



**WHAT'S HAPPENING  
IN SEPTEMBER**

**SATURDAY, SEPTEMBER 12th**  
**1,000-Man Walk for Prostate Cancer Awareness** (Free event)

Cancer Society's facilities,  
bottom of Rusty Bethell Way, below ZNS  
New Providence  
Time to be announced

**TUESDAY, SEPTEMBER 15th**  
**Prostate Screening Clinic** (\$20 cost)

Elizabeth Estates Government Clinic  
New Providence  
6:00PM

**TUESDAY, SEPTEMBER 22nd**  
**Prostate Screening Clinic** (\$20 cost)

South Beach Government Clinic  
New Providence  
6:00PM

**THURSDAY, SEPTEMBER 24th**  
**Prostate Screening Clinic** (\$20 cost)

Flamingo Gardens Government Clinic  
New Providence  
6:00PM

**THURSDAY, SEPTEMBER 29th**  
**Prostate Screening Clinic** (\$20 cost)

Fleming Street Government Clinic  
New Providence  
6:00PM

**"It is health that is real wealth and  
not pieces of gold and silver."**

*- Mahatma Gandhi*

**WHAT'S FOR LUNCH?  
HEALTHY MEALS ON THE GO**

By Robin Miller, M.S. [www.weightwatchers.com](http://www.weightwatchers.com)

With the imminent back-to-school rush comes the age-old question of what to pack for lunch. As families continue to adopt busier schedules, many of us resort to pre-packaged foods for our kids' lunch boxes as well as, our own brown bags. Even though pre-packaged lunches may be convenient, many contain highly processed products that are full of food additives.

If you want to prepare meals your entire family will enjoy, and you also want to stick to your healthy eating plan, we've got good news: **You can have it both ways**, and we will provide the recipes and tips to prove it.

**Go for Crowd Pleasers**

To qualify as "family-friendly," food should appeal to all family members, including picky eaters and those with weight-loss or weight-maintenance goals in mind. And we mean the same food, not lots of individually prepared dishes. Meals should be delicious and healthy so everyone can dig in!

**Cut Corners**

Meals shouldn't require a lot of work. The focus should be on quality nutrition, not face time with your stove or cutting board.

**Think Prep**

Whatever you can do in advance will help you on days when time is tight.

**Chop & Freeze**

When chopping fresh vegetables (bell peppers, onions, celery, carrots), always chop extras and store them in zip-top bags in the freezer. Then, on busy days you can pull these vegetables straight from the freezer and start cooking.

**Plan Make-Ahead Meals**

Prepare and assemble casseroles, but instead of baking them right away, freeze them for a later date. Most casseroles will last up to six months in the freezer. Just thaw and bake when you've got a busy day planned.

**Shape It Up**

To get kids to try new, healthy foods, try changing shapes: Bake individual meatloaves in muffin tins, skewer fruits and vegetables on metal or wooden skewers, and cut vegetables into fun shapes (use cookie cutters).

**Dip In**

Kids love to dip, so serve fruits and vegetables with low-fat yogurt, low-fat sour cream and low-fat ranch dressing on the side to encourage reluctant eaters.

**The Importance of Balance**

Family meals should contain a healthy mix of complex carbohydrates (whole grains, fruits, vegetables and beans), lean protein and healthy fats (unsaturated oils, nuts and fish). We all strive for balanced meals but often struggle with pulling them together for the family day after day. By sticking with recipes built around familiar, easy-to-find ingredients such as lean ground beef, pork tenderloin, turkey (ground breastmeat and the whole breast) and favorite dishes including baked casseroles (lasagna, mac & cheese), savory pasta dishes and hearty soups and salads, you're sure to have a healthy repertoire of ideas.

[See recipe ideas on back](#)

**Nutrition Tidbits for Avocado**

*One medium, 200-gram avocado contains:*  
**322 Calories, 30g Fat, 7g Carbs, 4g Protein**

Once avoided because of its high fat content, the avocado is getting another look from nutritionists because the fat it contains is the good monounsaturated variety, which can help lower cholesterol. Avocados are nutrition powerhouses containing more than 20 vitamins and minerals, including high levels of potassium, folate, and fiber. The avocado's high levels of potassium - more than in a banana - can help reduce the risk of high blood pressure, heart disease or stroke. The folate also helps lower the risk of heart attacks, making the avocado a very heart-friendly food! And don't let the creamy texture fool you - one medium avocado provides 13 grams of fiber.

**Ways to Include More Avocado in Your Diet**

- Enjoy Guacamole with whole grain chips.
- Include sliced avocados to add flavor to any salad.
- Spread avocado on bread as a healthy and delicious substitute for mayonnaise.
- Add avocado to creamy soups. Either blend it in as you are cooking the soup, or simply add slices as a garnish.
- Include avocado with any Mexican dish for extra texture and flavor.
- Add avocado to a tofu-based dressing to give it a rich flavor, as well as a striking green color.



**FOOD OF THE MONTH  
AVOCADO**

Sometimes called the "alligator pear," but more commonly known as the avocado, this tasty fruit is full of health benefits. The avocado is available year-round and can be enjoyed in a variety of ways. You can eat the avocado sliced, as a spread, or - in honor of National Guacamole Day (September 16) - as part of a healthy snack.



**SWEET & SOUR MEATBALLS**

2 Points® Values | 12 Servings

Prep Time: 20 min  
 Cooking Time: 35 min  
 Level of Difficulty: easy

*Meatballs are a fun and easy snack for any occasion, whether it be a day at school or at the office*

**INGREDIENTS**

- 1 spray cooking spray
- 1 1/2-lbs. raw extra lean ground beef
- 3/4 cup rolled oats
- 2 large egg whites
- 1 cup onion, finely chopped
- 1 medium garlic clove, minced
- 2 Tbsp dried parsley
- 2 tsp dried oregano
- 8-oz. canned tomato sauce
- 2 Tbsp McNeil Nutritionals Splenda, or to taste
- 3 Tbsp mustard, spicy brown
- 1 1/4 tsp chili powder
- 1/2 tsp hot pepper sauce

*Yields 4 meatballs per serving.*

**INSTRUCTIONS**

Preheat oven to 350°F. Coat a large, rimmed baking sheet with cooking spray.

In a medium bowl, combine beef, oats, egg whites, onion, garlic, parsley and oregano; mix thoroughly. Shape beef mixture into forty-eight 1-inch balls; place on prepared baking sheet.

Bake meatballs until cooked through, about 25-minutes. Transfer to a slow cooker and set on low heat to keep warm. Or place meatballs in a heated chafing dish.

Meanwhile, combine remaining ingredients in a small bowl. Pour over meatballs and let heat about 10 minutes.



**FAJITA PORK & PASTA**

8 Points® Values | 4 Servings

Prep Time: 20 min  
 Cooking Time: 20 min  
 Level of Difficulty: easy

*Enjoy this family-friendly spin on fajitas: Pasta takes the place of tortillas and everything's cut into easily-picked up strips*

**INGREDIENTS**

- 1/8 tsp table salt, or to taste
- 6-oz. uncooked whole-wheat pasta, penne
- 2 Tbsp olive oil, divided
- 6 Tbsp fresh lime juice, divided
- 1 tsp ground cumin
- 1 tsp chili powder
- 1/2 tsp garlic powder
- 1-lb. lean pork tenderloin, thinly sliced\*
- 1 medium yellow pepper, sliced into strips
- 1 medium red pepper, sliced into strips
- 1 medium green pepper, sliced into strips
- 1/3 cup carrots, thickly shredded
- 1 medium onion, cut into thin wedges
- 4-oz. canned green chili peppers, chopped
- 1 medium zucchini, sliced lengthwise
- \* Boneless, skinless chicken breast or lean flank steak can be substituted

*Yields about 2 1/2 cups per serving*

**INSTRUCTIONS**

Cook pasta in salted water as directed; drain, set aside and cover to keep warm.

Meanwhile, in a medium bowl, combine 1 Tbsp of oil, 2 Tbsp of lime juice, cumin, chili powder and garlic powder; mix well. Add pork and toss to coat.

Heat remaining Tbsp of oil in a 12-inch nonstick skillet over medium-high heat. Add pork mixture; cook, stirring, until lightly browned, about 2-3 minutes. Add sliced peppers, carrot, onion and chili peppers; cook, stirring, until vegetables are crisp-tender, about 2-3 minutes. Stir in zucchini and remaining 1/4 cup (4 Tbsp) of lime juice; cover and cook for 2 minutes.

Spoon pork and vegetable mixture into a large serving bowl. Add cooked pasta; stir gently to mix and coat.



**FRESH CREAM OF TOMATO SOUP**

2 Points® Values | 6 Servings

Prep Time: 20 min  
 Cooking Time: 21 min  
 Level of Difficulty: easy

*Pair this soup with a grilled cheese sandwich for a summery take on comfort food. When tomatoes are out of season, use two 14-oz. cans of diced tomatoes instead*

**INGREDIENTS**

- 1 spray cooking spray
- 2 medium leek, chopped (white parts only)
- 8 medium tomatoes, ripe, beefsteak, cored and chopped (about 3 lbs)
- 1 tsp dried thyme
- 1 piece bay leaf
- 4 cups vegetable broth
- 12-oz. fat-free evaporated milk
- 1/4 Tbsp basil, fresh, chopped
- 1/8 tsp table salt, or to taste
- 1/8 tsp fresh black pepper, or to taste
- 1 Tbsp thyme, fresh (for garnish)

*Yields about 1 1/2 cups per serving*

**INSTRUCTIONS**

Coat a large saucepan with cooking spray and set pan over medium heat. Add leeks and sauté until soft, about 5 minutes. Add tomatoes, thyme and bay leaf; cook, stirring occasionally, until tomatoes break down, about 5 minutes.

Add broth and reduce heat to low; simmer, covered, 10 minutes. Remove from heat and remove bay leaf.

Puree tomato mixture in saucepan using an immersion blender. Or, working in batches, puree tomato mixture in a blender until smooth (be careful not to splatter hot liquid); return puree to saucepan and set pan over low heat. Add milk and simmer 1 minute to heat through. Remove from heat and stir in basil; season to taste with salt and pepper. Garnish with thyme and serve.

For more recipes visit: [www.weightwatchers.com](http://www.weightwatchers.com)