



capita**health**

**METABOLIC AND
WEIGHT LOSS CENTER**

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capitalhealth.org/weightloss

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IN THIS ISSUE

- Take Advantage of New Jersey's Summer Produce!
- Farmers Markets in Mercer County



ENJOY SUMMER FARM TO TABLE IN NEW JERSEY

Caroline Lazur, Bariatric Dietitian
Capital Health Metabolic and Weight Loss Center

Take advantage of local produce this summer and celebrate the bounty of our Garden State with some fun, healthy, and simple recipes. Visit the farmers markets listed at the end of this newsletter to shop for the fruits and vegetables that are showcased here.

continued on page 2



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 **Thursday, July 27 from 5–6 p.m.** All support groups are held virtually, so please check the Baritastic app, our online support group or your e-mail (check junk mail!) for the link to access, or message your dietitian to receive the link.

* Our Medical Weight Loss Support Group for all New Direction Patients is **July 19 from 4:30–5:30 p.m.** All support groups are held virtually, so please check the Baritastic app or your email (check junk mail!) for the link to access. Email registered dietitian Emily Santora at esantora@capitalhealth.org if you need the link. Our Medical Weight Loss 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.

* 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!

* Are you or someone in your life thinking about weight loss surgery? Schedule a virtual information session with our Bariatric Surgeon Dr. Chung on **Tuesday, July 11 at 7 p.m.** To register, visit capitalhealth.org/weightloss or call our office to speak to Brelynn, our coordinator, at 609.537.6777.

NEW JERSEY'S SUMMER PRODUCE

continued



SPINACH

New Jersey ranks third in the nation for production of spinach. Since we are lucky to have it in abundance in our region and it cooks in two minutes flat, there is no reason you shouldn't have it often! Spinach is rich in vitamins C, A and K as well as folic acid. Spinach is also one of the best sources for the antioxidant lutein, which may promote eye health and reduce the risk of macular degeneration. It's also great in omelets, used as a base for salads, or sautéed with garlic and spices of your choice to be served as a side dish. [See page 4 for our featured spinach recipe.](#)

BLUEBERRIES

Enjoying a handful of blueberries really gives you that summer feeling. Blueberries are rich in beneficial plant compounds known as anthocyanins, which give various berries their vibrant red, blue, and purple hues. Several studies have linked anthocyanin-rich foods to better heart health. Anthocyanins appear to make blood vessels more elastic and help lower blood pressure. New Jersey blueberries can be picked from mid-June to early August. New Jersey ranks sixth in production of blueberries with Hammonton considered the "blueberry capital of the world."

Keep berries in the refrigerator after you purchase them in order to prevent mold growth. Use them in a sweet snack or dessert by pairing them with low-fat whipped cream or try freezing your Greek yogurt and topping it with berries. You can also try them in a savory dish like a salad with a delicious balsamic glaze or try the [grilled salmon recipe on page 5.](#)

CORN

New Jersey ranks ninth in the nation in sweet corn production, which helps make corn on the cob a popular offering at summer barbecues in our region. Corn is a starchy vegetable, but is loaded with fiber to help keep you full and satisfied when paired with protein and other veggies that are part of a meal. You can make sure your corn on the cob is fresh by pinching a kernel—a milky juice spurting out indicates freshness. Warm temperatures cause the sugar content of corn to convert to starch (which makes corn less sweet), so unshucked corn on the cob should be stored in the refrigerator to preserve sweetness. [Try our featured corn recipe on page 6.](#)

TOMATOES

There is nothing like New Jersey tomatoes, which is part of the reason they are known as the state "vegetable" though they're technically a fruit! Half a cup of tomatoes contains 40% of the recommended daily intake for vitamin C and they are also a good source of vitamin A. Tomatoes also contain lycopene, a powerful antioxidant that eliminates cancer-causing free radicals that can damage DNA and other fragile cell structures. Recent studies show it can lower the risk of stroke as well.

For storage, it is best to keep your tomatoes out of the refrigerator because it can ruin their flavor. Enjoy them on your lean burgers this summer, in salads, or as part of your homemade tomato sauce!

Try a healthier and upscale take on the traditional "Jersey tomato sandwich" [with the recipe on page 7](#), which includes protein for a delicious, simple-to-make meal.



NEW JERSEY'S SUMMER PRODUCE

continued



PEACHES

New Jersey ranks fourth in peach production in the country, with a peach season that lasts from July to September. The fuzzy skin and juicy flesh of peaches contain healthy antioxidants, including vitamin C, polyphenols and carotenoids. Peaches can be eaten as a snack and taste great when incorporated into savory dishes like salads or the salsa recipe below that can be used to top a grilled protein of choice! See page 8 for our featured recipe for peaches.

BELL PEPPERS

New Jersey ranks fourth in bell pepper production in the country. By weight, a sweet red bell pepper contains three times as much vitamin C as a citrus fruit such as an orange. One serving (about ½ cup or 5 strips) provides 100% of your daily requirement of vitamin C! Red bell peppers contain the antioxidant lycopene. Try our featured recipe for bell peppers on page 9.



VISIT YOUR LOCAL FARMERS MARKETS IN MERCER COUNTY

Instead of a product of the month, we've created a list of farmers markets you can visit this summer to find delicious local produce!

Pennington Farmers Market

Rosedale Mills
101 Route 31
Pennington, NJ 08534

*Open Saturdays, 9 a.m. – 1 p.m.,
mid-May through November*

Princeton Farmers Market

Dinky Train Station
Lot 172 Alexander Street
Princeton, NJ 08542

*Open Thursdays, 10 a.m. – 2 p.m.,
through November 17*

Robbinsville Farmers Market

66 Sharon Road
Robbinsville, NJ 08691

*Open Tuesdays, 3:30 – 7 p.m.,
until August 30*

Trenton Farmers Market – Spruce Street

960 Spruce Street
Lawrence Township, NJ 08648

*Open Wednesday – Saturday, 9 a.m. – 6 p.m.;
Sunday 9 a.m. – 3 p.m.*

West Windsor Community Farmers Market

Vaughn Drive at Princeton Junction Station
(enter market at 877 Alexander Road).

For GPS, use:
877 Alexander Road
Princeton, NJ 08540

*Open Saturdays, 9 a.m. – 1 p.m.,
until November 19*

Greenwood Ave Farmers Market

427 Greenwood Avenue
Trenton, NJ 08609

Open Mondays, 12 – 5 p.m., June – October

RECIPES OF THE MONTH



SPINACH

SPINACH SALAD WITH ROASTED SWEET POTATOES, WHITE BEANS, AND BASIL

Just add lean protein for a complete summer meal!

Prep Time: 40 minutes

NUTRITION INFO – PER SERVING

Makes 8 servings

199 CALORIES ■ 21g CARBS ■ 6g PROTEIN
10g FAT ■ 1g SATURATED FAT ■ 5g FIBER
211mg SODIUM

Image and recipe adapted from Eatingwell.com

INGREDIENTS

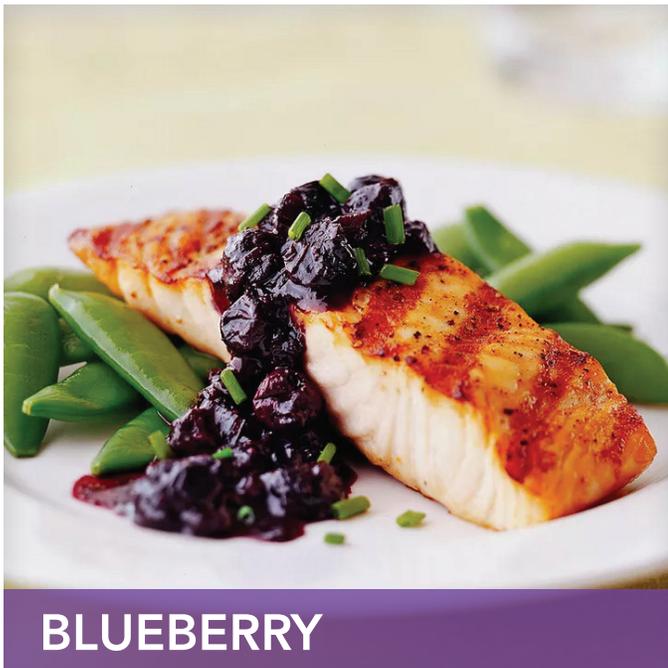
- 1 sweet potato (12 oz.), peeled and diced (½-inch)
- 4 tbsp extra-virgin olive oil, divided
- ½ tsp ground pepper, divided
- ¼ tsp salt, divided
- ½ cup packed fresh basil leaves
- 3 tbsp cider vinegar
- 1 tbsp finely chopped shallot
- 2 tsps whole-grain mustard
- 10 cups baby spinach
- 1 can (15 oz.) low-sodium cannellini beans, rinsed
- 2 cups shredded cabbage
- 1 cup chopped red bell pepper
- ⅓ cup chopped pecans, toasted

DIRECTIONS

1. Preheat oven to 425°F.
2. Toss sweet potatoes, 1 tablespoon oil, ¼ teaspoon pepper and ⅛ teaspoon salt together in a large bowl.
3. Transfer to a large rimmed baking sheet and roast, stirring once, until tender, 15 to 18 minutes. Let cool for at least 10 minutes.
4. Meanwhile, place basil, the remaining oil, vinegar, shallot, mustard and the remaining ¼ teaspoon pepper and ⅛ teaspoon salt in a mini food processor. Process until mostly smooth.
5. Transfer to the large bowl. Add spinach, beans, cabbage, bell pepper, pecans and the cooled sweet potatoes. Toss to coat.

RECIPES OF THE MONTH

continued



BLUEBERRY

GRILLED SALMON WITH BLUEBERRY SAUCE

This quick and simple recipe pairs grilled salmon with a sweet and nutritious blueberry sauce. Serve it with steamed snap peas for a colorful and great-tasting meal.

Prep Time: 25 minutes ■ **Total Time: 35 minutes**

NUTRITION INFO – PER SERVING

Makes 4 servings

264 CALORIES ■ **12g CARBS** ■ **23g PROTEIN**
14g FAT ■ **3g SATURATED FAT** ■ **2g FIBER**

Image and recipe adapted from Eatingwell.com

INGREDIENTS

- 4 fresh or frozen skinless salmon fillets (about 4 oz. each)
- 1 ½ cups fresh or frozen blueberries
- ¼ cup finely chopped onion
- 1 clove garlic, minced
- 1 tsp olive oil
- 2 tbsp balsamic vinegar or cider vinegar
- 1 tbsp packed brown sugar or brown sugar substitute (see tip below) equivalent to 1 tbsp brown sugar
- 1 tsp grated fresh ginger
- ½ tsp finely shredded lemon peel
- Cooking spray
- ⅛ teaspoon salt
- ⅛ tsp ground pepper
- 1 tsp chopped fresh chives

Tip: If using a sugar substitute, we recommend Sweet N' Low Brown or Sugar Twin Granulated Brown. Follow package directions to use product amount equivalent to 1 tablespoon brown sugar.

DIRECTIONS

1. Thaw fish and blueberries, if frozen.
2. For blueberry sauce, cook and stir onion and garlic in a small saucepan in hot oil about 3 minutes or until softened. Add the blueberries, vinegar, brown sugar, ginger, and lemon peel. Bring to a boil and reduce heat. Simmer, uncovered, about 15 minutes or until sauce has thickened and reduced to 1 cup.
3. Meanwhile, rinse salmon and pat dry with paper towels.
4. Lightly coat the salmon with cooking spray and sprinkle with salt and pepper. Measure thickness of the salmon.
5. Place the salmon on the rack of an uncovered grill directly over medium coals. If desired, cover grill grate with foil before placing fish. Grill for 4 to 6 minutes per ½-inch thickness or until fish flakes easily when tested with a fork, turning once halfway through grilling.
6. Serve the blueberry sauce over the salmon. If desired, sprinkle with chives.

RECIPES OF THE MONTH

continued



CORN

BLACK BEAN CORN SALAD

This easy and healthy black bean and corn salad tastes like summer! Use fresh or frozen corn to make this light, healthy, and delicious summer side.

Prep Time: 15 minutes

NUTRITION INFO – PER SERVING

Makes 6 servings

240 CALORIES ■ 30g CARBS ■ 11g PROTEIN
10g FAT ■ 8g FIBER

Image and recipe adapted from [Wellplated.com](https://www.wellplated.com)

INGREDIENTS

- 2 cups corn kernels (from approximately 4 to 5 ears)
- 1 can (14 oz.) reduced sodium black beans, rinsed and drained
- 1 pint cherry or grape tomatoes, halved
- ½ cup chopped fresh mint, basil, parsley, or cilantro (or a mix!)
- 2 tbsp extra virgin olive oil
- 2 tbsp lime juice (from about 1 lime)
- ½ tsp kosher salt
- ¼ tsp black pepper
- 4 oz. crumbled feta cheese (about 1 cup), divided

DIRECTIONS

1. Place your corn kernels in a large mixing bowl. Include any of the milk that comes off the cob.
2. Add the black beans, tomatoes, mint, olive oil, lime juice, salt, pepper, and two-thirds of the feta.
3. Stir to combine, then taste and adjust the salt and pepper as desired. Sprinkle the final one-third feta over the top.
4. If time allows, place in the refrigerator to set for 15 minutes. Enjoy!

Tips:

- Try roasting, grilling, or sautéing the corn before adding it to the salad.
- Store leftovers in an airtight storage container and refrigerate for up to four days.

RECIPES OF THE MONTH

continued



GRILLED JERSEY HEIRLOOM TOMATO TOASTS

Prep Time: 20 minutes

NUTRITION INFO – PER SERVING

Makes 8 servings

298 CALORIES ■ 34.5g CARBS ■ 13g PROTEIN
13g FAT ■ 3g FIBER ■ 624mg SODIUM

Image and recipe adapted from Foodandwine.com

INGREDIENTS

- 2 lb. ripe heirloom tomatoes
- 1 $\frac{7}{8}$ tsp kosher salt, divided
- $\frac{5}{8}$ tsp black pepper, divided
- 2 cups low-fat ricotta cheese
- 2 oz. heirloom or baby peppers (such as Jimmy Nardello or shishito)
- $\frac{1}{4}$ cup extra-virgin olive oil, divided (can add 1 clove minced garlic to oil, optional)
- 1 loaf levain or other rustic bread (about 16 oz.), cut into $\frac{3}{4}$ -inch slices
- $\frac{1}{2}$ tsp flaky sea salt
- $\frac{1}{8}$ tsp fennel pollen or toasted and crushed fennel seeds (optional)
- $\frac{1}{4}$ cup small fresh basil leaves
- 1 tbsp finely chopped fresh chives
- $\frac{1}{2}$ lemon
- Hot sauce (optional)

DIRECTIONS

1. Cut tomatoes into $\frac{1}{2}$ -inch thick pieces. Place on a plate and season with 1 teaspoon kosher salt and $\frac{1}{2}$ teaspoon black pepper. Set aside.
2. Combine ricotta, $\frac{3}{4}$ teaspoon kosher salt, and remaining $\frac{1}{8}$ teaspoon black pepper in a food processor. Process until smooth and light, about 30 seconds.
3. Toss together peppers and 1 tablespoon garlic oil. Brush both sides of bread slices with remaining 3 tablespoons garlic oil.
4. Preheat grill to high (450°F to 500°F). Place peppers on oiled grates; grill, uncovered, turning often, until speckled with char, about 3 minutes. Remove any charred, thick skin from peppers.
5. Place bread on grill, and grill, uncovered, until well toasted, about 1 minute and 30 seconds per side. Season with remaining $\frac{1}{8}$ teaspoon kosher salt; cut into bite-size pieces, and set aside.
6. Divide tomatoes and peppers evenly among toasts; sprinkle with flaky sea salt and fennel seeds (optional). Top toasts with basil, chives, a squeeze of lemon, and a dash of hot sauce (if desired). Serve immediately.

RECIPES OF THE MONTH

continued



PEACH

GRILLED PEACH SALSA

Serve with grilled fish, pork or chicken, or on tacos and other Mexican food. You also can make this recipe without the grilling step!

Prep Time: 15 minutes ■ Cook Time: 5 minutes

NUTRITION INFO – PER SERVING

Makes 6–8 servings

154 CALORIES ■ 23g CARBS ■ 3g PROTEIN
5g FAT ■ 3g FIBER ■ 323mg SODIUM

Image and recipe adapted from Food52.com

INGREDIENTS

- 7–8 fresh peaches, blanched, peeled, cut in half and with the pits removed
- 1/3 cup chopped fresh cilantro
- 1/4 cup diced red onion
- 3–5 tbsp minced jalapeño
- 2 garlic cloves, minced
- 3 tbsp fresh lime juice

DIRECTIONS

1. If you are grilling your peaches, preheat grill to medium-high heat (you can also use your broiler).
2. Grill/broil peaches over direct heat for five minutes per side.
3. When cool enough to handle, chop peaches into small pieces.
4. In a large bowl, combine peaches, cilantro, onion, jalapeño, garlic and lime juice.
5. Place in the refrigerator or serve immediately.

RECIPES OF THE MONTH

continued



BELL PEPPERS

PINEAPPLE SHRIMP FAJITAS

Prep Time: 10 minutes ■ Cook Time: 25 minutes

NUTRITION INFO – PER SERVING

Makes 2 servings

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

Image and recipe adapted from Hungry-girl.com

INGREDIENTS

- 2 cups sliced bell pepper
- 1 cup sliced onion
- One can (8 oz.) pineapple tidbits packed in juice, lightly drained
- 1 tbsp fajita seasoning mix
- 1 tbsp chopped fresh cilantro (or more) for topping
- 8 oz. (about 16) raw large shrimp, peeled, tails removed, deveined
- 1 ½ tsp lime juice

DIRECTIONS

1. Preheat oven to 400°F. Spray a baking sheet with nonstick spray.
2. In a large bowl, combine veggies, pineapple, 1 ½ teaspoons fajita seasoning, and cilantro. Toss to coat.
3. Spread mixture onto the center of the baking sheet. Bake for 12 minutes.
4. Meanwhile, in the large bowl, combine shrimp, lime juice, and remaining 1 ½ teaspoons seasoning. Toss to coat.
5. Flip/rearrange mixture on the baking sheet. Top with shrimp. Bake until veggies have softened and lightly browned and shrimp are cooked through, about 8–10 more minutes.