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Add New Flavors To Your Plate From Around The World (And Our Office)

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

During this festive time of year, the talk of tradition is always bouncing around our office. Food is often at the heart of tradition, which makes this a great time for recipe sharing. Our recipes in this month's newsletter are inspired by traditional foods our staff enjoys from their respective culture with slight tweaks in the ingredients for healthier options. They say variety is the spice of life, so step outside your own traditions and take a trip with us around the globe (or our office) to enjoy new flavors in your kitchen in the new year!



KOREA

DR. JOOYEUN CHUNG
*Bariatric Surgeon and Medical Director,
Capital Health Metabolic & Weight Loss Center*

Our first recipe is inspired by a traditional dish our very own Dr. Chung would enjoy in her Korean kitchen. "After Korean food was westernized, the portions in restaurant often became much larger than what we actually eat," said Dr. Chung. "As a result,

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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 Bariatric Support Group for post-weight loss surgery patients is Tuesday, December 20 from 5 – 6 p.m. This support group will be held virtually, so please check our online support group or your e-mail (check junk mail!) for the link to access, or message your dietitian 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 send an email to clazur@capitalhealth.org so Caroline can send 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, 24/7!
- * Is someone in your life thinking about weight loss surgery? Schedule a virtual information session with our Bariatric Surgeon, Dr. Chung, on Wednesday, December 6 from 7 – 8:30 p.m. To register, visit capitalhealth.org/weightloss or call our office to speak to Brelynn, our coordinator, 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! This program features Robard's great tasting New Direction Products! Weekly visits with our dietitians help you develop an individualized plan and lifestyle skills to help you lose weight and keep it off! To get started, call our office at 609.537.6777 to schedule your screening with Dr. Anwar.



ADD NEW FLAVORS TO YOUR PLATE FROM AROUND THE WORLD! *continued*



most Korean recipes can use heavy amounts of sesame oil and sugar in their recipes, but these are traditionally used in very small amounts.”

One of Dr. Chung’s favorite Korean recipes is Haemul Pajeon, which is a seafood scallion pancake. The recipe below is adapted from Dr. Chung and koreanbapsang.com, a food blog dedicated to popular Korean dishes. We’ve tweaked the traditional recipes by adding more veggies and decreasing the sesame oil. Eating your protein, carbs and veggies in the form of a pancake can be a fun and delicious twist to conventional Plate Method. Typically, the seafood is added to the pancake, but you can make the pancake with just veggies and scallions and serve the seafood or other protein of your choice on the side!

HAEMUL PAJEON

This recipe makes two large pancakes, but you can divide the batter into four smaller pancakes.

NUTRITION INFO – PER SERVING

Serving size: 1/4 of recipe

276 CALORIES ▪ **5g FAT** ▪ **38.5g CARBS** ▪
19g PROTEIN ▪ **1g FIBER** ▪ **810mg SODIUM**

INGREDIENTS (BATTER)

- 1/2 to 2 cups of assorted seafood (squid, shrimp, mussels, oysters, clams, etc.) cut into bite size pieces (or choose just one of your favorites!)
- 1/2 cup all-purpose flour
- 1/4 cup rice flour
- 1/4 cup cornstarch
- 1/2 tsp salt
- 3/4 cup ice water
- 1 bunches of scallions, roughly chopped
- 4 cups of any vegetables you have in the fridge, shredded or finely chopped (zucchini, kale, bell peppers, etc.). Previously cooked leftover veggies or rice veggies are good too!
- Cooking spray
- Sesame oil (1 tsp per 4-inch pancake, 2 tsp for 8-inch pancake) to use when cooking!
- 1 egg lightly beaten (optional)
- 1 red chili pepper (optional)

INGREDIENTS (DIPPING SAUCE)

- 1 tbsp low-sodium soy sauce
- 2-3 tsp rice wine vinegar
- 1 tbsp water
- Pinch of black pepper
- Pinch of red chili flakes (Gochugaru Korean red chili flakes for authentic flavor)
- 1 tbsp chopped scallion
- 1/2 tsp sugar (optional)
- 1 tbsp chopped onion (optional)

DIRECTIONS

1. Whisk dipping sauce ingredients together and set aside (best to make this first so you can enjoy it with your pancake while its hot).
2. Pat /squeeze excess water from seafood and vegetables.
3. Mix all-purpose flour, rice flour, corn starch, seafood, vegetables, and 1/2 tsp salt in bowl and set aside.
4. Combine ice water and egg. Then whisk into flour mixture until smooth. Batter should be relatively thin.
5. Coat a large non-stick skillet with cooking spray over medium heat, then add 1-2 tsp sesame oil.
6. Scoop 1/4 to 1/2 of batter into skillet (depending on if you are making smaller or larger pancakes). Cook until dark golden on the bottom (about 2-3 minutes). Flip and cook the other side about 2-3 minutes, until dark golden brown.
7. Transfer to a plate lined with a paper towel. Continue with remaining batter.
8. Serve hot with dipping sauce.

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ADD NEW FLAVORS TO YOUR PLATE FROM AROUND THE WORLD! *continued*



POLAND

CAROLINE LAZUR, RD,
CSOWM *Bariatric Dietitian*

This Beet Salad Recipe is one of the simplest recipes Caroline's mother taught

her how to make, and is definitely one of her favorites! "We usually enjoy it as a side dish at Easter to accompany a tableful of smoked meat, cheeses, and white borsch (soup)," said Caroline. "I make it all year round to enjoy as a lunch, just like an egg salad. I tweak by using less mayo and light sour cream or 2% Greek yogurt compared to the traditional recipe—it's still just as delicious!"

Beets are a great source of folic acid, manganese, and copper and they also contain nitrates that help lower blood pressure. Eggs give it your protein and you can serve the salad by itself or with whole grain crackers. Fresh dill is an essential herb for almost all Polish dishes, so be sure to include it to stay faithful to tradition.



POLISH BEET SALAD

NUTRITION INFO – PER SERVING

Makes 4 servings

244 CALORIES ▪ 10g FATS ▪ 20g CARBS ▪
15g PROTEIN ▪ 5g FIBER ▪ 653mg SODIUM

INGREDIENTS

- 2 cups pre-cooked beets, small dice
- 4 gherkin pickles, chopped (pickles that are kept refrigerated at the grocery store are preferred)
- 8 hardboiled eggs (use 4 whole eggs; white only for the other 4)
- 2 tbsp mayo
- 2 tbsp light sour cream or 2% plain Greek yogurt
- 1 cup canned peas (rinsed)
- Fresh chopped dill to taste
- Salt and pepper to taste

DIRECTIONS

1. Mix all ingredients and enjoy!



PUERTO RICO

VAL ORTIZ, MS, RDN
*Former Medical
Weight Loss Dietitian at
Capital Health Metabolic
& Weight Loss Center*

"This pollo guisado recipe is my favorite comfort food," said Val Ortiz. "My mom would always make it and it reminds me of coming home and bringing family together. This stew is popular in the Caribbean, Central and South American and has many variations, depending on what country you are from. This recipe comes straight from my mom's kitchen. She always cared about health and loved to add lots of veggies to it, so it is loaded with fiber, vitamins and minerals. It has all of the components of 'The Plate Method' in one pot! We enjoy serving it over a little rice to soak up all the delicious broth. I adjusted the seasonings in my Mom's recipe to reduce the sodium. This winter, I hope you enjoy this hearty, flavorful stew with family or friends as much as I do!"

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ADD NEW FLAVORS TO YOUR PLATE
FROM AROUND THE WORLD! *continued*



POLLO GUISADO (PUERTO RICAN CHICKEN STEW)

NUTRITION INFO – PER SERVING

Serves 8 (Without 1/2 cup rice)

320 CALORIES ▪ 11g FAT ▪ 10g CARBS ▪
24g PROTEIN ▪ 3g FIBER ▪ 771mg SODIUM

INGREDIENTS

- 2 lbs. bone-in chicken thighs (skin removed) or breasts (if using breasts, cut in half)
- 1 teaspoon Adobo all-purpose seasoning (low-sodium if possible)
- 2 tbsp olive oil
- 3 tbsp sofrito (homemade or store-bought)
- 1 packet low-sodium Sazon seasoning with annatto
- 1 tbsp low-sodium powdered chicken bouillon (or more, according to your taste)
- 2 tbsp tomato paste
- 1 tsp dried oregano
- 3 cups water
- 1 cup diced potatoes
- 1 cup baby carrots
- 2 cups baby spinach
- 2/3 cup frozen or canned peas
- 2 bay leaves
- 10-12 pimento-stuffed olives
- 2 tbsp fresh cilantro, for garnish optional
- Cooked white rice, optional for serving (1/2 cup cooked per person)

DIRECTIONS

1. Heat a Dutch oven on medium heat.
2. Season the chicken with the Adobo seasoning, then add the olive oil and chicken to the pot. Brown for 4 – 5 minutes on each side.
3. Remove the chicken from the pot and set it aside.
4. Add the sofrito, Sazon, tomato paste, powdered chicken bouillon, oregano, water, potatoes, carrots, bay leaves and olives into the pot. Bring the mixture to a boil, then add the chicken back into the pot.
5. Lower the heat to a simmer and cook the pollo guisado for 40 – 50 minutes with the lid on* or until the chicken is cooked through.

6. Add in spinach and frozen peas and cook an additional 5 minutes.
 7. Check for seasoning and adjust to taste.
 8. Sprinkle the finished stew with the chopped cilantro, if using, and stir.
 9. Serve with 1/2 cup white rice, if desired, or eat as is!
- * If your stew is too watery, cook with the lid off to reduce the liquid to your desired level.



INDIA

ALIYAH ALI
Dietetic Intern

Kichdi with dal is a nutritious recipe from India made with rice, moon dal (lentils) and a variety of spices that can provide rich sources of protein, fiber, and vitamins and minerals. “This simple, one-pot recipe can be consumed as part of a healthy diet and is often made during sickness for nutrition and comfort,” said Aliyah. “Kichdi can be enjoyed by itself or paired with pickles (my personal favorite), mango, papad (rice cracker), and curd. This wholesome and flavorful meal can be served for breakfast, lunch or dinner!”

KICHDHI

NUTRITION INFO – PER SERVING

Makes 5 servings

247 CALORIES ▪ 3g FAT ▪ 29g CARBS ▪
10g PROTEIN ▪ 4g FIBER ▪ 373mg SODIUM

ADD NEW FLAVORS TO YOUR PLATE FROM AROUND THE WORLD! *continued*



INGREDIENTS

- 1 cup split green mung beans, split pigeon peas, or red split lentils
- 1/4 cup any white long-grain rice
- 1 bay leaf
- 1 tsp black peppercorns
- 1 tsp ground turmeric
- 1 tsp kosher salt, plus more
- 6 cups water
- 1/4 cup ghee or unsalted butter
- 2 tsp cumin seeds
- 2 dried red chili peppers
- Pinch of asafetida (optional, but really good)
- Pinch of red chili powder

DIRECTIONS

1. Combine 1/2 cup mung beans and 1/2 cup rice in a fine-mesh sieve and rinse under cool running water until water runs clear. Transfer to a large Dutch oven* or other heavy pot (the larger the better, this bubbles vigorously) and add bay leaf, peppercorns, turmeric, 1 teaspoon of salt, and water.
2. Bring to a boil over high heat, then reduce heat to medium and cover pot. Cook, scraping down sides and giving mixture a stir after 15 minutes. Continue cooking until mung beans and rice are tender and mixture resembles a stew, about 20–25 minutes. (If your pot lid is threatening to blow, feel free to open slightly to release pressure.)

3. Remove from heat add more salt to taste. Let sit covered while you make the spiced ghee described in the next step.
4. To make the spiced ghee (or butter), melt 1/4 cup ghee or butter in a small skillet on medium-high heat. Add cumin seeds and cook until seeds start to sputter and brown (a matter of seconds). Remove from heat and immediately mix in dried red chili peppers, asafetida (if using), and red chili powder.
5. Divide kichdi into five bowls and add spiced ghee to each.

** Alternatively, you can prepare this in an Instant Pot. Cook on rice setting on low-pressure 12 minutes and naturally release pressure.*



Product of the Month HidrateSpark Water Bottle

Give yourself and others the gift of hydration with the HidrateSpark smart water bottle, which reminds you to sip, sip, sip during your busy day!

The company has many options to choose from, but our favorite is the PRO model, which uses weight sensing technology to detect and record the volume (down to the ml) of every sip taken, all of which is packed into a rechargeable sensor puck. A ring of LED lights around the puck allows you to customize the glow colors, frequency, and intensity for an engaging visual reminder to stay hydrated when you are falling behind. The bottle connects to an app that lets you track your daily goal and compete with other HidrateSpark users. Offered in a variety of colors, you can also customize by choosing a straw top or chug top.

