



**METABOLIC AND
WEIGHT LOSS CENTER**

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**What's Happening
this Month:**

- * Our September Support Group for Post – Weight loss surgery patients is **Wednesday, September 25** from 5 – 6 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 **September 25** 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!

MAKE A PLAN FOR ONE-PAN

by Caroline Lazur, RD, CSOWM
Bariatric Dietitian at Capital Health Metabolic & Weight Loss Center

The transition from summer to September can be hectic and we often put our health on the back-burner. Fast food can become our go-to dining option during times of stress and we tend to forget about all the fresh fruits and veggies that are still abundant during this month. Make your health a top priority this September and try these easy, one-pan recipes that are better tasting and better for you than restaurant food. You also can cook one day and have leftovers for the next day, but you may need to double the recipes if you're making them for your family.

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SHEET-PAN CASHEW CHICKEN

Makes two servings

From hungry-girl.com

INGREDIENTS

- 2 cups quartered mushrooms
- 1 cup chopped onion
- 1 cup snow peas
- 8 oz. raw boneless skinless chicken breast, cut into bite-sized pieces
- 1 tbsp reduced-sodium/lite soy sauce
- 1/4 tsp garlic powder
- 1/8 tsp each salt and black pepper
- 1 oz. (about 1/4 cup) unsalted roasted cashews, roughly chopped
- 1/4 cup chopped scallions
- 1/2 cup chicken broth
- 1 tbsp seasoned rice vinegar
- 1 1/2 tsp cornstarch
- 1 tsp chopped garlic
- 1/4 tsp ground ginger

Instead of ordering take-out Chinese food, try this yummy (and “health-ified”) recipe inspired by an popular dish that’s found on many menus!

NUTRITION INFO —

PER HALF OF RECIPE – ABOUT 1½ CUPS

309 CALORIES ■ 9.5 g TOTAL FAT

1.5 g SATURATED FAT ■ 867 mg SODIUM

23.5 g CARBOHYDRATES ■ 3.5 g FIBER

10 g SUGAR ■ 33 g PROTEIN

DIRECTIONS

1. Preheat oven to 400 degrees. Spray a baking sheet with nonstick spray.
2. Place veggies and chicken in a large bowl. Add 1/2 tbsp soy sauce, as well as all of your garlic powder, salt, and pepper. Toss to coat.
3. Evenly transfer mixture to the baking sheet and bake for 10 minutes.
4. Flip/rearrange chicken and veggies, and sprinkle with cashews and scallions. Bake until chicken is cooked through and veggies are soft and lightly browned (about five minutes).
5. To make the sauce, combine remaining 1/2 tbsp soy sauce with broth, vinegar, cornstarch, garlic, and ginger in a medium microwave-safe bowl. Mix well.
6. Microwave sauce for one minute. Stir, and microwave for an additional 45 seconds, or until mixture is hot and has thickened. Serve veggies and chicken drizzled with sauce.



PINEAPPLE SHRIMP FAJITAS

Makes four servings

From hungry-girl.com

INGREDIENTS

- 4 cups sliced bell pepper
- 2 cup sliced onion
- 20 oz. can pineapple tidbits packed in juice, lightly drained
- 2 tbsp fajita seasoning mix
- 2 tbsp chopped fresh cilantro (or to taste) for topping
- 16 oz. (about 32) raw large shrimp, peeled, tails removed, deveined
- 1 tbsp lime juice

For a little more than the cost of extra guac at popular Mexican restaurants, you can have one full serving of this meal. Try this recipe scooped into a corn tortilla, piled onto a green salad, or enjoyed over a bowl of cauliflower rice.

NUTRITION INFO —

PER QUARTER OF RECIPE – ABOUT 1½ CUPS

219 CALORIES ■ 1.5 g TOTAL FAT
0.5 g SATURATED FAT ■ 610 mg SODIUM
28.5 g CARBOHYDRATES ■ 3.5 g FIBER
18.5 g SUGAR ■ 22 g PROTEIN

DIRECTIONS

1. Preheat oven to 400 degrees. Spray a baking sheet with nonstick spray.
2. In a large bowl, combine veggies, pineapple, half of the fajita seasoning, and cilantro. Toss to coat.
3. Spread mixture onto the center of the baking sheet. Bake for 12 minutes.
4. In a large bowl, combine shrimp, lime juice, and remaining seasoning. Toss to coat.
5. Flip/rearrange mixture on the baking sheet. Top with shrimp.
6. Bake until veggies are soft and lightly browned and shrimp are cooked through (about 8 - 10 more minutes).



ONE-PAN PARMESAN CHICKEN

Makes four servings (one chicken breast and one cup of broccoli per serving)

From *SkinnyTaste.com*

INGREDIENTS

- 1 tbsp olive oil
- 4 boneless, skinless chicken breasts (about 5 oz. each)
- 24 ozs. fresh or frozen broccoli florets
- 1 tsp kosher salt
- 1/4 tsp garlic powder
- 2 garlic cloves, minced
- 1/2 cup freshly grated Parmesan cheese
- 1/4 cup chopped fresh parsley

When the moon hits your eye and you think of ordering pizza pie, try this Italian inspired dish instead!

NUTRITION INFO — PER SERVING

201 CALORIES ■ 6.5 g TOTAL FAT
448 mg SODIUM ■ 8 g CARBOHYDRATES
3.5 g FIBER ■ 22 g PROTEIN

DIRECTIONS

1. Preheat oven to 425°F. Grease a rimmed baking sheet with a half tablespoon of the olive oil.
2. Arrange the chicken breasts in the center of the prepared baking sheet. Arrange the broccoli around the chicken.
3. Drizzle the broccoli with the remaining half tablespoon of olive oil and season everything with salt and garlic powder.
4. Bake until the chicken breasts are cooked through and a thermometer inserted in the thickest part registers 160°F (25 to 30 minutes).
5. In a small bowl, combine the garlic, Parmesan, and parsley.
6. Top each chicken breast with some of the mixture. Broil until the cheese is melted and the broccoli is deeply browned (about three minutes).
7. Remove the pan from the oven, tent with foil, and let rest for five minutes. Serve warm.



ONE-PAN PETITE MEATLOAF WITH ROASTED VEGGIES

Makes four servings *From SkinnyTaste.com*

INGREDIENTS

- Olive oil cooking spray
- 1 lb. 93% lean ground turkey
- 1/3 cup quick-cooking oats
- 6 tbsp unsalted ketchup, divided
- 1/4 cup finely chopped onion
- 1 large egg
- 1 tsp dried marjoram
- 1 tsp kosher salt, divided
- 2 tsp lower-sodium Worcestershire sauce
- 12 ozs. fresh green beans, trimmed
- 10 ozs. small carrots, trimmed
- 2 tbsp olive oil
- 1/2 tsp garlic powder
- 1/4 tsp freshly ground black pepper

When you need comfort and it seems easier to swing by the diner with your family, we have the answer in this recipe!

NUTRITION INFO — PER SERVING

373 CALORIES ■ 17 g FAT
678 mg SODIUM ■ 29 g CARBOHYDRATES
6 g FIBER ■ 30 g PROTEIN

DIRECTIONS

1. Preheat oven to 450°F. Coat a large rimmed baking sheet with cooking spray.
2. Combine turkey, oats, 3 tablespoons ketchup, onion, egg, marjoram, and ½ teaspoon salt in a medium bowl. Divide into 4 (4- x 2 1/2-inch) loaves and place evenly spaced on pan.
3. Combine Worcestershire sauce and remaining 3 tablespoons ketchup in a small bowl and brush on loaves.
4. Combine green beans, carrots, olive oil, garlic powder, pepper, and remaining ½ teaspoon salt in a large bowl. Arrange vegetables around loaves.
5. Bake at 450°F for 12 minutes. Turn vegetables. Continue to bake until loaves are no longer pink in the center (about 12 to 15 more minutes).



Product of the Month

If you have old warped and rusted sheet pans, it might be time to invest in new ones! **Nordic Ware Naturals Half Sheet Pans** are made of pure aluminum for superior heat conductivity, easy clean up, and a lifetime of durability. We found them on Amazon for \$19.99, so why not get one-pan ready for September?

