



IN THIS ISSUE

- Healthy Recipes for Your Summer Picnic
- Tips for Healthier Summer Picnics
- August Products of the Month

What's Happening this Month:

- * Our August Support Group for Post – Weight loss surgery patients is August 21 from 6 – 7 p.m. in our office, Suite 356.
- * Is someone in your life thinking about weight loss surgery? Bring them to Dr. Chung's information session on August 21 from 6 – 7 p.m. in the Cancer Center Conference Room. To register, call our office to speak to Amy at 609.537.6777.
- * For individuals interested in weight loss without surgery, or for bariatric patients experiencing weight regain, try our Medical Weight Loss Program, featuring great tasting Robard's New Direction Products! Weekly visits with our dietitians help you develop skills to lose weight (and keep it off) and customize the meal replacement plan to meet your needs! Call our office at 609.537.6777 to schedule your first appointment with Dr. Chung.
- * Make sure to download the Baritastic app and join using our Capital Health code (76777). Use the app to log your food and get recommendations from your dietician, be reminded of program events and updates, and access recipes!

HOST A HEALTHY SUMMER PICNIC!

by Caroline Lazur, RD, CSOWM

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I recently hosted a summer party at my house. At gatherings like this, we tend to prepare food that we think others enjoy or expect, but it doesn't have to be that way. My event was a success because it was delicious, fun, and healthy without anyone realizing I tried to make it that way!

Try the recipes on the following pages to make good health a priority and please your guests at the same time, all without spending too much time in the kitchen!

continued on page 2





MAIN DISH



SLOW COOKER PULLED PORK

INGREDIENTS

- 2.5 lbs. boneless pork loin roast, center cut, trimmed of all fat
- 2 tsp red wine vinegar
- 2 tsp hickory liquid smoke
- 1 tsp garlic powder
- 1 tsp sea salt
- 1 cup homemade BBQ sauce (see recipe on this page) or use your favorite bottled sauce

DIRECTIONS

1. Place pork in the slow cooker and season with salt, vinegar, garlic powder and liquid smoke.
2. Cover and set to high 6 hours.
3. Remove pork and transfer onto a large dish; reserve all the liquid into a cup and set aside.
4. Shred the pork with two forks and put it back into the slow cooker along with about three quarters of the reserved liquid and the BBQ sauce (for every 3 oz. of cooked pork, add 2 tbsp of BBQ sauce).
5. Cook on high for an additional hour.

NUTRITION INFO —

PER 3 oz. SERVING OF PORK + 2 tbsp SAUCE
206 CALORIES ■ 12 g CARBOHYDRATES
0.5 g FIBER ■ 554 mg SODIUM
5.5 g FAT ■ 26.5 g PROTEIN

A simple crowd pleaser that seems like a splurge, but it's not! I offered rolls and provolone cheese slices for those who wanted it, but I enjoyed it with my side dishes straight from the slow cooker.

HOMEMADE BBQ SAUCE

NUTRITION INFO — PER 1/2 CUP SERVING
80 CALORIES ■ 3.5 g TOTAL FAT
12 g CARBOHYDRATES ■ 127 mg SODIUM
3 g FIBER ■ 3 g PROTEIN

INGREDIENTS

- 1 1/3 cups tomato sauce
- 1/3 cup tomato paste
- 1/3 cup honey
- 1/2 cup plus 3 tbsp red wine vinegar
- 1/4 cup molasses, unsulfured
- 2 tsp hickory liquid smoke
- 1/2 tsp cayenne pepper
- 1/2 tsp salt
- 1/2 tsp coarsely ground black pepper
- 1/2 tsp paprika
- 1/4 tsp garlic powder
- 1/4 tsp onion powder
- 1/8 tsp ground cinnamon
- 1/8 tsp chili powder

DIRECTIONS

1. In a large saucepan combine all the ingredients and simmer over low heat for 25 minutes, stirring occasionally.
2. Let cool and store in the refrigerator until ready to use.



APPETIZER



WATERMELON & FETA APPETIZER BITES (Makes 24 servings)

NUTRITION INFO — PER 1 BITE

34 CALORIES ■ 2 g TOTAL FAT
1 g SATURATED FAT ■ 131 mg SODIUM
1 g CARBOHYDRATES ■ 1 g PROTEIN

Although this appetizer is low in protein, it is also low in calories and prevents you or anyone else filling up before the meal even starts!

INGREDIENTS

- 10 oz. feta cheese - cut into 1" x 1" squares, ½-inch thick
- 10 oz. watermelon - cut into 1" x 1" squares, ½-inch thick
- mint leaves —for garnishing
- balsamic vinegar (optional) - balsamic glaze, for garnishing

DIRECTIONS

1. Skewer feta and watermelon pieces onto appetizer picks.
2. Garnish with fresh mint and balsamic vinegar (optional). Serve immediately.

SIDE



BLACK BEAN & CORN SALAD

NUTRITION INFO — PER 1/2 CUP SERVING

80 CALORIES ■ 3.5 g TOTAL FAT
12 g CARBOHYDRATES ■ 127 mg SODIUM
3 g FIBER ■ 3 g PROTEIN

INGREDIENTS

- 15.5 oz. can black beans, rinsed and drained
- 9 oz. cooked corn (fresh, canned, or frozen/thawed)
- 1 tomato, chopped
- 1 small red onion, chopped
- 1 scallion, chopped
- juice from 2 limes
- 1 tbsp olive oil
- 2 tbsp fresh minced cilantro (or more, to taste)
- salt and fresh pepper
- 1 medium Hass avocado, diced
- 1 diced jalapeno (optional)

DIRECTIONS

1. In a large bowl, combine beans, corn, tomato, onion, scallion, cilantro, salt and pepper.
2. Squeeze fresh lime juice to taste and stir in olive oil.
3. Marinate in the refrigerator 30 minutes.
4. Add avocado before serving.



SIDE

CHOPPED KALE & BRUSSEL SPROUT SALAD WITH ORANGES, SPICY PEPITAS, AND FETA

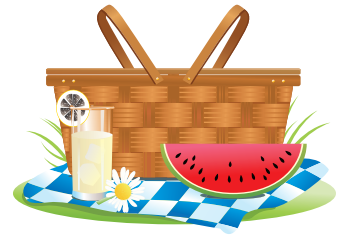
The name may sound fancy (and the finished product looks that way too), but it's actually made with a pre-chopped bag of salad with my own toppings added! You can find the kale/Brussel sprout blend at most grocery stores, where I also found spicy pepitas (pumpkin seeds, which sometimes come with the packaged salad blend).

I had extra feta from my appetizer, so I added this to my salad too, along with orange segments. For the dressing, I used Bolthouse Farms Avocado Cilantro Yogurt dressing found in the refrigerated area of the my produce section (2 tbsp of this dressing are only 40 calories), but you can try a similar healthy option that suits your taste.

TIPS FOR HEALTHIER SUMMER PICNICS

1. **Keep it simple.** Offering too many dishes just adds to your prep time, plus you'll be tempted to eat more with so many things you feel you "need" to taste.
2. **Plan your picnic more around activities instead of food.** We played a game called salad bowl (search online for the instructions or look for your own summer party game). I also had corn hole in the yard and in the past have set up a volleyball net. Whether the games are physically active or not, they kept everyone too busy and entertained to eat. I also purposely kept the food inside so it didn't take center stage. I even had inexpensive summer party gifts from the dollar store as prizes for the winning teams to help keep everyone engaged in the games rather than eating and drinking.

3. **Make infused water** (or what I like to call faux-cocktails) for an easy and delicious way to stay hydrated and avoid consuming too much alcohol if any at all. I added berries to some extra watermelon and mint from my appetizer and added these to the water! Look for our June newsletter at capitalhealth.org/weightloss for infused water ideas.
4. **Always offer guests a vegetable tray or salad.** That way if you feel the need to go back for more food, you'll have healthy options to choose from. They also help keep you nice and full when paired with some protein, which helps prevent grazing and picking later.



Products of the Month

Trader Joe's Reduced-Guilt Chunky Guacamole



Trader Joe's Reduced-Guilt Chunky Guacamole—it's a little tangy, but I actually enjoy this MORE than regular guac now. Serve with fresh veggies and/or a serving of whole corn tortilla chips (usually 6-10 chips).

Beverage Dispenser for Your Infused Water



For \$5 at Five Below, you can have great containers for infused water at your next event! If you came to June's support group, you got to see them for yourself!