 2 cloves of garlic
2 more cloves of garlic
Thyme, oregano, parsley, to taste
Sea salt, optional and crushed red pepper, to taste
Olive oil, for consistency

Directions:
1. In a food processor, blend together all ingredients. Be careful not to over blend. This should form a “dough” that holds together nicely—add olive oil if it is not holding together well.
2. With your hands, roll out 1 inch balls onto dehydrator tray and dehydrate for 4-6 hours at 115 degrees.

Per Serving: 239 calories, 23 g fat, 6 g carbohydrate, 6 g protein, 347 mg (230 mg without added salt) sodium, 231 mg potassium

Exchanges: 1 vegetable, 4 ½ fat
### Apple Slices with Goat Cheese

**Source:** Whole Foods Market

**Ingredients:**
- 1/4 cup creamy goat cheese spread or fresh goat cheese
- 2 Granny Smith apples, cored and cut into 24 slices
- 2 tablespoons finely chopped pistachios
- 2 tablespoons finely chopped candied ginger

**Directions:**
1. Spread 1/2 teaspoon goat cheese onto the end of each apple slice and then arrange on a platter.
2. Sprinkle cheese end with pistachios and candied ginger; serve.
3. If not serving right away, to avoid browning, toss apples with a splash of lemon juice before assembly.

**Nutritional Information:**
- 20 calories, 1g total fat, 3g total carbohydrate (0g dietary fiber, 2g sugar), 1g protein

### Broccoli Dipped in Peanut Sauce

**Source:** Gail Kieler, Anthropology

**Prep Time:** 15 minutes  
**Cook Time:** 2-3 minutes

**Ingredients:**
- 1 large bunch of broccoli, separated into florets, stems cut into spears
- 1 cup creamy peanut butter
- 1/2 cup chopped cilantro (optional)
- 3 Tbsp. sugar
- 1 Tbsp. low-sodium soy sauce
- 2 tsp. cider vinegar
- 2 cloves minced garlic (2 tsp.)
- Pinch of cayenne pepper

**Directions:**
1. Bring a large pot of water to a boil. Cook broccoli in water for 2-3 minutes or until bright green and tender. Drain and rinse under cold water to cool. Shake and pat dry.
2. Whisk peanut butter with 1 cup of hot water in bowl. Stir in remaining ingredients. Season to taste.
3. Place bowl in the center of a serving platter and arrange broccoli around it.

**Per serving:** 414 calories, 19 g protein, 21 g total fat, 4.5 g sat. fat, 32 carb, 667 mg sodium, 8 g fiber.
Edamame Hummus

Source: *Self Magazine, December 2010*

**Ingredients:**
- 1 bag (12 oz.) frozen, shelled edamame
- 3 whole-wheat pocket pitas, cut into 8 triangles each
- 2 cloves garlic
- 2 tbsp. tahini
- 3 tbsp. fresh lemon juice
- 2 tbsp. olive oil
- 3/4 tsp. salt, optional
- 1/2 tsp. ground cumin
- 1/4 tsp. black pepper
- 2 large red bell peppers, cored, seeded and cut into 24 strips.

**Directions:**
1. Heat oven to 450 degrees. Bring edamame to a boil in a medium saucepan with enough water to cover; cook, stirring occasionally, about 3 minutes. Drain in colander and run under cold water.
2. Bake pita triangles on a baking sheet until golden, 3-5 minutes.
3. Pulse edamame, garlic, tahini, juice, oil, salt, cumin and pepper in a food processor until mixture is the consistency of guacamole; add water 1 tbsp. at a time if too thick.
4. Cover, refrigerate until party time. Serve with pita toasts and peppers for dipping.

Per Serving: 188 calories per 1/4 cup hummus, 3 pita triangles and 3 pepper strips, 8 g fat, 22 g carbohydrate, 5 g fiber, 8 g protein.

Weight Watchers Points Plus: 5 points

Crispy Tortillas with Guacamole

**Source:** *Jamie Oliver, Food Revolution*

**Serves 20**

**Ingredients:**
- 2-3 fresh green chilies, to taste
- 2 limes
- 3 avocados
- A large bunch of fresh coriander
- Sea salt and fresh ground pepper
- 12 flour tortillas
- 3 glugs of extra virgin olive oil
- 1/2 bunch fresh thyme, leaves picked

**Directions:**
1. Preheat oven to 400F. Meanwhile, remove and discard the seeds from the chilies, squeeze the juice from the limes, peel the avocados, remove the stone and chop them and roughly chop the coriander.
2. Guacamole: Mash or blend the chilies, lime juice, avocado and coriander until creamy, but a bit chunky. Season with sea salt and pepper. Pour into serving dish.
3. Brush tortillas with oil, season and then sprinkle with thyme leaves. Lay on a baking tray don’t overlap too much—and bake for 5 minutes until golden brown and let cool.
4. Break into wedges and serve with guacamole.
Managing Stress

What can you do about stress?
- Find out what is causing stress in your life.
- Look for ways to reduce the amount of stress in your life.

Learn healthy ways to relieve stress or reduce its harmful effects.
Sometimes it is clear where stress is coming from. You can count on stress during a major life change such as the death of a loved one, getting married, or having a baby. But other times it may not be so clear why you feel stressed. It's important to figure out what causes stress for you. Everyone feels and responds to stress differently.

To find out how stressed you are right now, use the Cigna tool available at https://my.cigna.com

How can you avoid stress?
Stress is a fact of life for most people. You may not be able to get rid of stress, but you can look for ways to lower it.
- Learn better ways to manage your time. You may get more done with less stress if you make a schedule. Think about which things are most important, and do those first.
- Find better ways to cope. Look at how you have been dealing with stress. Be honest about what works and what does not. Think about other things that might work better.
- Try out new ways of thinking. When you find yourself starting to worry, try to stop the thoughts. Work on letting go of things you cannot change. Learn to say “no.”
- Speak up. Not being able to talk about your needs and concerns creates stress and can make negative feelings worse. Assertive communication can help you express how you feel in a thoughtful, tactful way.
- Ask for help. People who have a strong network of family and friends manage stress better. Sometimes stress is just too much to handle alone. Talking to a friend or family member may help, but you may also want to see a counselor.

How can you relieve stress?
You will feel better if you can find ways to get stress out of your system. The best ways to relieve stress are different for each person.
- Exercise. Regular exercise is one of the best ways to manage stress. Walking is a great way to get started.
- Write. It can help to write about the things that are bothering you.
- Let your feelings out. Talk, laugh, cry, and express anger when you need to with someone you trust.
- Do something you enjoy. A hobby can help you relax. Volunteer work or work that helps others can be a great stress reliever.
- Learn ways to relax your body. This can include breathing exercises, muscle relaxation exercises, massage, aromatherapy, yoga, or relaxing exercises like tai chi and qi gong.
- Focus on the present. Try meditation, imagery exercises, or self-hypnosis. Listen to relaxing music. Try to look for the humor in life. Laughter really can be the best medicine.
Cranberry-Ginger Fizz

Prepared by Scott Magers, CATV and Sarah Hughes, Family and Consumer Sciences. November Nutritious Cooking Workshop

Ingredients:
- 6 fresh cranberries
- 2 lime wedges
- 1 tsp. raw sugar
- 1/4 cup (2 oz.) cranberry juice cocktail
- Splash of ginger ale
- Fresh cranberries and lime wedge, for garnish

Directions:
1. In a tall glass, muddle together cranberries, lime wedges and sugar. Add ice and cranberry juice and shake vigorously.
2. Strain into a tall glass and fill with more ice.
3. Top with a splash of ginger ale. Garnish with cranberries and lime wedge.

Per Serving: 47 calories, 13 g carbohydrate, 3 mg sodium, 54 mg potassium
Exchanges: 1 fruit

Sage Tea

Submitted by Muna Khader, Office of Diversity and Multicultural Affairs
International Healthy Holiday Cooking Workshop

Boil one tablespoon of the sage for 5 minutes then add the tea bag and sugar, to taste.

Homemade Herbal Tea

Source: WebMD

For the best results, you want your tea to consist of three kinds of ingredients:
- **Healthy greens**: For a full-bodied flavor, you might try steeping a combination of dandelion leaves, watercress, parsley, and birch leaves.
- **Beautiful blooms**: Consider using a colorful mixture of rose petals, dandelion blossoms, pansies, and violets for good taste and appearance.
- **Noble fragrances**: Combine chives, thyme, rosemary, marjoram, verbena, oregano, and mint with flowers such as lemon blossoms and lilac.

Steeping your herb tea

Put a fat handful of the plants you gathered in a big pot or sparkling clean coffee press free of all oils, and pour boiling water over them. Consider using dandelion greens and flowers for about half of the handful (resulting in a slightly bitter taste, but great for digestion; or use blackberry or raspberry leaves in bulk for a sweeter taste). Divide the rest of your tea fairly equally among plants listed in the categories above without any single ingredient dominating.

Use a glass pot; this allows you to see the green beauty of your herbs. Let them steep for a few minutes. Keep them warm on a warmer and enjoy your tea all day long. There is enough flavor left in the plants for at least one additional steeping.
Slow Cooker Marinara Chicken and Vegetables

**Source:** Sparkpeople.com

**Ingredients:**
- 32 oz. boneless skinless chicken breast
- 18 oz. low-sodium marinara sauce (1 jar)
- 4 cloves garlic, crushed
- 4 red ripe tomatoes, chopped or 1 can (14.5 oz.) low-sodium tomatoes, drained
- 1 c celery, diced
- 2 zucchini, diced
- 1 bell pepper, diced
- 1 t dried basil
- 1 t dried thyme

**Directions:**
- Place all ingredients in a slow cooker. Set on low heat. Cook for 6-7 hours. Before serving, shred meat with a fork.
- Makes 8 heaping one cup servings.

Per Serving: 164 Calories, 2 g fat, 8 g carbohydrate, 27 g protein

---

Blanched Shrimp Salad

**Submitted by Ramzi Saadeh, International Education**

**Ingredients:**
- 1 lb. fresh uncooked shrimp
- 5 cloves garlic
- 1 bunch green onions
- 1 bunch parsley
- 1 lemon, sliced
- 2 oz. lemon juice
- Water for blanching
- Salt and pepper, to taste

**Directions:**
1. Clean and remove shells of shrimps and devein.
2. Boil the shrimp in hot water, adding a pinch of salt to the water. When done, blanch them in cold water and ice to preserve freshness, shape and stop cooking.
3. Cut each shrimp into 2 or 3 pieces, depending on individual size. Keep aside or refrigerated.
4. Chop parsley and mince garlic using the mortar and pestle. Add lemon to the mixture.
5. Chop the green onions and keep aside for garnishing.
6. Mix the chopped shrimp and the mixture together.
7. Place on a cold plate and garnish with additional parsley, lemon wings and chopped greens.

Per Serving: 245 calories, 4 g fat, 10 g carbohydrate, 1.5 g fiber, 41 g protein, 597 mg cholesterol.
15-Minute Chili

Source: Express Lane Diabetic Cooking

Ingredients:
1 lb. lean ground turkey
1 (15 oz.) can kidney or pinto beans, drained and rinsed
1 can low-fat, low-sodium chicken broth
1 (14.5 oz.) can diced tomatoes, undrained
1 (6 oz.) can tomato paste
1 tbsp. chili powder
1/8 tsp. cinnamon
1/4 tsp. cumin
1/2 tsp. fresh ground black pepper

Directions
1. In a large non-stick sauce pan, brown the ground turkey until it is no longer pink. Drain off any excess fat.
2. Add remaining ingredients and bring to a boil. Lower heat and let simmer for at least 10 minutes.

Per Serving: 293 calories, 33 g protein, 596 mg sodium, 63 mg cholesterol, 5 g fat, 30 g carbohydrates

Swiss Chard Salad

Source: http://iamglutenfree.blogspot.com

Salad Ingredients:
one avocado
one head Swiss chard (red or green)
one handful Asian greens
one red pepper, chopped
one small zucchini, julienned
one small cucumber, sliced
one cup fresh peas, cut into 1 inch pieces (leave them in the pod)
one large carrot, sliced
one cup fresh snap beans, cut into 2 inch pieces (I used black snap beans though green is easier to find)
1 - 2 tbsp. fresh dill, finely chopped
1 - 2 tbsp. fresh basil, julienned
1/4 cup raw pecans, chopped
1 - 2 tbsp. raw sunflower seeds
2 tbsp. dark raisins

Dressing Ingredients:
(extra virgin olive oil
fresh lemon juice
wheat-free tamari
agave syrup
sea salt
freshly ground pepper

Directions
• For the salad: Wash and spin the Swiss chard until dry. Repeat with Asian greens. Peel and roughly cut the avocado. Add to greens in salad bowl and mush with your hands until the avocado has coated the greens. This softens the greens, especially the chard AND it helps the dressing bind to the greens.
• Put into salad bowl along with other ingredients. Toss to combine.
• For the dressing: Combine ingredients and whisk. Pour over salad. Mix well.
Creating A Healthier You

Whether it's for health reasons or because it's what you have on hand, below are some ingredient exchanges to try!

### Simple baking and cooking exchanges:

<table>
<thead>
<tr>
<th>Instead of:</th>
<th>Try:</th>
<th>When:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oil</td>
<td>Non-stick cooking spray</td>
<td>Coating a pan to cook or bake</td>
</tr>
<tr>
<td>Eggs and oil for baking</td>
<td>Canned pumpkin</td>
<td>For a half or even exchange</td>
</tr>
<tr>
<td>Milk or cream</td>
<td>Light vanilla soymilk, skim milk or low-fat evaporated milk</td>
<td>Even exchange, vanilla could add a new flavor to the dish!</td>
</tr>
<tr>
<td>Eggs</td>
<td>Fat-free egg substitute</td>
<td>Reducing cholesterol</td>
</tr>
<tr>
<td>Butter</td>
<td>No-sugar applesauce</td>
<td>Reducing fat, you won’t taste the difference!</td>
</tr>
<tr>
<td>Ground beef</td>
<td>Ground beef style crumbles, ground turkey</td>
<td>Create a low-fat or vegetarian recipe</td>
</tr>
<tr>
<td>Sugar</td>
<td>Less sugar or a no-calorie sugar substitute</td>
<td>Reduce calories</td>
</tr>
<tr>
<td>Potatoes</td>
<td>Butternut squash</td>
<td>Reducing starch. Slice and bake squash like baked French fries!</td>
</tr>
</tbody>
</table>

Source: hungry-girl.com
Garlic and Basil Beans
Submitted by Cindy Firestine, Trio Upward Bound

Ingredients:
1 lb. green beans, washed and trimmed
1 1/3 tbsp. basil leaves, shredded
1 1/3 tbsp. olive oil
1 clove garlic, crushed

Directions:
1. Heat olive oil in a heavy non-stick pan or wok over medium-high heat.
2. Add garlic and beans and cook 3-5 minutes, stirring, or until beans are just tender.
3. Add in basil leaves, stir.
4. Serve hot.

Barbecued Thai Chicken Legs
Source: Jamie Oliver, Food Revolution

Ingredients:
4 chicken legs, preferably higher welfare
Bunch fresh cilantro
2 sticks lemon grass
Zest and juice of two limes
1 green chili, deseeded
2 tbsp. sunflower oil
Thumb-sized piece of ginger, grated
3 cloves of garlic, peeled

Directions:
1. Slash the chicken legs all over with a knife. Pick the cilantro leaves and put them to one side. Add the stalks to a food processor with the rest of the ingredients and whizz to make a paste.
2. Rub the paste into the slashes and all over the chicken legs. Place in a snug-fitting tin to marinate while you light up the barbecue.
3. Place the roasting tin on the edge of the grill so the chicken starts to cook gently without starting to color too much. When the legs are about half cooked, take them out of the tin and place them directly on the barbecue.
4. Broil, turning now and then, until cooked through, crispy and brown on the outside. Sprinkle the cilantro leaves over to serve.
In order to definitively measure your activity level, consider tracking your heart rate. “It’s an extremely useful tool, especially for people just starting out,” says Scott Crouter, PhD, an assistant professor of exercise and health sciences at the University of Massachusetts–Boston. “You’ll have an actual number to place on how hard you’re working, which allows you to see if you’re in a range where you’re getting moderate activity, or maybe working too hard and need to slow down a little.”

Target heart rate training: calculating your maximum heart rate and then using that number to figure out how vigorously you need to exercise to make your heart beat in a “target zone,” to ensure a moderate or more intense workout. It can help you gauge your initial fitness level and then set goals and monitor progress in nearly any fitness program, from walking and running to playing tennis or even swimming. “You can use it as kind of a tracking guide,” says Crouter, “a mental diary you can record every day that helps hold you accountable, by asking, ‘Am I working hard enough?’

At least 150 minutes of exercise are recommended a week (or 30 minutes a day, five days a week) of moderate-intensity aerobic activity or vigorous-intensity aerobic activity for at least 20 minutes, three days a week, combined with a strength-training program twice a week. Regular exercise can help prevent or delay type 2 diabetes in people at high risk.

“You may start out walking 30 minutes to an hour each day, but at some point [you may] run out of that much time, so instead of giving exercise up entirely, you can shift focus to monitoring how hard you’re working... You can also mix and match moderate and more intense exercise,” says Crouter.

First, find your maximum heart rate: 220 minus your age

Now all you have to do is take your pulse from time to time during a workout and calculate your heart rate per minute.

Then aim to stay within your “key target training zone,” which is from 60 to 80 percent of your maximum heart rate, along these lines:

From 60 to 70 percent:  low-intensity exercise
From 70 to 80 percent:  medium-intensity exercise
Over 80 percent:  high-intensity exercise

Training at a medium to high intensity will give you the greatest health and fat-burning benefits from cardiovascular activity. Gradually build up to the point that you’re able to exercise comfortably at about 80 percent of your maximum heart rate. You don’t have to follow the numbers exactly, especially at the start. Some days your body just won’t feel as well—or as up to an all-out bike ride or swim—so plan to rely on your general feelings, which are a fairly reliable indicator of when you need to back off a bit.

You should always check with a physician before upping the intensity of any workout routine with heart rate training.
Zesty Vegetarian Chili

Serves 4

Source: Diabetic Cooking January/February 2010

Ingredients:
1 tbsp. canola or vegetable oil
1 large red bell pepper, coarsely chopped
2 medium zucchinis or yellow squash or 1 of each cut into 1/2 inch chunks
4 cloves garlic, minced
1 can (14.5 oz.) fire-roasted diced tomatoes, undrained
3/4 cup chunky salsa
2 tsp. chili powder
1 tsp. dried oregano
1 can (15.5 oz.) no-salt-added red kidney beans, drained
10 oz. extra firm tofu, well drained and cut into 1/2 inch cubes
Chopped cilantro (optional)

Directions:
1. Heat oil in large saucepan over medium heat. Add bell pepper, cook and stir 4 minutes. Add zucchini and garlic; cook and stir 3 minutes.
2. Stir in tomatoes with their juice, salsa, chili powder and oregano. Bring to a boil over high heat and then simmer uncovered 15 minutes or until vegetables are tender.
3. Stir beans into chili. Simmer 2 minutes or until heated through. Stir in tofu; remove from heat. Ladle into shallow bowls; garnish with chopped cilantro, if desired.

Per serving: 231 calories, 8 g fat, 15 g protein, 28 g carbohydrate, 8 g fiber, 432 mg sodium.
Exchanges: 2 meat, 1 starch, 2 vegetables.

Slow Cooker Salsa Chicken

Serves 6

Submitted by Judy Tillapaugh, Athletics
Source: Sparkrecipes.com

Ingredients:
4 boneless, skinless chicken breasts
1 cup salsa
1 package reduced sodium taco seasoning
1 can reduced fat cream of mushroom soup (condensed)
1/2 cup reduced fat sour cream

Directions:
1. Add chicken to slow cooker. And Sprinkle taco seasoning over chicken. Pour salsa and soup over chicken. Cook on low for 6 to 8 hours.
2. Remove from heat and stir in sour cream.

Watching your sodium?
• Use half of the taco seasoning packet to lower the salt content!
• Taco seasoning is super easy to make by yourself which means half the preservatives!
  • chili powder, minced garlic, a little flour, onion powder or finely chopped onion and a dash of salt. Put it all in a sauce pan with a little water and cook for about 3 minutes on medium, then add to your recipe.
## Stash the Perfect Snack in Your Desk Drawer

<table>
<thead>
<tr>
<th>Snack Item</th>
<th>Shelf-Stable Milk (cow/rice/almond)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple Slices</td>
<td></td>
</tr>
<tr>
<td>Peanut Butter</td>
<td></td>
</tr>
<tr>
<td>Baby Carrots and Almond Butter</td>
<td></td>
</tr>
<tr>
<td>Cucumber Slices and Salsa</td>
<td></td>
</tr>
<tr>
<td>Cherry/Grape Tomatoes</td>
<td></td>
</tr>
<tr>
<td>Shelled Edamame</td>
<td></td>
</tr>
<tr>
<td>Garbanzo Beans (rinsed)</td>
<td></td>
</tr>
<tr>
<td>Laughing Cow Cheese Wedges</td>
<td></td>
</tr>
<tr>
<td>Deli Meat Roll-Up Fresh Green Beans</td>
<td></td>
</tr>
<tr>
<td>Mini Baby Bel Individual Hard Cheeses</td>
<td></td>
</tr>
<tr>
<td>Cottage Cheese + Fresh or Frozen Fruit</td>
<td></td>
</tr>
<tr>
<td>Frozen or Frozen Berries</td>
<td></td>
</tr>
<tr>
<td>Hummus and Fresh Veggies</td>
<td></td>
</tr>
</tbody>
</table>

---

## Pack a Fresh Snack for Today

<table>
<thead>
<tr>
<th>Snack Item</th>
<th>Shelf-Stable Milk (cow/rice/almond)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Apple Slices</td>
<td></td>
</tr>
<tr>
<td>Peanut Butter</td>
<td></td>
</tr>
<tr>
<td>Baby Carrots and Almond Butter</td>
<td></td>
</tr>
<tr>
<td>Cucumber Slices and Salsa</td>
<td></td>
</tr>
<tr>
<td>Cherry/Grape Tomatoes</td>
<td></td>
</tr>
<tr>
<td>Shelled Edamame</td>
<td></td>
</tr>
<tr>
<td>Garbanzo Beans (rinsed)</td>
<td></td>
</tr>
<tr>
<td>Laughing Cow Cheese Wedges</td>
<td></td>
</tr>
<tr>
<td>Deli Meat Roll-Up Fresh Green Beans</td>
<td></td>
</tr>
<tr>
<td>Mini Baby Bel Individual Hard Cheeses</td>
<td></td>
</tr>
<tr>
<td>Cottage Cheese + Fresh or Frozen Fruit</td>
<td></td>
</tr>
<tr>
<td>Frozen or Frozen Berries</td>
<td></td>
</tr>
<tr>
<td>Hummus and Fresh Veggies</td>
<td></td>
</tr>
</tbody>
</table>

Source: Jen Roherty
ACSM HFS
IPFW Wellness Specialist
Broccoli Salad Casserole

Submitted by Cynthia Firestine, Trio Upward Bound

Ingredients:
- 1 bunch of broccoli, washed, stem peeled and chopped into small pieces
- 1 small bunch of green onions, cleaned
- 1/2 cup golden raisins
- 1/2 cup sunflower seeds
- 8 oz. 99% lean turkey, cooked and drained

Dressing:
- 1/2 cup fat-free Miracle Whip
- 1 tbsp. Splenda or sugar
- 1 tsp. salt, optional
- 1/8 tsp. pepper

Directions:
1. Combine ingredients for dressing.
2. In a separate bowl combine broccoli, green onions, raisins, sunflower seeds and turkey bacon.
3. Pour dressing over the top of salad and toss until covered.

Mexican Bean Wraps

Source: Jamie Oliver, Food Revolution

Ingredients:
- Vegetable oil or olive oil
- 1 onion, peeled and sliced
- 1 clove of garlic, peeled and crushed
- Pinch chili powder
- 1 tsp. tomato puree
- 16 oz. canned red kidney beans, drained and washed
- 5 oz. canned tomatoes
- Salt and black pepper, optional
- 1/2 green pepper, sliced
- 1/2 red pepper, sliced
- 5 large flour tortillas
- 5 oz. cheese grated

Directions:
1. Preheat oven to 400F.
2. In a little oil, gently cook the onion for 10 minutes. Then add the garlic and chili powder. Add the tomato puree, the drained beans and tomatoes with their juice. Cook for 10 minutes until the juice has reduced then add salt to taste. This is your filling.
3. In a separate saucepan, cook the peppers in a little oil and set aside. Divide the filling mixture in half then blitz one half using a hand blender, to form the bean paste. Add the peppers to the other half of the filling.
4. Spread the tortillas with the warm bean paste. Then add a serving spoon of the filling and sprinkle with cheese (or omit if vegan). Roll up the tortillas and place on the greased baking tins. Cover with a lid and heat through in a preheated oven for about 20 minutes.
Turkey Sliders

Source: Diabetic Cooking January/February 2010

Ingredients:
1 tbsp. Worcestershire sauce
2 tbsp. low-fat mayonnaise
1/4 tsp. black pepper
1/8 tsp. salt
1/4 cup finely chopped green onion
1 lb. ground turkey breast
12 mini whole wheat pita breads
12 baby spinach leaves
1/4 cup shredded reduced-fat sharp cheddar cheese
1 shallot, thinly sliced into 12 slices
1 tbsp. steak sauce (optional)

Directions:
1. In large bowl, combine Worcestershire sauce, mayonnaise, pepper and salt. Mix well. Add onion and turkey. Gently knead ingredients together. Do not overwork. Shape into 12 patties, about 2 inches across.
2. Coat large nonstick skillet with nonstick cooking spray and heat over medium heat. Arrange patties in skillet; careful not to crowd. Cook 5-6 minutes on first side or until lightly browned. Turn over and cook second side about 4-5 minutes or until cooked through. Remove from skillet.
3. Split pita breads open and line each with two baby spinach leaves. Place one turkey patty in each bread. Top with 1 tsp. of cheese, 1 shallot slice and 1/2 tsp. steak sauce, if desired.

Per Serving: 262 calories, 4 g fat, 24 g protein, 31 g carbohydrate, 43 mg cholesterol, 2 g fiber, 596 mg sodium.

Greek Chicken

Source: ohhmay.com

Ingredients:
1/3 cup olive oil
1/3 cup lemon juice
1/3 cup red wine vinegar
1 tbsp. salt, optional
1 tbsp. black pepper
2 tbsp. fresh oregano
2 tbsp. fresh rosemary
6 cloves minced garlic
1/3 cup feta cheese
Chopped parsley, to taste
1 whole chicken, cut into pieces

Directions:
1. Combine first eight ingredients to make marinade.
2. Marinate chicken, cut into breasts, legs, thighs, wings and drumsticks for 8 hours.
3. Remove chicken and grill over medium-low heat for about 20 minutes (until meat reaches 155°F)
4. Remove pieces as they finish (wings and drumsticks will cooker faster than breasts) and tent with foil. Serve with chopped parsley and feta cheese, if desired.
Turkey Tetrazzini

Source: Emerald Lagasse, Food Network

Ingredients:
1 1/2 cups chopped onions
1/2 cup chopped red bell peppers
7 tablespoons unsalted butter, divided
1 teaspoon minced garlic
1 pound white button mushrooms, ends trimmed, sliced
1 1/2 teaspoons Essence, recipe follows
1/2 teaspoon freshly chopped thyme leaves
1/4 cup all-purpose flour
1/4 cup dry white wine
2 cups chicken stock or low-sodium canned chicken broth
1 3/4 cups heavy cream
12 ounces wide egg noodles
1 pound cubed or bite-size shredded roast turkey
1 tablespoon freshly chopped parsley leaves
1 1/2 teaspoons salt
3/4 teaspoon freshly ground black pepper
1/3 cup freshly grated Parmesan
1 (5 1/2-ounce) bag potato chips, crushed

Directions:
- Sauté the onions and bell peppers in 6 tablespoons butter in a large skillet or Dutch oven over high heat until soft, about 4 minutes. Add the garlic and cook for 2 minutes, stirring. Add the mushrooms, Essence, and thyme and cook, stirring occasionally, until the mushrooms are soft and have released their liquid, about 6 minutes. Sprinkle with the flour and cook, stirring, for 2 minutes. Add the wine and chicken stock and cook, stirring, until smooth and thick, about 2 minutes. Add the heavy cream and bring to a boil. Reduce the heat to medium and simmer, stirring occasionally, until the sauce is thick enough to coat the back of a spoon and very flavorful, 15 to 20 minutes.

- Preheat the oven to 375 degrees F.

- Meanwhile, bring a large pot of salted water to a boil and cook the egg noodles until al dente, about 10 minutes. Drain in a colander and set aside.

- Butter a 9 by 13-inch casserole or baking dish with the remaining tablespoon of butter and set aside.

- When the sauce has thickened, add the noodles, turkey, parsley, salt, black pepper, and Parmesan to the skillet and stir until thoroughly combined. Transfer to the prepared casserole and top with the potato chips. Bake uncovered until bubbly and golden brown, about 30 minutes. Serve immediately.
Are you tired of dieting? Then stop! Reach out for new healthful habits. Plan for 3 meals and 2-3 meal snacks most days during the week using a variety of foods. Eating balanced meals and snacks along with regular exercise can help you to lose excess weight safely. One pound of fat is equal to about 3500 calories! To lose one pound of fat weight per week reduce calorie intake and increase calorie output by 500 calories per day. Strive for 1-2 pounds of fat weight loss per week.

Weight Loss Tips

• Eat breakfast and never skip meals to avoid ravenous hunger pains.
• Plan for 30 to 60 minutes of de-stressing fitness activities daily.
  • Shop the parameters of the grocery store and fill your cart with produce, lean meats or poultry, low fat dairy, and whole grain choices.
  • Avoid sugary beverages and snacks! Omit 20 oz. soda and save 250 calories.
  • Before you eat ask your self “Am I eating because I am hungry?” or for some other reason.
  • When eating out ask for sauces, dressings, and other high calorie toppings to be put “on the side”. Use only what you desire. 1 tablespoon less fat saves 100 calories.
  • If at first you don't succeed try setting more realistic goals.
  • Losing weight is easy; its keeping it off that’s the hard part! Therefore, don't think of what your doing as a diet or temporary fix. Think of it as a lifestyle change.
  • Those that have lost weight and have been able to keep it off have one thing in common—they know everything they put in their mouth. That means keeping track of your intake (even after reaching your goal). Two good websites to do this are www.fitday.com and www.sparkpeople.com.

prepared by Brittany Kruse, Dietetic Intern, and Judy Tillapaugh, RD, IPFW Wellness/Fitness Coordinator
Pizza with Le Gruyere and Ham

Serves 6

Source: Whole Foods Market

Ingredients:
- 1 tablespoon extra-virgin olive oil
- 1 large onion, sliced
- 1/4 teaspoon fine sea salt
- 1/4 teaspoon freshly ground black pepper
- 1 (12-inch) pre-baked thin pizza crust
- 1/3 cup crème fraîche
- 3/4 cup grated Le Gruyère (about 3 ounces)
- 2 ounces sliced prosciutto, cut into thin strips

Directions:
1. In a large skillet, heat oil over medium heat. Add onion, salt and pepper and cook, stirring occasionally, until browned and caramelized, about 12 minutes. Set aside.
2. Preheat oven to 400°F. Place pizza crust on a baking sheet. Dot with crème fraîche and sprinkle with the caramelized onion, Le Gruyère and prosciutto. Bake until the crust is browned and the cheese is bubbling, about 12 minutes. Cool a few minutes and cut into wedges.

Per serving (based on 6 servings): 260 calories (130 from fat), 15g total fat, 6g saturated fat, 35mg cholesterol, 510mg sodium, 21g total carbohydrate (2g dietary fiber, 2g sugar), 11g protein

Chicken with Cherry Salsa

Serves 4

Source: Whole Foods Market

Ingredients:
- 1/2 pound cherries (about 2 cups), pitted
- 1/2 cup chopped white onion
- 1 large ripe tomato, cored and roughly chopped
- 3/4 teaspoon salt, divided
- 1/2 teaspoon ground black pepper, divided
- 2 tablespoons chopped fresh cilantro
- 3/4 cup whole wheat breadcrumbs
- 4 (5-ounce) boneless, skinless chicken cutlets
- 2 tablespoons extra-virgin olive oil

IDEA: Instead of chicken, you could spoon this family-friendly salsa over pork chops or baked tofu, or serve it with tortilla chips in place of standard tomato salsa. Stir in chopped jalapeños, if you like.

Directions:
1. Put cherries, onion, tomato, 1/4 teaspoon salt and 1/4 teaspoon pepper into a food processor and pulse to make a chunky salsa. (Or, finely chop all of the ingredients and toss together in a bowl.) Stir in cilantro and set aside.
2. Put breadcrumbs into a wide, shallow dish. Season chicken all over with 1/2 teaspoon salt and 1/4 teaspoon pepper, dredge in breadcrumbs to coat, shake off and discard any excess crumbs and transfer coated cutlets to a large plate.
3. Heat oil in a large skillet over medium high heat. Working in two batches, if needed, arrange chicken in skillet in a single layer and cook, flipping once, until cooked through and golden brown, 6 to 8 minutes. Transfer to plates and spoon salsa over the top.

Per serving (about 8oz/240g-wt.): 320 calories (100 from fat), 11g total fat, 2g saturated fat, 80mg cholesterol, 530mg sodium, 24g total carbohydrate (4g dietary fiber, 10g sugar), 32g protein
Bulgur Taco Soup

Submitted by Beth Lee Simon, English and Linguistics, Adapted from Vegan Newsletter

Ingredients

1-3 cup water
1/2 cup bulgur wheat
1 tbsp. olive oil
1 yellow or white onion, chopped
2-3 garlic cloves, finely chopped
Mid-sized beet (optional)

Directions:

To prepare the bulgur:
1. Bring 1 cup of water to a boil. Add bulgur and simmer, covered, until water is absorbed, about 20 minutes.

To prepare the soup:
2. Add onion and sauté until translucent.
3. Add beet, beans, tomatoes, chipotle, chili powder, oregano and salt. Add cooked bulgur. Stir and add 1 cup of water at a time until blended.
4. Bring to a simmer, lower heat and cover, 15-20 minutes until flavors blended.
5. Garnish with chopped or torn fresh cilantro, blue tortilla chips and/or vegetable chips.

Per Serving: 134 calories, 3 g fat, 19 g carbohydrates, 3 g protein, 282 mg sodium, 3 g fiber, 1 mg cholesterol
Exchanges: 1 vegetable, 1 carbohydrate

Baked Cajun Chicken

Source: Gourmet Diabetic

Ingredients

1-1/2 to 2 lbs. split chicken breasts
1/2 tsp. dried thyme, crushed
Non-stick spray
1/4 tsp. garlic salt

2 tbsp. nonfat milk
1/8 tsp. ground white pepper
2 tbsp. onion powder
1/8 tsp. crushed red pepper
1/8 tsp. ground black pepper

Directions:

1. Rinse chicken, pat dry. Cut off skin and discard. Spray a 13”x9”x2” baking pan with nonstick spray.
3. In a small bowl, mix onion powder, thyme, garlic salt, and peppers. Sprinkle over chicken
4. Bake at 375F for 45 minutes or until chicken is cooked through.

Nutritional Information: 166 calories, 25g protein, 6g fat, 0g carbohydrate. Exchanges: 3 lean meat.
3 Point Chicken Stroganoff

Submitted by Mandi Witkovsky, IT Services

**Ingredients:**
- 1 tsp. olive oil
- 1/2 cup onion, finely chopped
- 1 clove garlic, minced
- 12 oz. chicken breast, skinless, boneless, raw, and thinly sliced
- 1/2 tsp. salt, optional
- 1 1/2 cups mushrooms, sliced
- 1 tbsp. ketchup
- 1/2 cup fat-free broth
- 1/3 cup reduced-fat sour cream
- 1 1/2 cups mushrooms, sliced
- 1 tbsp. ketchup
- 1/2 cup fat-free broth
- 1/3 cup reduced-fat sour cream

**Directions:**
1. Add oil to a non-stick skillet over medium to high heat. Add onion and garlic, stir. Add chicken and salt. Stir to combine and distribute evenly across the bottom of pan. Brown evenly.
2. Add mushrooms and stir, scraping up browned bits on the bottom of the pan.
3. Add ketchup and broth. Continue to stir up the browned bits and reduce heat to a simmer.
4. Put sour cream in a small bowl. Gradually add spoonfuls of hot chicken to sour cream and stir. When sour cream is warmed, add back to pan and stir. Remove from heat.

Per serving: 150 calories, 3.5 g fat, 22 g protein, 7 g carbohydrates, 56 mg cholesterol, 666 mg sodium
Exchanges: 3 lean meats, 1 vegetable

Black Bean Burger

**Source:** ohhmay.com

**Ingredients:**
- 15 oz. can black beans, drained
- 1 cup veggies of choice, finely minced (carrots, broccoli, cauliflower, peppers, corn, artichoke hearts, etc.)
- 1 tsp. chia or flax seeds
- 2 tbsp. gluten-free flour blend or spelt flour
- 2 tbsp. brown rice flour or spelt flour
- 1/2 tsp. garlic powder
- 1 tsp. salt, optional
- 10 grinds of black pepper
- 1 1/2 tsp. paprika
- Pinch crusted pepper flakes (optional)
- 2 tbsp. gluten free oats or rolled oats
- 2 tbsp. flour of your choice

**Directions:**
1. Mix together beans, veggies (make sure they’re finely minced), GF flour, and brown rice flour. Add the seasoning and mash until it starts to come together. You can then continue mashing with your hands and form patties.
2. To make patties, scoop out a heaping tablespoon and flatten it to about 1/3 inch thick.
3. Mix together the oats and last 2 tbsp. flour. Season with a pinch of salt, pepper, garlic, and paprika. Dip the burgers in the flour mixture.
4. Place on a greased sheet of foil and store in the freezer until ready to cook.
5. On a grill with medium heat, place the sheet of foil on top of the rack. Grill for 6 minutes then remove the foil sheet. Flip each burger directly onto the grill and continue cooking for 4 minutes on each side.
6. Remove and enjoy!
Chef Meg’s Slow Cooker Lasagna

**Source:** Spark People

**Ingredients:**
- 16 oz. (1 lb.) ground beef, 96 % lean
- 2 c eggplant, diced (no need to peel it)
- 1 jar low-sodium marinara sauce
- 1/4 t red pepper flakes
- 2 t dried thyme
- 1 1/4 c water
- 15 oz. ricotta cheese, part skim
- 1 T parsley chopped
- 1/4 c egg substitute (or 1 egg white)
- 1 c shredded Italian blend cheese
- 6 lasagna noodles, dried, no boil variety

**Directions:**
Brown the ground beef in a skillet over moderate heat; drain any excess fat. Stir in red pepper flakes, thyme, tomato sauce, eggplant, and water. In a bowl combine the egg substitute, ricotta, Italian cheese blend, and parsley. Place enough meat sauce to cover the bottom of slow cooker. Top with 2-3 noodles, broken to cover the meat sauce. Repeat layer. Top second layer with cheese mixture and finish with a top layer of the meat mixture. Cover and set slow cooker on low. Cook for 3 1/2 to 4 hours.

Tuna Casserole

**Source:** American Diabetic Association

**Ingredients:**
- 1/2 lb. whole wheat penne pasta
- 1 tbsp. soft tub margarine
- 1 tbsp. all-purpose flour
- 1 cup nonfat milk
- 1/2 tsp. pepper
- 1 oz. parmesan cheese
- 1 6-oz. water-packed, white albacore tuna, drained.
- 1 tsp. paprika

**Directions:**
1. Preheat oven to 350F
2. Cook pasta in a large pot of boiling water until al dente. Drain water.
3. Combine margarine and flour to make a roux. Cook for 5 minutes, until sauce is smooth.
4. Combine pasta, tuna, and cheese. Cook for 5 minutes until sauce is smooth.

**Nutritional Information:**
- 345 calories, 21g protein, 50g carbohydrate, 6 g fat, 6 g fiber

**Exchanges:**
- 3 starch, 2 lean meat, 1/2 fat
Marinara Sauce

Source: Cooking Light Magazine

Ingredients:
8 Roma tomatoes
1 Cup dried tomatoes
1 red bell pepper
4 tbsp. olive oil
2 tbsp. fresh basil
1 tsp. dried oregano
3 cloves garlic
Pepper or cayenne, to taste

Directions:
Blend all ingredients in a blender.
Sauce can be served warm or cool.

Per Serving: 203 calories, 15 g fat, 4 g protein,
17 g carbohydrate, 332 mg (293 without added salt) sodium,
967 mg potassium
Exchanges: 3 vegetable, 3 fat

Jan’s Apple Salad with Maple Vinaigrette

Source: Cooking Light Magazine

Ingredients:
2 small apples (or pears or a combination)
1 tbsp. fresh lemon juice
3 tbsp. chopped walnuts or pecans
2 tbsp. craisins (dried cranberries)
1 tsp. fresh tarragon
3 tbsp. balsamic vinegar (cider vinegar may be substituted)
1 tbsp. pure maple syrup
1/2 tsp. freshly grated nutmeg
1/2 to 1 tsp. table salt, to taste (optional)
1/4 tsp. black pepper, to taste

Directions:
1. Chop apples and toss with lemon juice.
2. Add chopped walnuts, craisins and fresh tarragon to mixture.
3. In the bottom of a large shallow bowl, combine vinegar with maple syrup, nutmeg, salt and pepper.
4. Drizzle in olive oil while using a wire whisk until dressing is combined and thickened.
5. Combine apple mixture and greens into dressing bowl and toss to coat.

Per serving: 160 calories, 10 g fat, 16 g carbohydrate, 2 g protein, 2.5 g fiber, 301 mg sodium
Exchanges: 1 fruit, 1 vegetable, 2 fat
Enhance the Flavor of Your Food

*Add Taste, Not Calories* -- By Tanya Jolliffe, Healthy Eating Expert

The flavor of many foods can be enhanced without using calorie-laden sauces and gravies. Here are some great ways to use herbs to “spice up” your meals and bring out the natural flavors of your food. Don’t be afraid to experiment—try small amounts of several seasonings to find the right combination.

### Meat Seasoning Ideas

| To Season | Try One of These...
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Poultry</td>
<td>basil, cranberry sauce/relish, ginger, fresh mushrooms, marjoram, paprika, parsley, poultry seasoning, sage, summer savory, or thyme</td>
</tr>
<tr>
<td>Lamb</td>
<td>curry powder, basil, garlic, mint, mint sauce/jelly, onion, oregano, parsley, pineapple rings, or rosemary</td>
</tr>
<tr>
<td>Pork</td>
<td>apple juice, applesauce, garlic, marjoram, onion, sage, spiced apple, or spiced crabapple</td>
</tr>
<tr>
<td>Beef</td>
<td>bay leaf, butter, chive, dry mustard, garlic, green pepper, marjoram, mushrooms, nutmeg, onion, pepper, sage, thyme, or tomato</td>
</tr>
<tr>
<td>Veal</td>
<td>apricots, basil, bay leaf, currant jelly, curry, garlic, ginger, marjoram, mushrooms, oregano, pepper, spiced chervil, or summer savory</td>
</tr>
<tr>
<td>Fish</td>
<td>basil, bay leaf, curry, dill, dry mustard, garlic, green pepper, lemon butter, lemon juice, marjoram, mushrooms, paprika, parsley, tarragon, thyme, or tomato</td>
</tr>
</tbody>
</table>

### Vegetable Seasoning Ideas

| To Season | Try One of These...
<table>
<thead>
<tr>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Asparagus</td>
<td>chives, herb butter, or lemon juice</td>
</tr>
<tr>
<td>Green Beans</td>
<td>dill seed, chives, lemon juice, nutmeg, marjoram, onion, rosemary, or scallions</td>
</tr>
<tr>
<td>Broccoli</td>
<td>lemon juice</td>
</tr>
<tr>
<td>Cabbage</td>
<td>dill seed, or mustard dressing/paste</td>
</tr>
<tr>
<td>Cauliflower</td>
<td>nutmeg</td>
</tr>
<tr>
<td>Corn</td>
<td>chives, curry, onions, or parsley</td>
</tr>
<tr>
<td>Peas</td>
<td>chervil, chives, fresh mushrooms, lemon juice, mint, onion, or parsley</td>
</tr>
<tr>
<td>Potatoes</td>
<td>green peppers, mace, onion, or parsley</td>
</tr>
<tr>
<td>Squash</td>
<td>allspice, basil, ginger, mace, or sautéed onion</td>
</tr>
<tr>
<td>Sweet Potatoes</td>
<td>glaze of cinnamon/nutmeg, or escalope with apples &amp; sugar</td>
</tr>
<tr>
<td>Tomatoes</td>
<td>basil, chives, curry, marjoram, onions, parsley, or sugar</td>
</tr>
<tr>
<td>Green Peppers</td>
<td>chives, curry, onions, or parsley</td>
</tr>
</tbody>
</table>

Source: www.sparkpeople.com
### Bret’s Chicken Tenders

**Submitted by Judith Tennison, Communication**

**Ingredients:**
- Skinless chicken tenders
- Bottled hot sauce
- Jalapeno juice (brine from jar of jalapenos)

**Directions:**
1. Marinate chicken tenders in hot sauce mixed with a dash of jalapeno juice for a half hour or longer.
2. Transfer to non-stick skillet and cook 5-6 minutes per side to reduce sauce. Cover and cook for 10 minutes until meat is done. Uncover and cook until added moisture is gone.

Per serving (2 tenders): 23 calories, 5 g protein, 12 mg cholesterol, 255 mg sodium
Exchanges: 1 lean meat

### Sautéed Vegetables mixed with High Protein Quinoa

**Submitted by: Holly Hartzell, Continuing Studies**

**Ingredients:**
- 1 zucchini, cut in half and sliced
- 1 onion, chopped
- 1 cup sliced mushrooms
- 1/2 green pepper, cut into strips
- 1/2 red pepper, cut into strips
- 1 tomato, cut in half and sliced
- 1 tbsp. olive oil
- 1 cup quinoa
- 2 cup water

Seasonings to taste: onion powder, black pepper, garlic powder, curry

**Directions:**
1. Heat heavy skilled over high heat. Add oil and vegetables. Stir constantly for 1-2 minutes. Add 2 tbsp. water and lower heat to medium. Stir and cover for 4 minutes until vegetables are slightly tender with a bit of a crunch.
2. Place quinoa and water in a 1-1/2 quart saucepan and bring to a boil. Reduce to a simmer, cover and cook until all the water is absorbed (about 15 minutes). You will know that the quinoa is done when all the grains have turned from white to transparent, and the spiral-like germ has sprouted. Makes 3 cups.
3. Toss cooked vegetables with cooked quinoa and serve as a side dish or main entrée.

Per serving: 220 calories, 6 g fat, 36 g carbohydrate, 4.5 g fiber, 7.5 g protein, 17 mg sodium
Exchanges: 2 starch, 1 vegetable, 1 fat
**Chinese Ground Pork and Eggplant**

*Submitted by Mandi Witkovsky, IT Services*

**Ingredients**

- 1 large eggplant
- 12 oz. lean ground pork (substitute chicken or turkey if preferred)
- 1 can water chestnuts, coarsely chopped
- 2 tsp. garlic chili paste (Sambal)
- 1 tbsp. rice vinegar
- 1 tbsp. sugar
- 2 tbsp. soy sauce
- 1 tsp. olive oil
- 2 cloves fresh garlic, finely minced
- Brown rice, cooked

**Instructions**

1. Place eggplant on baking sheet, pierce several times. Bake at 400 for 30-40 minutes.
2. When the eggplant has 15 minutes remaining, cook the pork in a skillet, breaking up any chunks. Add water chestnuts, chili paste, vinegar, sugar and soy sauce. Reduce heat to simmer.
3. Cut cooked eggplant into cubes and add to a serving dish. Drizzle with olive oil and add garlic, stirring gently to combine. Top with the pork and any sauce in the pan.
4. Serve with cooked brown rice.

---

**Hawaiian Pork Chops**

*Submitted by Deborah Kelley, Helmke Library*

**Ingredients:**

- Thinly cut pork chops or veal
- 4-5 small new potatoes or 2 cubed potatoes (2-inch pieces)
- Small bag of baby carrots
- 4 stalks of celery, cut into one inch slices.
- One bell pepper, cut into sections
- 1-2 large sweet onions, sliced
- 1 can chopped/crushed pineapple + juice
- One cup Russian dressing
- Lemon pepper, to taste

**Directions:**

1. Brown a very thin pork chop. Place pork chops in the bottom of a flat, rectangle baking dish.
2. Add potatoes, carrots, celery, bell pepper and onion.
3. Pour pineapple over the top, including the juice.
4. Sprinkle Russian dressing over the top of the dish.
5. Add lemon pepper to taste.
6. Bake at 250 degrees for 45 minutes if the pork chops were smoked, 1 hour if they were fresh.

Per Serving: 210 calories, 5 g fat, 13 g protein, 27 g carbohydrate, 4 g fiber, 34 mg cholesterol
Exchanges: 1 lean meat, 1/2 fruit, 1 carbohydrate, 1 vegetable.
Creamy Slow Cooker Chicken Stew  

Submitted by Mandi Witkovsky, IT Services  

Source: Spark People  

Ingredients:  
5 Frozen Chicken Breasts (or 20 frozen Chicken Tenders)  
1 16 ounce jar Salsa Verde  
2 cans Black Beans  
1 can Sweet Corn  
1 can Diced tomatoes with no salt  
1 teaspoon Ground Cumin  
1 small (3 oz.) package of cream cheese  

Directions:  
1. Place frozen chicken breasts or tenders in bottom of slow cooker. Add remaining ingredients except cream cheese.  
2. Cook on low for 8-10 hours. At this point I remove about 1/2 the liquid because I like my sauce thick, like a stew. You can leave all the liquid if you want a "soup". Add cream cheese, cook on warm setting for 30 minutes, then stir.  
3. This can be served over rice or wrapped in flour tortillas  

Italian Sausage and Potato Soup  

Serves 4  

Submitted by Mandi Witkovsky, IT Services  

Ingredients:  
8 oz. low-fat turkey sausage, Italian style or ground turkey  
1/2 tsp. crushed red pepper flakes  
2 tsp. olive oil  
1 cup onion, diced  
1 clove garlic, minced  
1/2 tsp. salt, optional  
2 cups kale, coarsely chopped  
2 medium potatoes (about 12oz), cubed  
6 cups chicken broth  

Directions:  
1. Over medium heat, cook sausage, breaking up large chunks. Drain.  
2. Add red pepper flakes, olive oil, onion, garlic and salt.  
3. Cook 2-3 minutes or until onion starts to turn translucent.  
4. Add kale, potatoes and broth.  
5. Bring to boil and simmer until potatoes are done, 10-12 minutes.
Ward Off Disease
Research has confirmed that any amount of exercise, at any age, is beneficial. Exercise has many health and longevity benefits. It can help prevent or improve these conditions:

1. **Heart Disease.** Regular activity strengthens your heart muscle; lowers blood pressure; increases "good" cholesterol (high-density lipoproteins or HDLs) and lowers "bad" cholesterol (low-density lipoproteins or LDLs); enhances blood flow; and helps your heart function more efficiently. All of these benefits reduce the risk of stroke, heart disease, and high blood pressure.

2. **Stroke.** In an analysis of 23 studies, researchers found that being active reduces your risk of having and dying from a stroke. According to a study published in the journal *Stroke*, moderately active study participants had 20% less risk of stroke than less active participants.

3. **Type II Diabetes.** Physical activity can enhance weight loss and help prevent and/or control this condition. Losing weight can increase insulin sensitivity, improve blood sugar and cholesterol levels, and reduce blood pressure -- all of which are very important to the health of people with diabetes.
   In a study published in the *Annals of Internal Medicine*, Frank Hu, MD, of the Harvard School of Public Health found that a brisk walk for one hour daily could reduce the risk of type II diabetes by 34%.

4. **Obesity.** Overweight and obese conditions can be prevented or treated with exercise along with a healthy diet. Activity helps to reduce body fat and increase muscle mass, thus improving your body's ability to burn calories. The combination of reduced calories and daily exercise is the ticket to weight loss.

5. **Back Pain.** Back pain can be managed or prevented with a fitness program that includes muscle strengthening and flexibility.

6. **Osteoporosis.** Weight-bearing exercise (such as walking, jogging, stair climbing, dancing, or lifting weights) strengthens bone formation and helps prevent the osteoporosis or bone loss often seen in women after menopause.

7. **Psychological Benefits.** Improved self-esteem is one of the top benefits of regular physical activity. While exercising, your body releases chemicals called endorphins that can improve your mood and the way you feel about yourself. Exercise can help you cope with stress and ward off depression and anxiety.

---

**Not sure where to start?**

- Every employee should take advantage of a free personal training session at the Hilliard Gates Sports Center each year!
- The Hilliard Gates Sports Center has professional and experienced personal trainers on staff to assist you with your fitness needs!
- Call 481-6655 for more information! Or visit www.ipfw.edu/fitness
Smoky Chicken Skewers

**Serves 8**

**Source:** *Self Magazine, December 2010*

**Ingredients:**
- 8 wooden (or metal) skewers
- 3 tbsp. olive oil
- 2 1/2 tsp. smoked paprika
- 1 tsp. brown sugar
- 1 tsp. salt, optional
- 1/2 tsp. black pepper
- 1 1/2 lb. chicken tenders (about 16 tenders), cut crosswise into 1-inch chunks
- 4 tangelos (or small oranges), peeled and segmented
- 1 medium red onion, cut into 1-inch chunks

**Directions:**
1. Heat broiler and move rack close to heat source. Soak wooden skewers in hot water. Combine oil, paprika, sugar, salt and pepper in a bowl.
2. Thread chicken, tangelos, and onion on skewers, alternating pieces and packing tightly.
3. Place skewers on a large rimmed baking sheet and brush with oil mixture.
4. Broil, turning once or twice and basting with pan drippings until chicken is no longer pink inside and tangelos and onion are browned, 7-10 minutes.

Per Serving: 171 calories per skewer, 6 g fat, 8 g carbohydrate, 1 g fiber, 20 g protein
Points Plus Value: 4 points

La Pasta Affilata e Dolce

**Serves 8**

**Source:** *ohhmay.com*

**Ingredients:**
- 1 tbsp. olive oil
- 3 medium tomatoes, cut into chunks
- 2 medium or 1 large white onion, sliced thinly
- 2 tbsp. capers
- 6 cloves garlic, minced
- 1-2 tbsp. extra virgin olive oil
- 1/4 cup red wine vinegar
- 3/4-1 lb. whole grain angel hair pasta
- 1/4 cup chopped roasted almonds
- 1/4 cup fresh parsley
- Salt and pepper, to taste

**Directions:**
1. Heat 1 tbsp. olive oil in large nonstick skillet over medium-high flame.
2. Once oil is hot, pour onions in pan and toss to coat. Add salt to taste, capers and chunked tomatoes.
3. Cook for 10-15 minutes, stirring often until everything is reduced into a sauce. Add extra virgin olive oil and minced garlic, reduce heat to medium-low and cook for another 2-4 minutes. Begin water for pasta.
4. Add vinegar and most of the almonds to the sauce and reduce.
5. Add salt to the water (water should taste salty). Add the angel hair and cook for 4 minutes.
6. While the pasta is cooking, take about 1 cup of the water and toss it into the sauce. The starchy, salty water will slightly thicken over low heat.
7. When pasta is done, drain and toss with sauce. Add most of the parsley, pepper to taste and toss.
8. Serve garnished with more parsley and almonds.
Just Peachy Bowls

Source: www.diabetes.org

Ingredients:
2 large fully-ripened peaches
1 cup organic fat-free peach yogurt
2 tbsp. sliced almonds, pan-toasted
4 sprigs fresh mint

Directions:
1. Remove peach stems, slice peaches in half, and remove seeds.
2. Place each peach half onto a small plate, cut side up. Top each half with 1/4 cup yogurt. Sprinkle with almonds and top with mint sprigs.

No-Guilt Chocolate Brownies

Source: Diabetic Cooking January/February 2010

Ingredients:
1 cup semisweet chocolate chips
1/4 cup packed brown sugar
2 tbsp. granulated sugar
1/2 tsp. baking powder
1/4 tsp. salt
1/2 cup cholesterol-free egg substitute
1 jar (2.5 oz.) pureed baby food prunes

1 tsp. vanilla
1 cup old-fashioned oats
1/3 cup nonfat dry milk powder
1/4 cup wheat germ
2 tsp. powdered sugar

Directions:
1. Preheat oven to 350 degrees. Spray 8-inch square baking pan with nonstick cooking spray; set aside. Melt chips on top of double boiler over simmering water.
2. Combine brown and granulated sugars, baking powder, and salt in a large bowl. Add egg substitute, prunes, and vanilla. Beat 2 minutes with electric mixer at medium speed until well blended. Stir in oats, milk powder, wheat germ, and melted chocolate.

Per Serving: 124 calories, 5 g fat, 3 g protein, 21 g carbohydrate, 65 mg sodium.
Exchanges: 1 fat, 1 starch
**Dessert**

### Apricot Filled Pretzel Crunch Muffins

**Source:** [http://OhhMay.com](http://OhhMay.com)

**Ingredients:**
- **Filling**
  - 1/2 cup dried apricots
  - 1/4 cup walnuts, toasted
  - 1/4 cup unsweetened applesauce
  - 1/4 tsp. salt
  - Process all ingredients in a blender or food processor until creamy and smooth.

- **Apricot Stuffed Apricot Muffins**
  - 1/4 cup apple sauce
  - 1 tbsp. flaxseed, milled
  - 1/4 cup almond milk (or soymilk)
  - 1 banana, mashed
  - 1/4 cup honey or brown rice syrup
  - 1 cup whole wheat pastry flour
  - 1/4 tsp. salt
  - 1 tsp. cinnamon
  - 1/2 tsp. baking soda
  - 3/4 tsp. baking powder
  - 1/2 cup dried apricots, chopped
  - 1 batch of apricot walnut filling, above
  - 1/2 cup chopped pretzels
  - 3 tbsp. chopped walnuts (optional)

**Directions**
- Preheat oven to 350°
- Combine the apple sauce, flaxseed, almond milk and honey. Let mixture sit for fifteen minutes.
- Whisk together the flour, salt, cinnamon, leavening and apricots. Pour the wet ingredients and mashed banana onto the dry ingredients and let sit for 5 minutes.
- Fold together the wet and dry just until the powder disappears.
- Using a 1/4 cup measuring cup distribute batter into 9-10 holes in a greased muffin tin. Add 1 tbsp. of filling to each muffin, then cover with another tsp. of batter. Top all muffins with crushed pretzels and walnuts, if desired.
- Bake for 7 minutes in the oven. Cool the muffins and then enjoy! They’re awesome with coconut butter, or Coco-

### Raw Tropical Tarts

**Prepared by Scott Magers, CATV and Sarah Hughes, Family and Consumer Sciences**

**November Nutritious Cooking Workshop**

**Ingredients:**
- 1.5 Cup unsweetened shredded coconut
- 1.5 Cup walnuts
- 1/2 tsp. kosher salt, optional
- 1/2 Cup pitted medjool dates
- 2 Cups mangoes
- 1/2 Cup dried mango
- 1/4 Cup kiwi
- Berries to garnish

**Directions:**
1. Combine coconut, walnuts, salt, and dates in a food processor. Pulse until ingredients are fine enough to form tart shells (similar to a graham cracker crust)
2. Form shells by pressing mixture into nonstick tart tins then refrigerate for two hours.
3. Combine pitted mangoes and dried mangoes and kiwi in a blender and blend until smooth.
4. Pour the mixture into the chilled tart shells and garnish with berries.
5. Serve chilled.

**Per Serving:** 226 calories, 16 g fat, 21.6 g carbohydrate, 3.7 g protein, 120 mg (4 mg without added salt) sodium, 274 mg potassium  
**Exchanges:** 1 starch, 1 fruit, 2 fat
## Tree-Trimming Trail Mix

**Source:** *Self Magazine, December 2010*

### Ingredients:
- 1 bag (3 oz.) plain, unsalted microwave popcorn
- 1/4 cup honey
- 2 tbsp. olive oil
- 2 bay leaves

1/2 tsp. salt, optional
1 cup dried cranberries
1/2 cup chopped dried figs or dates
1/2 cup sliced almonds

### Directions:
1. Heat oven to 400 degrees. Pop popcorn as directed and set aside.
2. Combine honey, oil, bay leaves and salt in a small sauce pan over low heat, stirring frequently until fragrant, about 5 minutes. Remove from heat. Remove bay leaves.
3. Toss warm popcorn with dried fruit and almonds in a bowl.
4. Drizzle trail mix with honey glaze, toss again, and spread evenly on a baking sheet.
5. Bake until golden, about 3 minutes. Turn off oven, remove sheet and toss trail mix with a spatula; spread evenly on sheet and return to oven for 2 minutes more.

**Per Serving:** 209 calories per 1 1/2 cups, 7 g fat, 36 g carbohydrate, 4 g fiber, 3 g protein

**Weight Watchers:** 6 Points Plus

---

## Angel Wings

**Source:** *Self Magazine, December 2010*

### Ingredients:
- 1/2 tsp. salt, optional
- 1 cup dried cranberries
- 1/2 cup chopped dried figs or dates
- 1/2 cup sliced almonds
- 1/2 prepared angel food ring cake, cut into 8 wedges, 1-inch thick
- 8 mini candy canes or peppermint hard candies
- 8 oz. dark chocolate (at least 70 percent cocoa)

### Directions:
1. Heat broiler. Lay cakes wedges on sides; cut each crosswise in half and place on a baking sheet. Broil cake until brown on top, 2-5 minutes.
2. Pulse candy in a food processor.
3. Microwave chocolate in a bowl, stirring every 15 seconds, until smooth, 1-2 minutes.
4. Dip untoasted side of cake in chocolate; place on platter chocolate side up.
5. Sprinkle candy pieces over chocolate.

**Per Serving:** 272 calories per 2 triangles, 12 g fat, 36 g carbs, 3 g fiber, 4 g protein.
Espresso Power Bars

*Source: [http://www.elanaspantry.com](http://www.elanaspantry.com)*

**Ingredients:**
- 1 ½ cups pecans, lightly toasted
- ¼ cup cocoa powder+
- 2 teaspoons organic decaf espresso, finely ground
- 10 large medjool dates, pitted
- 1 tablespoon vanilla extract+
- 10 drops stevia
- 1 tablespoon agave nectar

**Directions:**
1. Blend pecans, cocoa and espresso in food processor until finely ground
2. Add pitted dates and process until blended into dry ingredients
3. Process in vanilla, stevia and agave until well combined
4. Press mixture into an 8x8 inch Pyrex dish+, add a little water if your batter is crumbly when handling
5. Freeze for 2 hours, then cut into squares

Marshmallow Popcorn

**Submitted by Mandi Witkovsky, IT Services**

**Ingredients**
- 5 oz. marshmallows (about 20 large)
- popcorn-2 low fat mini-bags, popped
- 4 cups puffed wheat cereal
- 1 cup mini pretzels

**Directions:**
1. Preheat oven to 325.
2. Spray a large bowl and a smaller, microwave safe bowl with cooking spray. Add popcorn (remove any unpopped kernels), cereal and pretzels to the large bowl. Microwave the marshmallows for 2 minutes in the small bowl. Stir the marshmallows until smooth and pour over popcorn mixture. Mix well until evenly coated.
4. Cool completely and then break into smaller pieces.
Creating A Healthier You

Build Your Health Team
CIGNAbehavioral.com—A Resource for You

You won’t get one-size-fits-all solutions—these programs engage you in a virtual dialogue so you can discover the best way for you to make changes.

CIGNA offers interactive online assistance for you, your dependents, and all of your household members. This resource is made available to you through Purdue and the Choose Well, Live Well Personal Health Team.

Choose Well, Live Well
Purdue Personal Health Team:
(800) 767-7141
Employer ID: Purdue

How to log in:
1. Go to www.cignabehavioral.com
2. In the “Members” section, click on the “Login to access your benefits” link. This brings you to the “For Members” screen.
3. To access other online services, type your employer ID (Purdue) into the field provided.

You have access to health and wellness information, self-administered assessments, articles, and personal improvement programs. This site features self-help tools and resources you can use any item you want. It’s completely anonymous, so your privacy is assured. Best of all, it’s free. On our website, you will find interactive exercises that can help you make better food choices, motivate employees, find childcare and more.

And don’t forget about your on-site resources.
In addition to the Choose Well, Live Well Personal Health Team, you still have access to IPFW Health and Wellness Programs (www.ipfw.edu/health), 481-6647 or 481-6746 and the Employee Assistance Program (http://www.hr.ipfw.edu/benefits/eap)
Fruit Crisp

Source: http://iamglutenfree.blogspot.com

Ingredients:
One peach, chopped  
Handful of blueberries  
Handful of cherries  
1 tbsp. pistachio nuts  
1 date, pitted  
1 tsp. maple syrup  
1/8 tsp. cinnamon  
Pinch sea salt, optional

Directions:
1. Lay the chopped peaches, blueberries and cherries in small bowl.
2. Chop the pistachio nuts and date. Put into another small bowl. Add the maple syrup, cinnamon and sea salt. Use the back of the knife to mash the ingredients together or food processor.
3. Sprinkle over fruit and enjoy.
Note: Add more of any ingredient (not too much salt) to your own taste.

Almost Raw Chocolate Balls of Deliciousness

Source: http://iamglutenfree.blogspot.com

Ingredients:
1/2 cups raw whole almonds  
1/2 cup raw pecans  
1/4 cup chocolate nibs  
1/2 shredded unsweetened coconut  
7 whole pitted dates, chopped  
3 tablespoons agave syrup

Directions:
1. Coarsely chop almonds and pecans in food processor.
2. Add remaining ingredients and process until everything is combined.
At Home Resources

Websites that can help you in the kitchen

Food Blogs—Explore food blogs for great recipe resources

- www.ohhmay.com
- http://iamglutenfree.blogspot.com

www.allrecipes.com
- At-home cooks submit recipes onto the website.
- Convenient search option to find exactly what you are looking for: by title, ingredients you want or don’t want, and special health concerns.
- Add comments if you like or dislike a recipe.
- Easy to print recipes.

www.eatbetteramerica.com
- Designed for people who are increasingly interested in the impact food has on their health and crave simple, easy-to-understand health and nutritional information.

www.foodnetwork.com
- Get cooking with the recipes from the Food Network stars.
- Site is listed by shows or search for general recipes from all collections

www.eatingwell.com
- Recipes of how to modify a traditional recipe into a “healthier” version.
## Community Resources

### Places to turn for help when you are in need

<table>
<thead>
<tr>
<th>Long Term</th>
<th>Division of Fam. &amp; Children (Food Stamps)</th>
<th>Aging &amp; In-Home Services of NE Indiana (8 Sites)</th>
<th>WIC - Women, Infant, Children Neighborhood Health Clinic</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Call For Help 744-0700</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Short Term</td>
<td>Associated Churches Food Bank System (27 Sites)</td>
<td>Soup Kitchens St. Mary’s St. Andrew’s First Baptist Rescue Mission</td>
<td>Lutheran Social Services</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Catholic Social Services</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Salvation Army</td>
</tr>
</tbody>
</table>

### Allen County Division of Family & Children
201 E. Rudisill Blvd.
FW, IN 46806
458-6200
Monday – Friday
8am – 4:30 pm
(Emergency Food Stamps)

### Associated Churches Food Bank System
602 East Wayne St
FW, IN 46802
422-3528
www.associatedchurches.org

### Community Action of NE Indiana
227 East Washington Blvd.
Fort Wayne, IN 46802
260-420-2833
Email: mariannestanley@canihelp.org

### Salvation Army Food Pantry
2901 North Clinton Street
Fort Wayne, IN 46805
744-2311
Tuesday/Thursday 1:00-3:00
Serves first 15

### St. Anthony’s Pantry
Sacred Heart School
4643 Gaywood Drive
FW IN 46806
744-3977
Tuesday & Thursday
9am – 11am

### St. Mary’s Soup Kitchen
1011 S. Lafayette St.
Fort Wayne, IN 46802
424-8231 or 424-2982
Monday-Friday: 10am – 3pm
Saturday: 10am – 1pm
Sunday: 11:30am – 1 pm

### Women, Infant, Children (WIC)
Neighborhood Health Clinic
17217S. Calhoun St
FW, IN 46807
458-2641
Monday & Wednesday: 8am – 7pm
Tuesday, Thursday, & Friday: 8am – 5pm

### Fort Wayne Rescue Mission (Men Only)
301 West Superior
P.O. Box 11116
Fort Wayne, IN 46855
426-7357 or 422-8123 (24 hours)
Email: eddy@rescuemissions.us
Women and Children Division:
426-8123
Email: pastorpatty@rescuemissions.us

### Lutheran Social Services of Indiana
(Emergency Assistance)
330 Madison St.
Fort Wayne, IN 46802
426-3347
Monday – Friday
8am – 5pm

### YWCA –Women’s Shelter
1600 Spy Run Avenue
Fort Wayne, IN 46805
424-4908
Crisis Hotline 1-800-441-4073

### Cherish House (Women & Children)
533 West Washington Blvd.
FW, IN 46808
426-8123 (24 hours)
Creating A Healthier You

Online Health Coaching Programs

https://my.cigna.com

Sleep Better, Feel Better, Live Better
Learn how to decrease stress levels and improve the quantity and quality of your sleep, as well as your energy and alertness.

**Duration: 6 weeks**

Strength & Resilience
Find the support you need to balance work life, decrease stress levels and improve coping skills.

**Duration: 8 weeks**

Feel Better, Look Better
You can get healthier and feel healthier by making better eating and exercise choices and decreasing your weight and body mass index (BMI) score.

**Duration: 8 weeks**

Energy & Performance
Focus on increasing your energy levels and fitness through better lifestyle habits, and learn how to reach and maintain a better body weight.

**Duration: 8 weeks**

Making better choices for ourselves is never easy. We all want to do better, but don’t always have the support we need, when we need it. That’s what makes *MyHealth Assessment* and the Online Health Coaching Programs so easy. You can access them day or night. Answer the questions with ease as your answers are strictly confidential. So, don’t wait any longer and complete the online health assessment today because it’s all about your health and your life.

1.800.767.7141

Your Choose Well, Live Well Personal Health Team is available:
Monday—Friday, 9 AM—9 PM, ET and Saturdays, 9 AM—5:30 PM, ET.

You can also email your Choose Well, Live Well Personal Health Team at: PurdueLiveWell@CIGNA.com

Stay Informed! Visit www.ipfw.edu/health
There’s nothing innately bad about the idea of a casserole: a savory one-pot entrée that can go directly from oven to dinner table. It’s the traditional execution that’s the problem, all that sloppy gooey cheese and dense layers of refined carbohydrates. So what can be done to rescue this retro favorite? Venture into your kitchen and explore how to keep the convenience of the casserole while ditching the extraneous fat and refined carbs. The results...just like 1950s comfort food, updated for the 21st century.

Pack It In
One serious issue with old-fashioned casseroles is their reliance on fatty meats. You can get just as much flavor and far less saturated fat with 93 to 96 percent lean ground beef, lean cuts of poultry, or canned fish packed in water. (If you’re sautéing meat, don’t forget to drain off any fat before adding other ingredients.) Or try subbing out half the meat for beans, which up the fiber and lower the overall fat content.

Casseroles traditionally combine that protein with a starch. Too often, however, that means white rice or white noodles. A simple switch to brown rice can give your dish a major nutritional boost. Or try different kinds of grains (pictures below). For your vegetables, the classics work best: mild vegetables like potatoes, green beans, broccoli, peas, onions, and carrots.

Sauce It Up
A casserole’s sauce is what binds together the protein and the starch. Usually, that means making a roux: butter and flour cooked with whole milk or cream, which adds a lot of unnecessary fat. Instead, you can use just a little flour with fat-free milk or low-fat or fat-free evaporated milk. Or no flour at all: In the cheesy broccoli and rice casserole (recipes on next page), the starch released from the brown rice is what thickens the milk.

The other treacherous casserole staple is cheese, and plenty of it, and usually the processed variety. These recipes use small amounts of finely grated, lower-fat, real cheese to make a sauce that’s smooth. A sharper cheese will give you more flavor as with the additional of herbs and spices.

Top It Off
A casserole’s topping is typically made of globs of cheese (yep, more cheese), with heavily buttered bread crumbs or biscuits, or those infamous canned fried onions. In other words, it’s a horror show for the arteries. Update your toppings by moistening bread crumbs with just a light amount of olive oil or spray olive oil instead of butter plus a sprinkling of Parmesan or Romano cheese.

http://forecast.diabetes.org/magazine/features/how-craft-healthy-casserole
MAKEOVER
Cheesy Broccoli and Rice Casserole
8 servings
Serving size: 1 cup
Preparation time: 20 minutes
Cooking time: 40 minutes

- 2 1/2 tsp. olive oil, divided
- 1 1/4 cups quick-cooking brown rice
- 4 cups low-fat, reduced-sodium chicken broth
- 1 can (12 oz.) low-fat evaporated milk
- 3 lbs. fresh broccoli, cut into bite-sized florets, stems discarded
- 1 large onion, minced
- 2 garlic cloves, minced
- 2/3 cup shredded 50% light cheddar cheese (such as Cabot)
- Pinch cayenne pepper
- 1/4 tsp. dry mustard
- Kosher salt and fresh-ground black pepper to taste
- 3 Tbsp. freshly grated Parmesan or Romano cheese

1. Coat a 9- x 13-inch casserole dish with cooking spray and set aside. Bring a large pot of lightly salted water to a boil. Meanwhile, heat 1 tsp. of the olive oil in a large Dutch oven over medium heat. Add the dry rice and sauté for 1 to 2 minutes. Add in the broth and the evaporated milk, and bring to a boil. Cover and simmer on low heat for about 20 minutes, until the rice is tender.

2. Add the broccoli to the pot of boiling water, turn off the heat, and let the broccoli stand in the water for 2 minutes. Drain.

3. Preheat the oven to 400°F. Heat the remaining olive oil in a large skillet. Sauté the onion, celery, and red pepper for about 8 to 9 minutes, until soft and lightly browned. Add the flour, and sauté for 1 minute. Add the broth, barbecue sauce, Worcestershire sauce, and beef. Cook over medium heat for 10 minutes, or until thickened. Season with salt and pepper. Add the mixture to a 9-inch deep-dish pie pan. Set aside.

4. When the rice is cooked, add in the broccoli-onion mixture, cheddar cheese, cayenne pepper, dry mustard, salt, and pepper. Pour the mixture into the prepared casserole dish.

5. Sprinkle with Parmesan or Romano cheese. Bake for 15 minutes, or until the casserole is bubbly.

Nutrition Facts:
250 calories, 6g fat, 38g carbohydrate, 4g fiber, 14g protein
Exchanges: 1.5 starch, .5 milk, 2 vegetable, .5 fat

MAKEOVER
Biscuit and Hamburger Pie
8 servings
Serving size: 1 wedge (1/8 of pie)
Preparation time: 15 minutes
Cooking time: 40 minutes

- 1/2 lb. (93%) lean ground beef
- 2 tsp. olive oil
- 1 large onion, chopped
- 2 celery stalks, diced
- 1 medium red bell pepper, seeded, cored, and diced
- 1 Tbsp. all-purpose flour
- 1 can (14 oz.) low-fat, reduced-sodium beef broth
- 1/2 cup prepared barbecue sauce
- 1/2 tsp. Worcestershire sauce
- Kosher salt and fresh-ground black pepper to taste

Biscuit Crust
- 1/2 cup all-purpose flour
- 1/2 cup whole wheat pastry flour
- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 1/4 tsp. salt
- 2 Tbsp. minced fresh parsley
- 1/2 cup low-fat buttermilk
- 2 Tbsp. olive oil

1. Add the ground beef to a large skillet over medium-high heat, and cook until browned, about 3 to 4 minutes. Add to a colander to drain off excess juices.

2. Meanwhile, add the olive oil to the skillet. Sauté the onion, celery, and red pepper for about 8 to 9 minutes, until soft and lightly browned. Add the flour, and sauté for 1 minute. Add the broth, barbecue sauce, Worcestershire sauce, and beef. Cook over medium heat for 10 minutes, or until thickened. Season with salt and pepper. Add the mixture to a 9-inch deep-dish pie pan. Set aside.

3. Preheat the oven to 450°F.

4. To make the crust: In a medium bowl, combine the flours, baking powder, baking soda, salt, and parsley. In a small cup, mix together the buttermilk and olive oil. In a small cup, mix together the buttermilk and olive oil. Make a well in the center of the flour mixture, and pour in the buttermilk-oil mixture. Stir with a fork. Turn the dough out onto a floured surface, and knead about 7 to 8 times. Using a floured rolling pin, roll the dough out into a large circle. Cut the dough into 8 triangles.

5. Lay the biscuit dough on top of the hamburger mixture. Bake the casserole for about 20 to 25 minutes until the biscuits are brown and the casserole is bubbly.

Exchange: 1 starch, 1 veggie, 1 meat, 1 fat
Nutrition Facts: 190 calories, 7g fat, 24g carbohydrate, 2g fiber, 9g protein
Creating a Shopping List

**PROTEIN**
- chicken breasts
- sliced turkey
- canned tuna
- lean ground beef
- eggs
- peanut butter
- canned beans
- nuts

**VEGETABLES**
- tomato or V8 juice
- tomato sauce
- salsa
- frozen mixed vegetables
- carrots
- broccoli
- garlic, onions

**FRUIT**
- apples
- bananas
- oranges or orange juice
- pineapple
- pears
- peaches
- raisins

**CARBOHYDRATE**
- bread
- bagels, English muffins
- cereal
- rice, noodles
- potatoes
- corn, peas
- pasta
- crackers
- pretzels
- pop corn
- snack bars

**DAIRY**
- milk
- yogurt
- cheese
- cottage cheese

**TOPPINGS & FLAVORINGS**
- olive oil
- Trans fat-free margarine
- jam, jelly, honey
- salad dressing
- pepper
- cinnamon
- vanilla extract

**OTHER:**
- ______________________________
- ______________________________
- ______________________________
- ______________________________
- ______________________________

Make copies and take with you to the store
Creating A Healthier You

Are you sure you're on track for a healthy and nutritious day?

Keep track for a day and see how you are doing!

Recommended Minimal Food Per Day:

<table>
<thead>
<tr>
<th>Food Group</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bread/Grain</td>
<td>6-8 Servings</td>
</tr>
<tr>
<td>Vegetables</td>
<td>1 1/2—2 1/2 cups</td>
</tr>
<tr>
<td>Fruits</td>
<td>1 1/2—2 1/2 cups</td>
</tr>
<tr>
<td>Meat, Poultry, Fish, Eggs or Beans</td>
<td>5-7 ounces or equivalent</td>
</tr>
<tr>
<td>Milk or Yogurt</td>
<td>2-3 cups</td>
</tr>
<tr>
<td>Oils or other healthy fats</td>
<td>3-6 teaspoons</td>
</tr>
<tr>
<td>Favorite Foods (Optional)</td>
<td>150-200 calories</td>
</tr>
</tbody>
</table>

Breakfast

Lunch

Snack

Dinner

Snack
<table>
<thead>
<tr>
<th>Farmers Markets</th>
</tr>
</thead>
</table>
| **Barr Street Market**  
Farmers’ Market | Corner Wayne & Barr Streets  
Fort Wayne, IN 46802  
Open Saturdays, 9am—1pm  
Summer only |
| **Country Garden & Farm Market** | 14110 U.S. Hwy. 24 West  
Roanoke, IN 46783 260-672-1254  
Present at farmers’ markets and as a CSA program.  
Available year-round. |
| **Hardy’s Farm Market** | 4525 Knoll Road, Ft. Wayne, IN 46809  
Open 9am—6pm, Mon—Sat  
260-747-4644 |
| **Historic West Main Street,**  
**Farmers’ Market** | 1936 W Main Street  
Fort Wayne, IN 46802  
Fridays 3-8pm 260-515-9700 |
| **Historic West Main Street,**  
**Winter Farmers’ Market** | Paula’s on Main  
1732 West Main Street  
Saturdays, November 21-April 24  
9:00 am—12:30 pm |
| **Kurtz Enterprises** | 14212 State Road 37 E.  
New Haven, IN 46774 260-657-5817 |
| **Salomon Farm Market** | DuPont Road  
Fort Wayne, IN 46818  
Open Wednesdays, 4pm—7pm  
Summers Only |
| **Schumacker's Produce Market** | 12815 Doty Road  
Fort Wayne, IN 46774  
Open 9am—5pm, Monday—Saturday |
| **Southside Market—Fresh Farm Produce** | 3300 Warsaw Street  
Fort Wayne, IN 46806  
Open Saturdays only, 7am—1pm |
| **U-Pick Berries and CSA** | Joe Graber’s Certified Organic Produce  
26409 Springfield Center Road  
Harlan, IN 46743 260-657-5061 |
## Indiana Fruits and Vegetable Harvest Calendar

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Apples</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Asparagus</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Beets</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blackberries</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Blueberries</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Broccoli</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Brussel Sprouts</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cabbage</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cantaloupe</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Carrots</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cauliflower</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cherries</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Collards</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eggplant</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grapes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Green Peas</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hot Peppers</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lettuce</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lima Beans</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Mushrooms</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Onions (dry)</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Peaches</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Plums</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Potatoes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pumpkins</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Radishes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Raspberries</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Snap Beans</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spinach</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Strawberries</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Summer Squash</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sweet Corn</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sweet Peppers</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tomatoes</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Turnips &amp; Turnip Greens</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Watermelon</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Winter Squash</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Special Note on Availability: Local weather may affect harvest dates from one year to the next. Many fruits and vegetables are available beyond the indicated harvest periods through modern storage techniques and facilities.

Source: Indiana State Department of Agriculture
Recipe Index

15-Minute Chili 37  Hawaiian Pork Chops 54
3-Point Chicken Stroganoff 49  Homemade Herbal Tea 35
Almost-Raw Chocolate Balls 63  Hummus 31
Angel Wings 60  Italian Sausage & Potato Soup 55
Apple & Honey Scone 19  La Pasta Affilata e Dolce 57
Apple Salad with Maple Vinaigrette 51  Marinara Sauce 51
Apple Slices with Goat Cheese 32  Marshmallow Popcorn 61
Apricot-Filled Pretzel Crunch Muffin 59  Meatless Meatballs 31
Asparagus & Canadian Bacon Omelet 25  Mexican Bean Wraps 43
Bacon & Onion Cheese ball 27  Muesli 19
Baked Cajun Chicken 48  No-Guilt Chocolate Brownies 58
Baked Pears with Granola Crunch 23  Peachy Bowls 58
Banana Energy Sundae 22  Pizza with Le Gruyere & Ham 47
Banana Yogurt Pancakes 20  Quinoa Egg Bake with Thyme & Garlic 22
Barbecue Thai Chicken Legs 39  Raw Tropical Tarts 59
Biscuit & Hamburger Pie 69  Rice Cooker Oatmeal 24
Black Bean Burger 49  Roasted Kale Chips 27
Blanched Shrimp Salad 36  Rosemary Roasted Sweet Potatoes 28
Border Breakfast Steaks with Cilantro 25  Sage Tea 35
Breakfast Quinoa 24  Salmon Canapés 29
Breakfast Banana Split 20  Sautéed Vegetables with Quinoa 53
Broccoli Dipped in Peanut Sauce 32  Slow-Cooker Chicken Stew 55
Broccoli Salad Casserole 43  Slow-Cooker Lasagna 50
Bulgur Taco Soup 48  Slow-Cooker Marinara Chicken and Vegetables 36
Cheesy Broccoli & Rice Casserole 69  Slow-Cooker Salsa Chicken 41
Chicken & Cherry Salsa 47  Smoky Chicken Skewers 57
Chicken Tenders 53  Strawberry Orange Muffins 21
Chinese Ground Pork & Eggplant 54  Sweet Fig Crostini 28
Cranberry-Ginger Fizz 35  Swiss Chard Salad 37
Edamame Hummus 33  Tortilla with Guacamole 33
El Dorado Granola 23  Tree-Trimming Trail Mix 60
Espresso Power Balls 61  Tuna Casserole 50
Fruit Crisp 63  Turkey Sliders 44
Garlic & Basil Beans 39  Yogurt Cheese balls 29
Zesty Vegetable Chili 40
<table>
<thead>
<tr>
<th>Educational Page Title</th>
<th>Page Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011-A Healthier You!</td>
<td>4</td>
</tr>
<tr>
<td>At Home Resources</td>
<td>64</td>
</tr>
<tr>
<td>Back to the Basics</td>
<td>12</td>
</tr>
<tr>
<td>Build Your Health Team</td>
<td>5</td>
</tr>
<tr>
<td>Build Your Health Team-Cigna Behavioral</td>
<td>62</td>
</tr>
<tr>
<td>Build Your Health Team-Cigna Coaching</td>
<td>66</td>
</tr>
<tr>
<td>Build Your Health Team-Personal Trainer</td>
<td>56</td>
</tr>
<tr>
<td>Cigna</td>
<td>17</td>
</tr>
<tr>
<td>Community Resources</td>
<td>65</td>
</tr>
<tr>
<td>Conversions &amp; Abbreviations</td>
<td>13</td>
</tr>
<tr>
<td>Creating a Dynamic Breakfast</td>
<td>18</td>
</tr>
<tr>
<td>Creating Meal Menu Ideas</td>
<td>11</td>
</tr>
<tr>
<td>Creating Healthier Meals and Snacks</td>
<td>9</td>
</tr>
<tr>
<td>Creating a Shopping List</td>
<td>70</td>
</tr>
<tr>
<td>Creating Healthier Snacks at Work</td>
<td>42</td>
</tr>
<tr>
<td>Creating Perfect Proportions</td>
<td>10</td>
</tr>
<tr>
<td>Eat Wise…Drop a Size</td>
<td>46</td>
</tr>
<tr>
<td>Enhance the Flavor of Your Food</td>
<td>52</td>
</tr>
<tr>
<td>Healthified Meal Planning</td>
<td>68</td>
</tr>
<tr>
<td>Indiana Harvest Calendar</td>
<td>73</td>
</tr>
<tr>
<td>Kitchen Terminology</td>
<td>14</td>
</tr>
<tr>
<td>Know Your Numbers</td>
<td>8</td>
</tr>
<tr>
<td>Local Farmer's Markets</td>
<td>72</td>
</tr>
<tr>
<td>Managing Your Stress</td>
<td>34</td>
</tr>
<tr>
<td>Meeting Your Dietary Needs</td>
<td>71</td>
</tr>
<tr>
<td>Mission Possible: Dining Out</td>
<td>26</td>
</tr>
<tr>
<td>Mission Possible: Healthy Holidays</td>
<td>30</td>
</tr>
<tr>
<td>Simple Baking &amp; Cooking Exchanges</td>
<td>38</td>
</tr>
<tr>
<td>Small Steps to Creating a Healthier You</td>
<td>16</td>
</tr>
<tr>
<td>Table of Contents</td>
<td>6</td>
</tr>
<tr>
<td>Target Heart Rate</td>
<td>40</td>
</tr>
</tbody>
</table>
“You can turn off the sun, but I’m still gunna shine.”  Jason Mraz

“And will you succeed? Yes! You will indeed! (98 and 3/4 percent guaranteed).”  Dr. Suess

“Fear less, hope more; Eat less, chew more; Whine less, breathe more; Talk less, say more; Love more, and all good things will be yours.”  Swedish Proverb

“You’ve done it before and you can do it now. See the positive possibilities. Redirect the substantial energy of your frustration and turn it into positive, effective, unstoppable determination.”  Ralph Marston

“To love what you do and feel that it matters, how could anything be more fun?”  Katherine Graham

“The fact that I can plant a seed and it becomes a flower, share a bit of knowledge and it becomes another’s, smile at someone and receive a smile in return, are to me, continual spiritual exercises.”  Leo F. Buscaglia

“Every human being is the author of his own health or disease.”  Buddha

“To insure good health: eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life.”  William Londen

“The health of people is really the foundation upon which all their happiness and all their powers as a state depend.”  Benjamin Disraeli