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**METABOLIC AND
WEIGHT LOSS CENTER**

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Warm Winter Meals in a One Pot

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Winter is the perfect time for a warm comfort meal. Whether you enjoy soup, chili, or pot roast on a cold day, there are healthy ways to prepare all of them using a slow cooker! Dishes like these are perfect for meal prepping and great for busy days so dinner is ready when you get home.

Remember these tips for healthy and convenient dining:

- 1) Prep ingredients the night before for a quick start in the morning.
- 2) Slow cooker recipes often make more than four servings, so they can be great for planning meals throughout the week or you can freeze leftovers for future meals.
- 3) Watch for extra sodium and fat when making slow cooker meals. Ingredients that tend to be higher in sodium include canned items such as soups and broths. Higher fat ingredients can include cream cheese, butter, and cream-based soups.

Choose these substitutions for healthier slow cooker meals:

- 1) To reduce fat, opt for low-fat cheese, low-fat cream cheese, and low-fat sour cream (or cut the portion of fatty ingredients in half).
- 2) To reduce sodium, rinse off canned items such as vegetables or beans or opt for low-sodium versions of broths and canned items.
- 3) To increase fiber, opt for carbs that are higher in fiber. Instead of white pasta, switch to whole wheat. Other ingredients that are higher in fiber include beans, corn, and peas.

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 **January 31 from 6–7 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 at esantora@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 send an email to esantora@capitalhealth.org so Emily 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 **January 9 at 7 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.

RECIPES OF THE MONTH



LASAGNA SOUP

Prep Time: 10 minutes ■ Cook Time: 50 minutes
Slow Cooker: 4 hours on high (or 8 hours on low)

NUTRITION INFO – PER SERVING

Serving Size: 1 ⅓ cup

292 CALORIES ■ 29.5g CARBS ■ 22.5g PROTEIN
10g FAT ■ 9.5g SATURATED FAT ■ 747.5mg SODIUM
4g FIBER ■ 2.5g SUGAR ■ 63.5g CHOLESTEROL

Image and recipe adapted from SkinnyTaste.com

INGREDIENTS

- Cooking spray
- 14 oz. sweet Italian chicken sausage, casing removed
- ½ onion, chopped
- 2 crushed garlic cloves
- 4 tbsp chopped fresh parsley, divided
- 3 cups low-sodium, fat-free chicken broth
- 2 ½ cups water
- 2 cups quick marinara sauce
- 2 bay leaves
- fresh cracked black pepper
- 6 oz. broken lasagna noodles, whole wheat or gluten free

For topping:

- 6 tbsp part-skim shredded mozzarella cheese
- ½ cup part-skim ricotta cheese
- 3 tbsp grated Parmesan cheese
- 2 tbsp chopped fresh parsley
- ¼ cup fresh basil chiffonade

DIRECTIONS

1. Heat a large nonstick skillet over medium-high heat, spray with oil and add the sausage. Cook until browned, breaking it up with a wooden spoon as it cooks (about 3 to 4 minutes). Add the chopped onion and crushed garlic and cook until soft (about 3 to 4 minutes).
2. Transfer sausage to the slow cooker and add the parsley, broth, water, marinara sauce, bay leaves and fresh black pepper. Cover and cook on low setting for 8 hours (or high for 4 hours).
3. Meanwhile, in a medium bowl combine the ricotta, Parmesan, and 2 tablespoons of the parsley and mix well. Set aside until the soup is ready.
4. About 30 minutes before the soup is ready, remove the bay leaves and add the broken pasta. Cover and cook for the remaining 30 minutes. Divide soup between 6 bowls and top each with 2 tablespoons ricotta cheese mixture, mozzarella, and fresh cracked pepper with fresh basil garnish.

RECIPES OF THE MONTH

continued



SLOW COOKER 3-BEAN TURKEY CHILI

Prep Time: 10 minutes ■ Cook Time: 25 minutes
Slow Cooker: 6–8 hours on high (or 10–12 hours on low)

NUTRITION INFO – PER SERVING

Serving Size: 1 cup

231 CALORIES ■ 27.5g CARBS ■ 19.5g PROTEIN
5g FAT ■ 1.5g SATURATED FAT ■ 526mg SODIUM
8g FIBER ■ 6.5g SUGAR ■ 42mg CHOLESTEROL

Image and recipe adapted from SkinnyTaste.com

INGREDIENTS

- 1.3 lb. (20 oz.) 99% lean ground turkey breast
- 1 small onion, chopped
- 28 oz. can diced tomatoes, drained
- 16 oz. can tomato sauce
- 4.5 oz. can chopped chilies
- 15 oz. can chickpeas, drained
- 15.5 oz. can black beans, drained
- 15.5 oz. can small red beans, drained
- 2 tbsp chili powder
- 1 tsp cumin

For the Topping:

- 1/2 cup chopped red onion
- 1/2 cup chopped fresh cilantro for topping
- Optional toppings, shredded cheddar, avocado, sour cream, etc.

DIRECTIONS

1. Brown turkey and onion in a medium skillet over medium-high heat until cooked through. Transfer to the slow cooker with the beans, chilies, chickpeas, tomatoes, tomato sauce, chili powder and cumin, mixing well.
2. Cook on high for 6 to 8 hours (or low for 10 to 12 hours).
3. Garnish with onions, cilantro and your favorite toppings.

RECIPES OF THE MONTH

continued



HEALTHY SLOW-COOKER POT ROAST RECIPE

Prep Time: 15 minutes ■ Cook Time: 10 minutes
Slow Cooker: 3–4 hours on high (or 7–8 hours on low)

NUTRITION INFO – PER SERVING

Serving Size: 12

206 CALORIES ■ 11g CARBS ■ 25.5g PROTEIN
4g FAT ■ 3g SATURATED FAT ■ 447mg SODIUM
2g FIBER ■ 4.5g SUGAR

Image and recipe adapted from Hungry-Girl.com

INGREDIENTS

- 3 lb. boneless chuck beef roast (trimmed of excess fat)
- 1 tsp each salt and black pepper
- 14 oz. can fat-free beef broth
- 4 cups carrots cut into ½-inch coins
- 3 cups roughly chopped onion
- 2 cups sliced mushrooms
- 1 cup celery cut into ½-inch pieces
- 2 tbsp tomato paste
- 1 tbsp Worcestershire sauce
- 2 sprigs fresh thyme
- 1 tsp chopped garlic
- 2 tbsp cornstarch

DIRECTIONS

1. Bring a large skillet sprayed with nonstick spray to high heat. Season roast with ¼ teaspoon each salt and pepper. Cook and rotate until all sides are browned (about 5 minutes). Place in a slow cooker.
2. Add all remaining ingredients except cornstarch to the slow cooker, including the remaining ¾ teaspoon each salt and black pepper. Gently stir.
3. Cook on high for 3–4 hours (or on low for 7–8 hours) until roast is cooked through.
4. Turn off slow cooker. In a small bowl, dissolve cornstarch in 2 tablespoons cold water. Stir into the liquid in the slow cooker. Let sit, uncovered, until slightly thickened (about 5 minutes).
5. Remove and discard thyme sprigs. Slice meat and serve topped with veggies and sauce.



Product of the Month

Crock-Pot 7 Quart Oval Manual Slow Cooker

This slow cooker is perfect for the recipes feature in this issue. You can make meals to serve up to nine people and it can fit a roast up to seven pounds. Removable stoneware insert and lid are dishwasher safe. Available from Amazon, Target, and other retailers.

