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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 March Support Group for post-weight loss surgery patients is Wednesday, March 31st from 5 – 6 p.m. This support group will be held 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 Health D.R.E.A.M. Team, please e-mail Theresa 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? Bring them to Dr. Chung's information session on Wednesday, March 24th 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. Anwar.

NATIONAL NUTRITION MONTH

by Elizabeth George and Theresa Balestrieri, Dietitians at Capital Health Metabolic & Weight Loss Center

Every year, the Academy of Nutrition and Dietetics celebrates Registered Dietitian Nutritionist Day and National Nutrition Month in March. This year's theme for National Nutrition Month is "Personalize Your Plate." No matter what foods you choose to put on your plate, remember to fill it by following the plate method guidelines. The plate method is a way to create a balanced plate, with your protein, starch, fruit and vegetable in portions that combine for a healthy diet. All different foods and preferences can fit into the plate method, even if they aren't the typical examples that you would see in food models or posters! The plate method helps us portion our food groups appropriately to monitor our serving sizes, fills us up with foods from the most important groups, and helps us control our calorie intake without having to count calories. Incorporating different colors of fruits and vegetables on your plate creates meals that are both interesting and satisfying! Including more fruits and vegetables with each meal can also help to reduce food waste, as you try to include more of what you have in the fridge.



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NATIONAL NUTRITION MONTH *continued*



Fresh produce offers many benefits. All fruits and vegetables contain fiber, which helps us to feel fuller for a longer period of time, maintain regularity, and manage our blood sugar. Fruits and vegetables also provide a wide array of vitamins, minerals, and antioxidants, though they don't all contain the same benefits. Eating an assortment of colored fruits and vegetables lets us take advantage of all the benefits produce has to offer. For a balanced diet, produce should be taking up most of the room on our plate!

To get started, see if you can have a different colored vegetable each day this week. Follow the plate method guidelines and make sure to choose a starch and a protein to complete your meal!

- ... Choose a lean protein without added salt or sugar.
- ... Complex starches, such as whole wheat bread or pasta, brown rice, or a starchy vegetable like corn or potatoes help to increase your fiber intake and help you feel fuller for a longer period of time.

For inspiration to personalize your plates, here's how Capital Health dietitians customize their meals:

Jess: *My family and I enjoy roasted chicken with roasted broccoli and rice. This meal is super easy to clean up, and adding a sprinkle of parmesan cheese over the broccoli gives it a savory taste that the whole family enjoys!*

Korie: *I like to add cilantro to everything! It adds flavor and color to my favorite dishes, like homemade burrito bowls.*

Liz: *I like to pair leftovers from different meals together. It reinvents dishes that you wouldn't normally think to have together and is a timesaver from additional meal prep! My favorite inventive dish was chickpeas I had on a salad, which I ended up adding to ground turkey I had made for a chili, and threw it over a bed of salad for added crunch!*

Theresa: *I add canned beans to everything! Beans are a great complex carb with plenty of fiber as well as a plant-based protein source. They require no additional prep (just a quick rinse to limit added sodium), are shelf stable and budget friendly! I add beans to my eggs and peppers in the morning, to top my salads, to add color to my spaghetti squash, to mix into my cauliflower rice, and more!*

Think of ways that you can personalize your plate!

COLORIZE YOUR PLATE WITH

Vibrant Vegetables	Flavorful Fruits
WHITE	
<ul style="list-style-type: none"> Jicama Root Cauliflower Mushrooms 	<ul style="list-style-type: none"> Dragon Fruit Banana Grapes
RED	
<ul style="list-style-type: none"> Tomatoes Rhubarb Radishes 	<ul style="list-style-type: none"> Strawberries Cranberries Cherries Watermelon
YELLOW AND ORANGE	
<ul style="list-style-type: none"> Summer Squash Spaghetti Squash Rutabaga Peppers Carrots Pumpkin 	<ul style="list-style-type: none"> Lemons Peaches Apricots Nectarines Mango Papaya
GREEN	
<ul style="list-style-type: none"> Arugula Broccoli Asparagus Artichokes 	<ul style="list-style-type: none"> Apples Honeydew Kiwi Limes
BLUE AND PURPLE	
<ul style="list-style-type: none"> Beets Cabbage Eggplant 	<ul style="list-style-type: none"> Plums Figs Grapes Blueberries Blackberries



ROASTED DELICATA SQUASH WITH BURRATA, POMEGRANATE AND PISTACHIOS

From SkinnyTaste.com

Prep Time: 15 minutes ▪ Cook Time: 25 minutes

NUTRITION INFO – PER SERVING

Makes 6 servings (about ½ cup each)

165 CALORIES ▪ 14g CARBS ▪ 5g PROTEIN
2.5g FIBER ▪ 11g FAT ▪ 4g SUGAR

This recipe is an easy side dish, just add protein!

INGREDIENTS

- Olive oil spray
- 1 ½ lbs. Delicata squash (two medium)
- 1 tbsp olive oil
- ½ tsp kosher salt
- Freshly ground black pepper (to taste)
- 6 oz. burrata cheese (quartered)
- ¼ cup chopped roasted pistachios
- ¼ cup pomegranate seeds
- Fresh basil (for garnish)

DIRECTIONS

1. Preheat oven to 425° F. Lightly spray two sheet pans with oil.
2. Slice each squash in half lengthwise and scoop out the seeds with a spoon.
3. Slice the seeded halves into ½-inch pieces (half circles) then divide and spread them evenly on the sheet pans. Drizzle with oil, season with salt and pepper and toss to evenly coat.
4. Roast for 20 – 25 minutes, tossing halfway through cook time.
5. Transfer squash to a serving platter, top with burrata, pistachios, pomegranate seeds and basil. Serve immediately.



ROASTED RADISHES AND ONIONS

From SkinnyTaste.com

Prep Time: 10 minutes ▪ Cook Time: 30 minutes

NUTRITION INFO – PER SERVING

Makes 6 servings (about ½ cup each)

69 CALORIES ▪ 11g CARBS ▪ 1.5g PROTEIN
4.5g FIBER ▪ 2.5g FAT ▪ 4.5g SUGAR

If you haven't tried radishes in a while, this is a great seasonal side dish. Make sure to pair with a protein source!

INGREDIENTS

- 2 large bunches radishes (about 1 lb. each, trimmed of the greens)
- 1 lb. spring onions or shallots
- 1 tbsp extra virgin olive oil
- ½ tsp kosher salt
- ½ tsp coarsely ground black pepper

DIRECTIONS

1. Preheat oven to 425°F.
2. Halve the radishes (or quarter any that are larger than a half dollar).
3. Cut the onions or shallots into wedges, about the size of the radish pieces.
4. Pile onto a rimmed cookie sheet or cast-iron skillet.
5. Drizzle the oil over the vegetables and sprinkle on the salt and black pepper. Toss to coat, then spread the radishes and onions out into a single layer.
6. Roast for 10 minutes, then lower the heat to 350°F. Stir the vegetables and roast for 20 to 30 more minutes, stirring every 10 minutes or until the vegetables are deeply caramelized on the outside and tender on the inside.
7. Adjust salt as needed.



GRILLED SALMON KEBABS

From SkinnyTaste.com

Prep Time: 15 minutes ▪ *Cook Time: 10 minutes*

NUTRITION INFO – PER SERVING

Makes 4 servings (2 kebabs)

267 CALORIES ▪ *7g CARBS* ▪ *35g PROTEIN*
3g FIBER ▪ *11g FAT*

These salmon and lemon kebabs are a perfect way to get your crunch craving satisfied!

INGREDIENTS

- 2 tbsp chopped fresh oregano
- 2 tsp sesame seeds
- 1 tsp ground cumin
- ¼ tsp crushed red pepper flakes
- 1 ½ lbs. skinless wild salmon fillet
(cut into 1-inch pieces)
- 2 lemons (very thinly sliced into rounds)
- olive oil cooking spray
- 1 tsp kosher salt
- 16 bamboo skewers soaked in water for 1 hour

DIRECTIONS

1. Heat the grill on medium heat and spray the grates with oil.
2. Mix oregano, sesame seeds, cumin, and red pepper flakes in a small bowl to combine. Set spice mixture aside.
3. Beginning and ending with salmon, thread salmon and folded lemon slices onto 8 pairs of parallel skewers to make 8 kebabs total.
4. Spray the fish lightly with oil and season with kosher salt and the reserved spice mixture.
5. Grill the fish, turning occasionally, until fish is opaque throughout (about 8 to 10 minutes).



CHICKEN AND MUSHROOMS IN A GARLIC WHITE WINE SAUCE

From SkinnyTaste.com

Prep Time: 5 minutes ▪ Cook Time: 15 minutes

NUTRITION INFO – PER SERVING

Makes 4 servings (2 tenderloins with mushrooms)

217 CALORIES ▪ 6g CARBS ▪ 29.5g PROTEIN
1.5g FIBER ▪ 7.5g FAT ▪ 2g SUGAR

This is a quick 20-minute dish that's perfect for busy weeknights. Just pair with any of the side dishes from the recipes in this issue!

INGREDIENTS

- 8 chicken tenderloins (16 oz. total)
- 2 tsp butter
- 2 tsp olive oil
- ¼ cup all-purpose flour
- 3 cloves garlic (minced)
- 12 oz. sliced mushrooms
- ¼ cup white wine
- ⅓ cup fat free chicken broth
- salt and fresh pepper to taste
- ¼ cup chopped fresh parsley

DIRECTIONS

1. Preheat oven to 200°F.
2. Season chicken with salt and pepper. Lightly dredge in flour.
3. Heat a large skillet on medium heat. When hot add 1 teaspoon butter and 1 teaspoon olive oil.
4. Add chicken to the skillet and cook on medium heat for about 5 minutes on each side, or until chicken is no longer pink.
5. Set aside in a warm oven.
6. Add additional oil and butter to the skillet, then garlic and cook a few seconds. Add mushrooms, salt and pepper stirring occasionally until golden, about 5 minutes.
7. Add wine, chicken broth, parsley and stir with a wooden spoon, breaking up any brown bits from the bottom of the pan. Cook a few more minutes or until the liquid reduces by half.
8. Top the chicken with the mushroom sauce and serve.



MEDITERRANEAN BEAN SALAD

From SkinnyTaste.com

Total Time: 15 minutes

NUTRITION INFO – PER SERVING

Makes 6 servings (about $\frac{3}{4}$ cup each)

175 CALORIES ■ 26g CARBS ■ 8g PROTEIN
9g FIBER ■ 4.5g FAT ■ 1g SUGAR

This salad is a perfect side dish or can be served as lunch over spiralized cucumbers and topped with a leftover protein.



INGREDIENTS

- One 15.5 oz. can garbanzo beans, drained and rinsed
- One 15 oz. can black beans, drained and rinsed
- 1 cup chopped grape tomatoes
- 1 large garlic clove (finely minced)
- $\frac{1}{2}$ cup chopped red onion
- $\frac{1}{4}$ cup chopped fresh parsley
- $\frac{1}{4}$ cup chopped fresh mint
- 1 $\frac{1}{2}$ tbsp olive oil
- Juice from one medium lemon
- $\frac{1}{2}$ tsp kosher salt
- Freshly ground black pepper

DIRECTIONS

1. In a large bowl, combine beans, tomatoes, garlic, onion, parsley, and mint.
2. For the dressing whisk the olive oil and lemon juice in a small bowl until smooth and emulsified.
3. Pour the dressing over the beans and veggies. Add $\frac{1}{2}$ teaspoon salt and black pepper to taste and carefully toss with a large metal spoon. Allow to sit at room temperature for 30 minutes so flavors combine.



Product of the Month PORTION CONTROL PLATE

A portion control travel plate is a great help with your meal prep, portioning, and healthy eating on the go! This plate conveniently reminds us of which foods to add to our plate and controls how much we can plate of each food group. This is a great visual aid for meal planning to remind us to include all our food groups and maintain appropriate portion sizes for increased satiety and weight management. Available for less than \$10 from Amazon, Walmart, and other retailers!

