

Roasted Vegetable Dip with Baked Pita Crisps

Makes 7 servings (1/4 cup dip and 3 chips per serving)

1 medium zucchini, sliced (2 cups) 2 cloves of garlic, peeled
 1 medium yellow summer squash, sliced (1½ cups) Cooking spray
 1 medium red bell pepper, sliced 1/2 tsp salt
 1 medium red onion, thinly sliced 1/4 tsp Cayenne pepper



Heat oven to 400°. Spread zucchini, yellow squash, bell pepper, onion and garlic in jelly roll pan (15½ x 10½ x 1 inch). Spray vegetables with cooking spray. Sprinkle with salt and red pepper. Bake about 30 minutes, turning vegetables once, until vegetables are tender and lightly browned. Place vegetables in blender or food processor. Cover and blend on high speed about 1 minute, stopping blender occasionally to scrape sides, until smooth. Serve warm or refrigerate at least 2 hours until chilled. Serve with baked pita crisps or dippers.

Baked Pita Crisps

Makes 2 dozen



1½ pita breads (6 inches in diameter) 1 tsp dried basil leaves
 2 tps canola oil or butter (melted) 2 tps grated Parmesan cheese

Heat over 375°. Split each pita bread around edge with knife to make 2 rounds. Lightly brush oil over rounds. Sprinkle with basil and cheese. Cut each round into 8 wedges. Place in single layer in 2 ungreased jelly roll pans (15½ x 10½ x 1 inch), or 2 cookie sheets. Bake uncovered 6 to 8 minutes or until light brown and crisp. Cool slightly (chips will continue to crisp as they cool). Serve warm or cool. Store in tightly covered container up to 3 weeks at room temperature.

Nutrition (per serving)

Calories 70 Fiber 1g Sodium 260mg Fat 2g (Saturated 1g) Protein 3g Cholesterol 0mg Carbohydrate 11g
Betty Crocker's Diabetes Cookbook

Key Lime Fruit Salad

Makes 8 Servings

1 container Key Lime Pie artificially sweetened, low-fat yogurt
 2 tbsp orange juice 1 cup blueberries 2 cups fresh pineapple chunks
 2 cups cubed cantaloupe 1 cup strawberry halves 2 cups green grapes
 1/4 cup flaked or shredded coconut, toasted



Mix yogurt and orange juice. Layer fruit in order listed in 2½ qt glass bowl. Pour yogurt mixture over fruit. Sprinkle with coconut. Serve immediately.

Nutrition (per serving)

Calories 120 Fiber 3g Sodium 25mg Fat 2g (Saturated 1g) Protein 2g Cholesterol 0mg Carbohydrate 26g
Betty Crocker's Diabetes Cookbook

Gingered Caramel Dip with Fresh Fruit

Makes 8 servings



4 oz reduced fat cream cheese, softened 1 medium unpeeled eating apple, sliced
 1/2 cup artificially sweetened, low fat vanilla yogurt 1 medium pear, sliced
 1/4 cup plus 1 to 2 tsp caramel topping 1 medium banana, sliced
 1 tbsp chopped crystallized ginger

Beat cream cheese in medium bowl with electric mixer on medium speed until creamy. Beat in yogurt and 1/4 cup of the caramel topping until smooth. Cover and refrigerate at least 30 minutes until chilled. Spoon dip into a small serving bowl. Drizzle with 1 to 2 tsp caramel topping; swirl with tip of knife. Sprinkle with ginger. Serve with apple, pear and banana slices.

Nutrition (per serving)

Calories 95 Fiber 1g Sodium 110mg Fat 2g (Saturated 1g) Protein 2g Cholesterol 5mg Carbohydrate 18g
Betty Crocker's Diabetes Cookbook



www.theadvocacyalliance.org

Spring 2006

NORTH EASTERN PENNSYLVANIA
 HEALTH CARE QUALITY UNIT (HCQU)



IT'S YOUR HEALTH

Spring Into Fitness



Spring into fitness through dance, exercise, and healthy recipe tasting at The Advocacy Alliance every Monday and Wednesday in March through May from 3:00 pm to 4:00 pm at 841 Jefferson Avenue in Scranton, PA. This interactive experience is based on NBC's Worlds Biggest Losers program and Shape Up America. The sessions are open to any registering participant in the MH/MR

community. Motivational prizes will be awarded based on accumulated dance and exercise minutes.

Why should you be active?

Being physically active may help you live longer and protect you from:

- Diabetes
- Heart disease and stroke
- High blood pressure
- Osteoporosis (a disease leading to weak bones that may break easily)

If you have any of these health problems, being physically active may help control or improve your symptoms.

How do I get started?

To start being more active and keep at it, start slowly because your body needs time to get used to your new acts. Start with warm up and cool down. Regular physical activity helps you feel better because it:

- Lowers stress and boosts your mood;
- Increases your strength;
- Helps control your blood pressure and blood sugar;
- Helps you build healthy bones, muscles, and joints;
- Helps your heart and lungs work better; and
- Improves your self esteem.



www.theadvocacyalliance.org



Get Up and Dance!

Dancing to some lively music may be fun with the HCQU, at home, or at a social event. Dancing may help:

- Tone your muscles;
- Improve your flexibility;
- Make your heart stronger; and
- Make your lungs work better

Dancing on your feet is a weight bearing-activity. Dancing while seated lets you move your arms and legs to music while taking the weight off your feet. This may be a good choice if you can't stand on your feet very long.

Safety Tips:

- Drink plenty of water;
- Wear light-weight loose fitting clothing, fabrics that absorb sweat; and
- Wear athletic shoes.



Diagnosis: Diabetes

Mary Smith works full-time at a CLA. She is married, has three children, a house to clean, baseball games to cheer at and errands to run. The past summer she felt more tired than usual. She was eating on the run, grabbing meals between lessons for the kids, doctor appointments for consumers and endless yard work. In fact, despite poor eating habits, she was losing weight.

One day last August, she was working outside mowing the grass. She noticed how thirsty she was, but blamed it on the hot weather. She felt more tired than usual, but blamed it on the yard work and fussing her kids. When a few days went by and she felt no better, she made an appointment with her Primary Care Physician. Much to her surprise, she was diagnosed with Type 2 Diabetes!

Would you have recognized those same symptoms in yourself? Did you know that excessive thirst, increased urination, hunger and unexplained weight loss can be signs of diabetes? Did you know that a family history of diabetes, being overweight, or on certain medications used for a long period of time may increase your risk?

Now consider the consumers under your care. Have they exhibited any of these symptoms? Since many have difficulty expressing themselves, are their behaviors indicating they may have a medical problem, such as diabetes, which has not been diagnosed?

Remember to pay attention to all of these symptoms:

- Extreme thirst
- Frequent Urination
- Unexplained weight loss
- Increased hunger

Be sure to make an appointment with your or your consumer's physician if these symptoms are present.

Food, Fit, and Fun

Valerie J. Kiltie, R.N., B.S.

Now that the weather is nice our thoughts turn to outside fun. Picnics and barbeques are a great way to get together with family and friends, not only do we get to share a meal together, but we also get to play together—volleyball, baseball, bean bags, horseshoes, croquet, badminton, and three-legged races all add up to loads of laughs and fun, while getting exercise as a bonus.

Since we've already reaped the benefits of exercise, you might want to try these healthy spring time treats at your picnic or barbeque.



Strawberry Lemonade

Makes 7 1-cup servings



- 1½ Qt. (6 cups) cold water, divided
- 1 cup Strawberry halves
- 1 tub Crystal Light Lemonade Flavor Low Calories Soft Drink Mix

Place 2 cups of the water and strawberry halves in a blender container, cover and blend on high speed until smooth. Pour into a large plastic or glass pitcher. Stir in remaining 4 cups of water. Serve over ice cubes.

Nutrition (per serving)						
Calories 10	Total fat 0g	Saturated fat 0g	Cholesterol 0mg	Sodium 5g	Carbohydrate 2g	Dietary fiber 1g
Sugars 1g	Protein 0g	Vitamin A 0%DV	Vitamin C 20%DV	Calcium 0%DV	Iron 0% DV	

kraftfoods.com

Crystal Light Ice Cubes

Makes 32 Cubes

- 1 Qt. (4 cups) cold water
- 1 tub Crystal Light Flavor Low Calories Soft Drink Mix, any flavor

Place drink mix in medium bowl. Add water and stir until drink mix is dissolved. Pour into plastic ice cube trays. Freeze until firm. Serve with fruit punches or other cold beverages.

Special extra: Add a berry or a small piece of fruit to each section of ice cube tray before filling with prepared drink mix. Freeze as directed.

Nutrition (per serving)						
Calories 0	Total fat 0g	Saturated fat 0g	Cholesterol 0mg	Sodium 0g	Carbohydrate 0g	Iron 0%DV
Dietary fiber 0g	Sugars 0g	Protein 0g	Vitamin A 0%DV	Vitamin C 0%DV	Calcium 0%DV	

kraftfoods.com

Cinnamon Raisin Snack Mix

Makes 10 servings (1/2 cup each)



- 1/4 cup sugar
- 1 tsp ground cinnamon
- 1/4 cup butter or margarine
- 1½ cups Corn Chex cereal
- 1½ cups Rice Chex cereal
- 1½ cups Wheat Chex cereal
- 1/2 cup raisins, dried cranberries, or dried cherries

Mix sugar and cinnamon; set aside. Place butter in large microwave bowl. Microwave uncovered on High about 40 seconds or until melted. Stir in cereals until evenly coated. Microwave uncovered 2 minutes, stirring after 1 minute. Sprinkle half of the sugar mixture evenly over cereals; stir. Sprinkle with remaining sugar mixture; stir. Microwave uncovered 1 minute. Stir in raisins. Spread in paper towels to cool.

Nutrition (per serving)						
1/2 cup: calories 155	Fiber 1g	Fat 5g (saturated 3g)	Cholesterol 10 mg	Sodium 190mg	Protein 2g	Carbohydrates 27g

Betty Crocker's Diabetes Cookbook

Corn and Bean Salad

Makes 6 servings



- 1 can (15 oz) black beans, rinsed and drained
- 1 can (4 oz) chopped green chilies, drained
- 1/4 cup chopped onion
- 1 can (about 8 oz) whole kernel corn, drained
- 1/2 cup medium salsa
- 2 Tbsp chopped fresh cilantro

Mix all ingredients in medium bowl. Cover and refrigerate 25 minutes. Enjoy!

Nutrition (per serving)					
Fiber 6g	Sodium 520mg	Fat 1g (Saturated 0g)	Protein 8g	Cholesterol 0mg	Carbohydrate 29g

Betty Crocker's Diabetes Cookbook

Red and White Cabbage Salad



Makes 8 Servings

- 2 cups green cabbage, shredded
- 2 cups red cabbage, shredded
- 1 large Granny Smith apple, grated
- 2 Tbsp dry-roasted, salted sunflower seeds
- 1/2 cup plain fat-free yogurt
- 1/3 cup fat-free mayonnaise
- 3 Tbsp apple cider vinegar
- 1/8 Tsp table salt, or to taste
- 1/8 Tsp black pepper, or to taste

Combine all ingredients in a large bowl. Let sit for 30 minutes before serving.

Cranberry Bog Turkey Burgers

Makes 4 Servings

- 1 1/3 lbs ground turkey breast (avg. weight of one package)
- 1 small Macintosh apple, finely chopped
- 1 small white onion, chopped
- 1 rib of celery from heart of stalk, finely chopped
- 1 rounded tsp poultry seasoning
- Salt and pepper
- Vegetable oil, for drizzling
- 4 sandwich size sourdough English muffins or whole wheat rolls
- 1 cup prepared whole cranberry sauce
- 1/2 cup mayonnaise or salad dressing, reduced fat or regular
- 8 leaves Bibb lettuce (cleaned) or sprouts

Combine turkey, apple, onion, celery, poultry seasoning, salt and pepper in a bowl and form into 4 large patties. Preheat a large skillet or grill pan to medium high heat. Drizzle skillet or brush grill with vegetable oil and cook patties 5 to 6 minutes on each side. Toast split English muffins. Mix together cranberry sauce and mayonnaise or salad dressing. Spread muffin halves or wheat roll with cran-mayonnaise or cran-salad dressing and pile in burgers and Bibb lettuce or sprouts.

Recipe courtesy Rachel Ray, foodnetwork.com



Jicama-Orange Salad

Makes 8 servings

- 4 large oranges, peeled and sectioned
- 2 cups julienne-sliced jicama
- 1½ cups julienne-sliced sweet red pepper
- 1/4 cup white vinegar
- 1 Tbsp vegetable oil
- 1/2 Tsp sugar
- 1/4 Tsp ground white pepper
- 1/4 Tsp chili powder

Combine first 3 ingredients in a large bowl; cover and chill. Combine vinegar and remaining 4 ingredients in a jar; cover tightly, and shake vigorously. Chill. To serve, drain orange mixture, if necessary. Add vinegar mixture to orange mixture and toss gently.

Nutrition (per serving)					
Calories 54	Fiber 2.5g	Sodium 30mg	Fat 2g (Saturated .4g)	Protein .9g	Cholesterol 0mg

Southern Living Our Best Low-Fat, Low-Calorie Recipes