



## METABOLIC AND WEIGHT LOSS CENTER

### IN THIS ISSUE

- Celebrate Cinco de Mayo the healthy way with a few recipes of the month. Throw a party or follow the restaurant survival guide when dining out.
- Learn about our Featured Product of the Month — Wholly Guacamole.



## What's Happening this Month:

- \* Our Facebook page will have many new blog entries and recipe ideas for Spring and Summer. Follow us to stay on track with your healthy lifestyle plan. Also, visit our website for archive blog entries and monthly newsletters.
- \* Don't forget to sign up for your nutrition classes online! Caroline's May-August Pre-op Weight Loss and Group class schedules are now on our website.
- \* *Information Sessions:* For those interested in learning more about weight loss surgery and our program, sign up for our information session on June 25.

## Guilt-free Mexican Dining

**APPETIZERS/STARTERS** — Resist the temptation to avoid sabotaging your healthy diet plan and DON'T indulge in that basket of chips and salsa! You can easily take in 500 calories from carbs and fat before your main meal. If your dining mates don't mind, ask the waiter to skip the chips. For a healthier appetizer, try Ceviche if they have it (fresh seafood in citrus juice with veggies and herbs). You can also ask for veggies for the salsa or a side salad with salsa.

**ENSALADA** — There's usually at least one salad on the menu. Ask for the salad without the shell if it comes in a tostada/taco bowl. Get it topped with grilled chicken or shrimp (cooked with just a little oil, if possible). Skip the cheese and tortilla strips, but enjoy the black beans, corn, and veggies. Instead of salad dressing, try salsa or pico de gallo.

**FAJITAS** — Choose the chicken and/or shrimp and kindly ask if the chef can prepare the protein with just a small amount of oil. When it comes to sides, ask for black beans instead of refried beans, say no to the rice, sour cream, and cheese. Try to fill only two of the corn tortillas with all of these fixings and eat the rest of the veggies and protein that don't fit on their own.

## + Motivation Corner

"Weight loss success is not final, weight loss failure is not fatal; it is the courage to continue that counts."

—Felicity Lucky

"Nothing worth having comes easy."

—unknown

"You don't get what you want, you get what you work for."

—unknown

# Guilt-free Mexican Dining cont'd

**SAY ADIOS** — If you ordered these items at Mexican restaurants in the past, try and avoid them now: cheese-smothered dishes, huge frozen margaritas, and all the chimichangas, enchiladas, empanadas, etc.

**GUAC** — As mentioned before, it is made from avocados, which provide healthy fat but too much of anything is never a good thing. Try to only scoop out a few tablespoons onto your side dish and only eat that. They usually charge you extra to add it to salads and tacos anyway so you might want to avoid it all together and wait till you can make the homemade recipe.

**TACOS** – One trick is to order two tacos (without cheese), and then transfer the insides of one into the other, so you are left with one GRANDE taco!

**SNEAK-A-RITA** — A small margarita can add 350 calories or more to a meal! Instead, sneak in a packet of sugar-free lemonade drink mix (like Crystal light). Then order a tequila and water or club soda with a lime wedge. When it arrives, stir in some drink mix to taste. Instant guilt-free margarita! Stick to one margarita or drink a glass of water with each if you do get more than one. This hopefully will prevent you from grabbing more chips.

Remember, before you go to any restaurant, do your research! If the calorie information is available, READ IT before you go. If the calories are not available for smaller, local restaurants, still plan out what you will order and your dining strategies, and remember to ask the waiter for the small changes mentioned to make a BIG difference in calories.

## CELEBRATING CINCO!

*It's a perfect occasion to throw a party. Here are recipes to help you throw a healthy fiesta for Cinco de Mayo or any time!*

### ROCKIN' ROASTED CORN GUAC 'N CHIPS

This recipe from [hungrygirl.com](http://hungrygirl.com) uses peas, corn and fat-free greek yogurt to expand the guacamole and lower the calorie. Although avocados provide us with heart-healthy fat, it is high in calories. Starting off a Mexican meal with guacamole and especially the deep fried chips from a restaurant can end up being more calories than your meal! And since it's borderline impossible to stick to just a few chipfuls when faced with a bowl of that chunky green goodness, it's safest to skip the restaurant version and make our copycat recipe at home. TIP: Try dishing out an individual serving of guac and chips into individual cups for guests or your family and add some cut-up red bell pepper or jicama for dipping in addition to the chips.

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Serving Size: 1/3 cup guacamole  
with 9 chips ■ Calories: 160  
Fat: 4g ■ Sodium: 456mg  
Carbs: 27.5g ■ Fiber: 4.75g  
Sugars: 4.5g ■ Protein: 5g  
PointsPlus® value 4\*

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## ROCKIN' ROASTED CORN GUAC 'N CHIPS *CONTINUED*

### INGREDIENTS

#### *For Guac*

1 cup frozen sweet yellow corn  
One 15-oz. can early/young peas, drained  
1/2 cup mashed avocado  
(about 1 medium-small avocado's worth)  
1/4 cup plain fat-free Greek yogurt (Fage Total 0% is the best!)  
4 tsp. lime juice  
1/2 tsp. chopped garlic  
1/4 tsp. salt, or more to taste  
1/8 tsp. black pepper, or more to taste  
1/8 tsp. ground cumin  
1/8 tsp. chili powder  
3/4 cup chopped cherry or grape tomatoes  
1/4 cup finely chopped onion  
Optional: chopped fresh cilantro, chopped jarred jalapeño slices

#### *For Chips*

Twelve 6-inch corn tortillas  
3/4 tsp. salt

### DIRECTIONS

Preheat oven to 400 degrees.

Bring a skillet sprayed with nonstick spray to high heat on the stove. Add corn and cook until thawed and slightly blackened, about 8 minutes. Set aside to cool.

Place peas in a medium bowl and mash thoroughly with a potato masher or fork. (Or puree peas in a small blender or food processor and transfer to a medium bowl.) Add avocado, yogurt, lime juice, garlic, and dry seasonings. Continue to mash until blended.

Stir in corn, tomatoes, and onion. If you like, mix in cilantro and/or jalapeño. Refrigerate until ready to serve.

To make the chips, divide tortillas into two stacks and cut each in half. Cut each stack of halves into three triangles, for a total of 72 pieces.

Spray a large baking sheet with nonstick spray. Evenly lay about one-third of the tortilla triangles flat on the sheet.

Cover triangles with a generous mist of nonstick spray, spraying for about 2 seconds. Evenly sprinkle with 1/8 tsp. salt. Flip triangles over and sprinkle with another 1/8 tsp. salt.

Bake in the oven for 5 minutes. Carefully flip tortilla triangles over on the sheets. Continue to bake in the oven until crispy, about 5 minutes longer.

Repeat baking process until all the chips are baked. (If you have extra baking sheets and a large oven, feel free to do it all at once.)

Once cool enough to handle, transfer chips to a serving bowl. Serve with chilled guac and enjoy!



### FEATURED PRODUCT OF THE MONTH

#### WHOLLY GUACAMOLE

Great tasting, portioned out guacamole cups that are only 100 calories each! We know how hard it can be to stop eating delicious guacamole. Eat as a snack with fresh veggies like carrots, red bell peppers or jicama sticks or a few homemade corn tortilla chips (see the homemade recipe).



## TURKEY TACO LETTUCE WRAPS

For a lighter alternative to taco shells, these lettuce taco wraps are delicious [from skinnytaste.com](http://skinnytaste.com)! To keep it low calorie and healthy, choose reduced fat cheese, light sour cream, chives, tomatoes or whatever you like on your tacos for toppings and make your own taco seasoning instead of buying it pre-packaged to reduce sodium and sugar.



Servings: 4 ■ Serving Size: 2 taco wraps

Weight Watchers Points: 4 pts

Calories: 134 ■ Fat: 2 g ■ Carb: 10 g

Fiber: 2.4 g ■ Protein: 21 g ■ Sugar: 4

### INGREDIENTS

1.3 lbs 99% lean ground turkey  
1 tsp garlic powder  
1 tsp cumin  
1 tsp salt  
1 tsp chili powder  
1 tsp paprika  
1/2 tsp oregano  
1/2 small onion, minced  
2 tbsp bell pepper, minced  
3/4 cup water  
4 oz can tomato sauce  
8 large lettuce leaves from iceberg lettuce

### DIRECTIONS

Brown turkey in a large skillet. When no longer pink, add dry seasoning and mix well. Add onion, pepper, water and tomato sauce and cover. Simmer on low for about 20 minutes.

Wash and dry the lettuce. Place meat in the center of leaf and top with tomatoes, cheese and salsa or whatever you prefer (toppings add extra points/calories).

## STRAWBERRY MARGARITA SORBET

— Caroline Lazur

### INGREDIENTS

1 – 2-quart packet  
or 1 tub sugar-free strawberry  
powdered drink mix (any variety,  
like Crystal Light Strawberry-Kiwi  
or Energy Wild Strawberry) or  
Crystal Light Margarita Flavor  
8 cups cold water  
About 32 frozen unsweetened strawberries  
1 cup lime juice



### DIRECTIONS

Dissolve Crystal Light into two quarts (eight cups) of cold water; stir well. Run strawberries under cold water for a minute to thaw them slightly, so that they blend easily. In a blender, puree strawberries, lime juice and Crystal Light mixture until just blended. Pour into 8 individual dishes, cover, and place in freezer until nearly solid (will take several hours). If freezing overnight, thaw slightly by microwaving for 40 seconds or allowing to sit out for about 10 minutes before enjoying. Serves eight!