



NEWSLETTER

December 13, 2010

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THIS WEEK'S TOPIC...

DE-STRESS YOURSELF FOR THE HOLIDAYS

-Stressreliefblog.com

De-stress Yourself for the Holidays with a great attitude and preparedness.

Attitude is everything. If you are excited about the Holidays then you will have excitement. If you dread the Holidays then you will have a hard time.

If you have the right attitude and you are prepared you will have a perfect holiday. Be prepared by taking care of yourself, managing your activities, managing your money, and ask for help when needed.

Take care of yourself by eating right, exercising, and getting plenty of rest.

Manage your activities by making a list of all the things you have to do, prioritize the list, then fill your calendar with the tasks scheduled.

Manage your money by making a list of all the things you have to buy and people you have to buy for, decide how much money you want to spend for the total, then decide how much you will spend on each person and item, and budget accordingly.

Ask for help from your family when you have a lot to do. Delegate your tasks. Ask for help with meals if you are hosting. Have guests bring their favorite dish or desert. They will love to, I know I do when I visit family.

Happy Holidays~have fun and be playful.

Congratulations to Kim Metz, the Biggest Loser for the last 16 weeks! Kim lost 28 pounds! We hope to see you all on Sunday at the Open House from 2 to 5 pm to celebrate the holidays and all your accomplishments for the past year.

- Julia

MAKE SOMEDAY TODAY!

HOLIDAY RECIPES

TURKEY MEATBALLS IN CRANBERRY SAUCE

- 1 lb lean ground turkey
- 1/2 cup finely chopped onion (1 medium)
- 1/4 cup uncooked instant white or brown rice
- 1/4 cup unseasoned dry bread crumbs
- 1 egg, lightly beaten, or 1/4 cup fat-free cholesterol-free egg product
- 1 teaspoon salt, if desired
- 1/2 teaspoon poultry seasoning
- 1 can (16 oz) jellied cranberry sauce
- 1/2 cup water

1. In medium bowl, mix all ingredients except cranberry sauce and water. Shape mixture into about 45 (1-inch) balls.
2. Heat 10-inch nonstick skillet over medium heat. Add meatballs; cover and cook 8 to 10 minutes, turning occasionally, until thermometer inserted in center of meatballs reads 165°F.
3. Gently stir in cranberry sauce and water. Reduce heat to medium-low; cook 3 to 4 minutes, stirring frequently, until cranberry sauce is melted and smooth.

Yields 15 Servings (3 meatballs each) Per Serving: Calories 110, Fat 2g, Carbohydrates 15 g., Protein 7 g.

PITA TREE APPETIZERS

- 4 flavored or plain pita folds or pita (pocket) breads (about 6 inches in diameter)
- 16 thin pretzel sticks, halved
- 1/2 cup fat-free sour cream
- 1/2 cup guacamole
- 2 tablespoons finely chopped parsley
- 1/4 teaspoon garlic-pepper blend
- 1/4 cup very finely chopped red bell pepper

1. Cut each pita fold into 8 wedges. Insert pretzel stick half into center of bottom of each wedge to form

"tree trunk."

2. In small bowl, mix sour cream, guacamole, parsley and garlic-pepper blend. Spread about 1 teaspoon sour cream mixture on each pita wedge.
3. Blot bell pepper with paper towel to remove excess moisture. Sprinkle about 1/4 teaspoon bell pepper on each wedge or arrange to form a garland. If desired, cover and refrigerate up to 8 hours before serving.

Yields 32 Servings (1 appetizer each) Per Serving: Calories 30, Fat 1/2g, Carbohydrates 5 g., Protein 0 g.

PEANUT BUTTER & PRETZEL TRUFFLES

1/2 cup crunchy natural peanut butter
1/4 cup finely chopped salted pretzels
1/2 cup milk chocolate chips, melted

1. Combine peanut butter and pretzels in a small bowl. Chill in the freezer until firm, about 15 minutes. Roll the peanut butter mixture into 20 balls (about 1 teaspoon each). Place on a baking sheet lined with parchment or wax paper and freeze until very firm, about 1 hour. Roll the frozen balls in melted chocolate. Refrigerate until the chocolate is set, about 30 minutes.

Yields 20 truffles. Serving size: 1 truffle. Calories 64, Fat 4 g., Carbohydrates 2 g., Protein 2 g.

Recipes from sparkpeople.com and eatingwell.com

Contact us by email: pilatesconnection@cox.net
Or click on the logo below to visit our website.



*Northeast Corner, Broadway and Camino Seco 8767 East Broadway
Tucson, AZ 85710
Phone: 520-207-6121*

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Questions or comments? Email us at pilatesconnection@cox.net or call (520) 207-6121