



IN THIS ISSUE

- Making 'Take Out' At Home
- Easy At Home Recipes
- Product of the Month

What's Happening this Month:

- * 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 dietitian, be reminded of program events and updates, and access recipes!
- * Our August Support Group for post-weight loss surgery patients is Wednesday, August 19 from 6 – 7 p.m. This support group will be hosted virtually, so please check our online support group for the link to access, or message the dietitian at tbalestrieri@capitalhealth.org to receive the link.
- * If you had surgery and are not a member of our Post-Op Online Support Group, the Capital D.R.E.A.M. Team, please e-mail [Theresa Balestrieri](mailto:Theresa.Balestrieri@capitalhealth.org) at tbalestrieri@capitalhealth.org so she can e-mail you the link and accept your request. This is a great way to obtain support from our program and other post-op patients in our program right at your fingertips, 24/7!
- * Is someone in your life thinking about weight loss surgery? Attend Dr. Chung's information session held virtually on Wednesday, August 19 from 6 – 7 p.m. 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.

STEP UP YOUR TAKEOUT!

by Elizabeth George, Dietitian at
Capital Health Metabolic & Weight Loss Center

When we're in a rush or can't decide what to cook or prepare, getting takeout is an easy option that many of us fall back on. While it certainly can be convenient, takeout food also tends to be higher in calories and sodium, due in large part to the cooking methods used in many restaurants. Takeout foods are commonly deep-fried or cooked with large quantities of oil, which makes them more calorie-dense than if we bake or air-fry them at home. Takeout foods coated in breading also tend to be higher in carbohydrates, but if we bread our food at home we can have greater control over our carb intake. The same goes for sauces, which can greatly increase the total calories for a meal if they are lathered on. Takeout food is delicious, and luckily, similar meals

continued on page 2



STEP UP YOUR "TAKE OUT!" *continued*



can be made at home with fewer calories while still tasting just as good. By using low-fat cooking methods, changing the preparation methods, and reducing the amount of caloric sauces and sides, you can enjoy your favorite takeout meals at home without breaking the "calorie bank!" Try these tips and tricks for making reduced-calorie, home-cooked versions of your takeout favorites:

... **BAKE FOODS INSTEAD OF FRYING**

- Pan frying or deep frying introduces extra calories from the fat that food is cooked in. By baking your favorite dishes, you can still get the crisp texture without the extra fat!
- If baking doesn't satisfy your craving for fried foods, invest in an air fryer. Air fryers use less fat than deep frying methods, but still provide a satisfying crisp layer!
- Many fried foods are repeatedly coated in batter to help form a thick layer of breading. By controlling the amount of batter that is added to your home-cooked takeout, you'll reduce carbohydrates and calories.

... **HAVE SAUCES ON THE SIDE**

- Whether it's actual takeout or a home-cooked version, keeping sauces on the side puts you in more control of the calories and how much sauce you add to your entrée.
- If you choose to make your own sauce at home, try to use low-sodium, low-fat ingredients whenever possible (see sauces in the recipes in this issue).

... **COOK VEGETABLES IN BROTH**

- Instead of sautéing your vegetables in oil, steam them in low-sodium chicken broth or vegetable broth. Your vegetables will still be soft yet flavorful from the broth.
- Adding vegetables to your entrée can help create a more filling meal without adding too many additional calories. Mix the vegetables into rice, pasta, or your protein option to help create a fiber-filled meal!

... **CONTROL THE PORTION SIZE**

- Restaurants commit "portion distortion" when they serve more food than we need. It is easy to fall into the trap of eating the entire contents of our takeout containers, but often we will feel satisfied if we portion out our foods on a smaller plate and save the rest for another day. Of course, when preparing meals at home, you have more control over the portion sizes on your plate.



RECIPES OF THE MONTH



AT-HOME GENERAL TSO'S CHICKEN

From SkinnyTaste.com

NUTRITION INFO – PER SERVING

Makes 4 servings (1 serving = 3/4 cups)

252 CALORIES ▪ 16 g CARBOHYDRATES
8 g FAT ▪ 27 g PROTEIN

INGREDIENTS

- 1 lb. boneless, skinless chicken breast, cut into bite-size pieces
- ¼ cup reduced sodium soy sauce, divided
- ¼ cup cornstarch, divided
- 1 large egg white
- 1 one-inch piece peeled fresh ginger
- 2 cloves garlic
- 2 medium scallions, whites and greens separated
- 1 cup reduced sodium chicken broth
- 1 tsp sriracha sauce, plus more for serving
- 3 tbsp hoisin
- 1 tbsp plus 1 teaspoon toasted sesame oil
- sesame seeds, for garnish

DIRECTIONS

1. In a medium bowl, combine the chicken, 2 tablespoons of the soy sauce, 3 tablespoons of the cornstarch, and the egg white. Toss to combine and set aside while you chop the vegetables.
2. Mince the garlic and ginger and chop the scallions. Separate the scallion whites from the greens and set aside greens for garnish.
3. In a small sauce pot over medium heat, add the teaspoon of sesame oil, ginger, garlic and scallion whites and sauté for 1 minute. Add the chicken broth, the remaining 2 tablespoons of soy sauce, sriracha, and hoisin and whisk to combine. Add the remaining 1 tablespoon of cornstarch and whisk sauce until it starts to thicken (in about 2 minutes). Once thickened, turn heat to low and keep warm while you cook the chicken.
4. Heat a large wok or non-stick skillet over medium-high heat. In two batches (to prevent sticking), add 1/2 tablespoon of sesame oil, then half of the chicken pieces. Cook chicken for 3-4 minutes, or until browned on the edges. Flip chicken and cook an additional 2-3 minutes, or until cooked through. Set aside on a plate and add the remaining oil and chicken and cook in the same way.
5. Return all chicken to the skillet or wok, add the sauce and toss to coat. Sprinkle with scallion greens and sesame seeds. Serve immediately with extra sriracha, if desired



AT-HOME INDIAN SHRIMP CURRY

From SkinnyTaste.com

NUTRITION INFO – PER SERVING

Makes 4 servings (1 serving = 1/4 cups)

224 CALORIES ▪ 10.9 g CARBOHYDRATES
7.9 g FAT ▪ 28 g PROTEIN

INGREDIENTS

- 1 tbsp canola oil, divided
- 1 lb. shrimp, peeled and deveined
- 1/2 yellow onion, finely chopped
- 1 tsp ground ginger
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 1/2 tsps ground turmeric
- 1 tsp curry powder
- 1 tsp paprika
- 1/2 tsp chili powder
- 2 cloves garlic, minced
- 1 15 oz. can tomato sauce
- 3/4 cup lite canned coconut milk
- 1/2 tsp Kosher salt
- cilantro and chili peppers for garnish

DIRECTIONS

1. Add 2 teaspoons of the canola oil in a large skillet on high heat.
2. Add the shrimp and cook for 1 minute on each side, then remove the shrimp from the pan.
3. Add the remaining teaspoon of the canola oil to the skillet with the onions and cook for 5 minutes on medium heat, stirring occasionally.
4. Add in the ginger, cumin, coriander, turmeric, paprika, curry powder, chili powder, salt and garlic.
5. Stir well and cook for 30 seconds, then add tomato sauce and combine.
6. Add coconut milk and shrimp to the pan and stir well.
7. Garnish with cilantro and chili peppers, if desired.



CAULIFLOWER MAC 'N' CHEESE

Adapted from HungryGirl.com

NUTRITION INFO – PER SERVING

Makes approx. 4 servings
(1 serving = 1 heaping cup)

207 CALORIES ▪ 29.5 g CARBOHYDRATES
5.5 g FAT ▪ 11 g PROTEIN

INGREDIENTS

- 3 cups frozen cauliflower florets
- 4 1/2 oz. (about 1 1/4 cups) uncooked high-fiber elbow macaroni
- 5 wedges The Laughing Cow Light Creamy Swiss cheese
- 1/4 cup fat-free shredded cheddar cheese
- 1/4 cup fat-free milk
- 2 tbsp fat-free sour cream
- 2 tsp Dijon mustard
- 1 tbsp light whipped butter or light buttery spread (like Brummel & Brown)
- 1/4 tsp onion powder
- 1/4 tsp garlic powder
- 1/4 tsp salt
- 1/8 tsp black pepper

DIRECTIONS

1. Preheat oven to 350 degrees. Spray an 8" x 8" baking pan with nonstick spray.
2. Place cauliflower in a large microwave-safe bowl. Cover and microwave for 3 minutes. Uncover and stir, then cover again and microwave for 2 - 3 more minutes, until hot. Drain excess liquid.
3. Roughly chop cauliflower, return to the bowl, and cover to keep warm.
4. In a medium-large pot, cook pasta per package instructions (about 8 minutes). Drain pasta and stir into cauliflower. Cover to keep warm.
5. In a medium sized microwave-safe bowl, combine cheese wedges, shredded cheese, milk, sour cream, and mustard. Mix well. Microwave for 1 minute, or until cheeses have melted. Whisk until smooth.
6. Add cheese mixture to the pasta and cauliflower. Stir to coat and transfer contents to the baking pan.
7. In a medium microwave-safe bowl, microwave butter for 20 seconds, or until melted. Add seasonings, and stir to coat. Evenly distribute mixture over the contents of the baking pan.
8. Bake for 25 -30 minutes, until lightly browned. Enjoy!



AT HOME AIR FRIED CHICKEN TENDERS

From [SkinnyTaste.com](https://www.skinnytaste.com)

NUTRITION INFO – PER SERVING

Makes 4 servings (1 serving = 3 tenders)

291 CALORIES ▪ 16.5 g CARBOHYDRATES
7 g FAT ▪ 38.5 g PROTEIN

INGREDIENTS

- 12 chicken tenders , (1 1/4 lb.)
- 2 large eggs, beaten
- 1 tsp kosher salt
- black pepper, to taste
- 1/2 cup seasoned breadcrumbs
- 1/2 cup seasoned panko
- olive oil spray
- lemon wedges, for serving

DIRECTIONS

1. Season chicken with salt and pepper.
2. Place egg in a shallow bowl. In a second shallow bowl, combine the bread crumbs and panko.
3. Dip chicken in the egg, then into the breadcrumb mixture and shake off excess and place on a large dish or cutting board. Spray both sides of the chicken generously with olive oil spray.
4. Preheat air fryer to 400F.
5. In batches, cook the chicken 5 to 6 minutes on each side, turning halfway, until the chicken is cooked through and crispy and golden on the outside. Serve with lemon wedges.
6. Serve with a side salad, or if you're feeling adventurous, pair with cauliflower mac and cheese (see previous recipe).



Product of the Month

AIR FRYER

Air fryers are designed to only need a small amount of oil for cooking. Instead of food being submerged in oil, the machine circulates the air to reduce the fat content by up to 70 percent! Air fryers can be purchased from Amazon, Walmart, and other stores that sell kitchen devices, ranging in price from \$40 – \$120.