



# The Pilates Connection

## Weight Loss Challenge 2009

### NEWSLETTER

November 23, 2009

### THIS WEEKS TOPIC... MORE HOLIDAY TIPS...

#### *What Motivates You to Eat During the Holidays?*

Article by: Weight Watchers Magazine, Nov. 2006

The Holiday season is a time when there are more large get-togethers, family gatherings, and holiday parties, which mean more and fancier foods and drinks. It can be difficult to resist partaking of the goodies and delaying the guilt feelings until later. Why do we all do it? Do you want to understand why? Take this little quiz to get some understanding of why. This is from the current issue of Weight Watchers magazine.

#### 1. If you have a drink at a party, it will be because:

- A waiter comes around with a tray of festive cocktails;
- Your friend orders a round for the table;
- You feel the need to de-stress.

#### 2. If you decide to eat dessert at a party, it will be because:

- The chocolate cream pie is within reach;
- Your grandmother would be upset if you skipped her homemade pie;
- Sweets take your mind off family feuding.

#### 3. If you take leftovers home from a party, it will be because:

- You pass tempting food as you're leaving and ask the host if you can take some to go;
- Your mom insists that you take a care package with you;
- You want something to nibble on later that night, when you'll feel bored and lonely.

#### Answers:

**If you chose mostly a's**, you're a visual eater. From Thanksgiving through New Year's, review your journal every evening and jot down a plan for the next day.

**If you chose mostly b's**, you're a target for food pushers. If the usual protests fail, say that you've become allergic to an ingredient in the dish being served.

**If you chose mostly c's**, you're an emotional eater. Before you take a bite, consider how you will feel afterward; Satisfied? Stuffed?; Guilty?; then decide if you really want it.

#### Weight Loss Challenge Winner of the Week:

***There was no winner this week because of the Thanksgiving holiday but we hope to see all of you this week to weigh in and keep yourselves on track throughout this month!***

### RECIPES OF THE WEEK

#### COMPANY BROCCOLI THREE-CHEESE BAKE

##### Be Bold with Broccoli

Vegetables like broccoli offer a host of nutrients including vitamins A, C and folate. Be sure to get at least 3 to 5 servings of veggies daily.

##### Do-Ahead

To make ahead, prepare recipe through step 2, then cover and refrigerate up to 24 hours. Add 5 to 10 minutes to the bake time to heat thoroughly.

- 1/3 cup French-fried onions (from 2.8-oz can)
- 2 bags (24 oz each) Green Giant® frozen broccoli & three cheese sauce
- 1 package (3 oz) fat-free cream cheese, cut into cubes
- 1/4 cup chopped red bell pepper, if desired
- 1/2 teaspoon red pepper sauce

- Heat oven to 350°F.
- In 5-quart Dutch oven, mix broccoli, cream cheese, bell pepper and red pepper sauce. Cover; cook over medium-low heat about 20 minutes, stirring once halfway through cooking, until sauce chips are melted. Transfer to ungreased 2- to 3-quart casserole.
- Bake uncovered 20 to 25 minutes or until vegetables are tender. Sprinkle onions around outer edge of casserole; bake 5 minutes longer.

Servings 14 1-cup each. Calories 120. 2 Vegetables, 1 Starch.

#### PORTOBELLO-BROCCOLI STIR-FRY

##### 'Shrooms by the Score

Mushrooms grow in the dirt and often contain selenium from the surrounding soil. Selenium helps in metabolism of vitamin E, an antioxidant.

##### Did You Know?

Hoisin is a thick, sweet-spicy sauce made of soybeans, chiles, garlic and vinegar. It is a common recipe seasoning and table condiment in Chinese cuisine. Hoisin has an intense flavor, so start by adding a small amount to stir-fries and fried rice. It keeps indefinitely in a tightly covered container in the refrigerator.

##### Serve-With

For crunchy texture, serve crisp flatbread with this stir-fry. Crisp juicy Asian pears would add a sweet note to the end of this meal.

##### Rice

- 1 1/3 cups uncooked regular long-grain white rice
- 2 2/3 cups water

##### Sauce

- 1/4 cup water
- 2 tablespoons soy sauce
- 1 tablespoon hoisin sauce
- 2 teaspoons cornstarch
- 1 teaspoon honey

##### Stir-Fry

- 1 (6-oz.) pkg. portobello mushroom caps
- 1 medium onion, cut into thin wedges
- 1 small red bell pepper, cut into thin strips
- 1 garlic clove, minced
- 3 cups fresh broccoli florets (about 6 oz.)
- 1/4 cup water

- Cook rice in 2 2/3 cups water as directed on package. Cover to keep warm.
- Meanwhile, in small nonmetal bowl, combine all sauce ingredients; blend well. Set aside.
- With small metal spoon, scrape underside of mushroom caps to remove dark gills and stems. Cut mushroom caps into 3/4-inch pieces.
- Spray large nonstick skillet with nonstick cooking spray. Heat over medium-high heat until hot. Add mushrooms, onion, bell pepper and garlic; cook and stir 3 minutes.
- Add broccoli and 1/4 cup water; cover and cook 3 to 5 minutes or until vegetables are crisp-tender, stirring occasionally. Add sauce; cook and stir 2 to 3 minutes or until bubbly and thickened. Serve over rice.

Servings 4. Calories 320. 2 Starches. 1 1/2 Vegetables.

Source for both recipes: [www.eatbetteramerica.com](http://www.eatbetteramerica.com)

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