



capita**health**

**METABOLIC AND
WEIGHT LOSS CENTER**

OCTOBER 2023

609.537.6777

capitalhealth.org/weightloss

Follow us on     

IN THIS ISSUE

- Our Favorite Healthy Pumpkin Recipes
- Products of the Month



An Ode to Pumpkin

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

Ever since Starbucks introduced pumpkin spice latte 20 years ago, the pumpkin craze that always happens this time of year has become tradition. As much as you try to ignore the hype, we know it's hard to resist the many pumpkin-flavored treats that can throw you off your healthy lifestyle plan. This month's newsletter offer delicious options for getting your pumpkin fix in a healthy way with any meal.



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 **October 24 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 held virtually, so please check the Baritastic app or your e-mail (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 Zoom. To register, visit capitalhealth.org/weightloss or call our office to speak to Brelynn, our coordinator, at 609.537.6777.

RECIPES OF THE MONTH



OVERNIGHT PUMPKIN FLAX OAT SURPRISE

Prep Time: 5 minutes ■ Chill: 4 hours or more

NUTRITION INFO – PER SERVING

Serving Size: 1

240 CALORIES ■ 24g CARBS ■ 11g PROTEIN
0.5g SATURATED FAT ■ 7g TOTAL FAT
87mg SODIUM ■ 6g FIBER ■ 8.5g SUGAR

Image and recipe adapted from Hungry-Girl.com

INGREDIENTS

- ½ of a 5.3 oz. container (about ½ cup) fat-free plain or vanilla Greek yogurt
- ¼ to ½ cup pure canned pumpkin
- 2 tbsp unsweetened vanilla almond milk
- 3 tbsp old-fashioned oats
- 1 tbsp ground flax meal
- 1 to 2 calorie-free sweetener packets (to taste)
- ⅛ tsp vanilla extract
- Pinch of cinnamon
- Pinch of pumpkin pie spice
- 1 tbsp sliced almonds

DIRECTIONS

1. In a medium bowl or jar, combine all ingredients except almonds. Mix thoroughly.
2. Cover and refrigerate for at least 4 hours, or until oats are soft.
3. Top with almonds. You can heat up in the microwave in the morning or enjoy it cold.

RECIPES OF THE MONTH

continued



TURKEY WHITE BEAN PUMPKIN CHILI

Prep Time: 5 minutes ■ Cook Time: 4 hours

NUTRITION INFO – PER SERVING

Yield: 9 servings Serving Size: 1 cup

272.5 CALORIES ■ 31g CARBS ■ 32g PROTEIN
2.5g FAT ■ 449mg SODIUM ■ 12g FIBER
2.5g SUGAR

Image and recipe adapted from Skinnytaste.com

INGREDIENTS

- Olive oil spray
- 2 lbs. 99% lean ground turkey
- ½ tsp olive oil
- 1 small onion (chopped)
- 3 garlic cloves (minced)
- 1 tsp chili powder (or to taste)
- 2 bay leaves
- 1 ½ tbsp cumin
- 1 tsp oregano
- 2 cans (15 oz.) white northern or navy beans, rinsed and drained
- 15 oz. can pumpkin puree (or homemade)
- 4.5 oz. can chopped green chilis
- 2 cups low-sodium chicken broth (check labels for gluten-free)
- kosher salt and pepper to taste
- chopped cilantro, red onion, or chives for topping
- Greek yogurt or low-fat sour cream for topping (optional)

DIRECTIONS

Slow Cooker Version

1. Heat a large skillet over high heat and lightly spray with oil.
2. Add meat and cook, breaking it up until white, about 5 minutes. Transfer to the crock pot.
3. Add oil to the skillet, then onions and garlic. Sauté about 3–4 minutes, then add cumin and sauté another minute. Transfer to crock pot.
4. Add beans, pumpkin puree, green chilis, broth, chili powder, oregano, and bay leaves. Cover and cook on high for 4 hours or low for 8 hours.
5. Remove bay leaves and adjust seasoning to taste before serving.

Instant Pot Version

1. Press sauté and lightly spray with oil. Add meat and cook, breaking it up until white, about 5 minutes. Set aside.
2. Add oil to the sauté pan, then onions and garlic. Sauté about 3–4 minutes, add cumin, and sauté another minute. Return meat to the pot.
3. Add the beans, pumpkin puree, green chilis, broth, chili powder, oregano, and bay leaves.
4. Cover and cook on high pressure 25 minutes. Natural release.
5. Remove bay leaves and adjust seasoning to taste before serving.

RECIPES OF THE MONTH

continued



PUMPKIN AND SPINACH LASAGNA ROLLS

Prep Time: 30 minutes ■ Cook Time: 60 minutes

NUTRITION INFO – PER SERVING

Yield: 9 servings Serving Size: 1 lasagna roll

227 CALORIES ■ 29g CARBS ■ 16g PROTEIN
2.5g SATURATED FAT ■ 5g FAT ■ 265mg SODIUM
3g FIBER ■ 3g SUGAR ■ 30mg CHOLESTEROL

Image and recipe adapted from Skinnytaste.com

INGREDIENTS

For the Pumpkin Parmesan Sauce:

- 2 cups (about two 15 oz. cans) pureed pumpkin – *not pumpkin pie filling*
- 1 tsp olive oil
- ¼ cup shallots, minced
- 2 cloves garlic, minced
- 2 tbsp fresh grated Parmesan cheese
- kosher salt and freshly ground black pepper, to taste

For the Lasagna

- 9 lasagna noodles (cooked). Use gluten-free noodles if desired.
- 10 oz. package frozen chopped spinach, heated and squeezed well
- 15 oz. fat-free ricotta cheese
- ½ cup fresh grated Parmesan cheese
- 1 large egg
- salt and fresh pepper
- 9 tbsp (about 3 oz.) part-skim shredded Italian blend cheese
- 1 tbsp parsley, minced

DIRECTIONS

1. In a large deep non-stick skillet, add the oil and sauté the shallots and garlic over medium-low heat until soft and golden (about 4 to 5 minutes).
2. Add pureed pumpkin, season with salt and fresh cracked pepper.
3. Add a little water (2 – 3 tablespoons) to thin out to your liking, if needed.
4. Stir in 2 ½ tablespoons of the Parmesan cheese and set aside.
5. Preheat oven to 350°F.
6. Ladle about ½ cup butternut sauce on the bottom of a 9" x 12" baking dish.
7. Combine spinach, ricotta, Parmesan, egg, salt and pepper in a medium bowl.
8. Place a piece of wax paper on the counter and lay out lasagna noodles. Make sure noodles are dry.
9. Take 1/3 cup of ricotta mixture and spread evenly over noodle. Roll carefully and place seam side down onto the baking dish. Repeat with remaining noodles.
10. Ladle about 1 cup of sauce over the noodles in the baking dish and top each one with 1 tablespoon Italian cheese blend.
11. Put foil over baking dish and bake for 40 minutes, or until cheese melts and everything is hot and bubbly. Top with parsley and serve.
12. To serve, ladle a little extra sauce on the plate and top with lasagna roll.

RECIPES OF THE MONTH

continued



HEALTHY PUMPKIN SPICE LATTE

A pumpkin spice latte at Starbucks is a sugary calorie fest – the standard tall option contains 300 calories with 11 grams of fat and THIRTY-NINE grams of sugar! This recipe is made with real pumpkin and has just a tiny fraction of the sugar.

Prep Time: 5 minutes ■ Cook Time: 5 minutes or less

NUTRITION INFO – PER SERVING

Yield: 1 servings Serving Size: 1 cup

98 CALORIES ■ 11g CARBS ■ 13g PROTEIN
0.1g FAT ■ 122mg SODIUM ■ 0.8g FIBER

Image and recipe adapted from Hungry-Girl.com

INGREDIENTS

- ½ tbsp extra virgin olive oil
- 1 packet no-calorie sweetener
- 2 tsp instant coffee granules (decaf or regular)
- ¼ tsp pumpkin pie spice (or more for topping)
- 2 tbsp canned pure pumpkin
- 1 cup fat-free Fairlife® milk (for added protein!)
- Natural light whipped topping (optional)

DIRECTIONS

1. Place sweetener, coffee granules, and pumpkin pie spice in a large microwave-safe mug or glass.
2. Add Fairlife®, and mix well.
3. Microwave for 45 seconds, or until hot. Stir until coffee granules have dissolved.
4. Add canned pumpkin and stir until uniform.
5. Microwave for another 45 seconds, or until hot.



Products of the Month

Pumpkin Greek Yogurt

Brands like Chobani and Trader Joe's make delicious pumpkin-flavored Greek yogurt so you can easily get your pumpkin and protein fix for breakfast or a snack. Chobani Flip also offers a pumpkin harvest crisp as a great alternative to a high-calorie pumpkin dessert!



Protein Bars and Shakes for Pumpkin Spice On-the-Go

- ... Rx Bar Pumpkin Spice
- ... Quest Pumpkin Pie Bars
- ... Premier Protein Limited Edition Pumpkin Spice