

Eye On Health *be merry...*

Health & Fitness Publication

NEWSLETTER [DECEMBER EDITION]

December 2009

WHAT'S HAPPENING IN DECEMBER

FRIDAY, DECEMBER 4-6

International Chinese Martial Arts World Championships

Atlantis Paradise Island Resort
 Nassau, Bahamas

Traditional Kung Fu, Taiji, Modern Wushu, Sanda & Other International Styles

FRIDAY, DECEMBER 5

9th Annual Mark Knowles

Celebrity Tennis Invitational Exhibition

National Tennis Centre
 Queen Elizabeth Sports Centre
 Nassau, Bahamas

Proceeds aid The Cancer Society, the Sassoon (Bahamas) Foundation for Pediatric Heart Care, The Special Olympics, The Association for the Physically Disabled, The Chance Foundation and the Mark Knowles Tennis Scholarship Fund

SUNDAY, DECEMBER 6

Rotary Club of West Nassau

36th Annual Night of Christmas Music

Rainforest Theatre, Crystal Palace
 Wyndham Nassau Resort
 Nassau, Bahamas
 Contact: ewlopez@wsieteam.com

Until DECEMBER 19

Susan Moir Mackay's "Paradox"

Popopstudios
 John Cox's Popopstudios, Dunmore Ave.
 Nassau, Bahamas
 6:00PM-9:00PM

Susan Moir Mackay's exhibition at Popopstudios explores contradictions such as good and bad, perfection and imperfection, and pain and healing. Using Mandalay, an ancient tool of meditation, Mackay's work questions the essential nature of things, while searching for the metaphorical unification.

"A wise man should consider that health is the greatest of human blessings, and learn how by his own thought to derive benefit from his illness."

- Hippocrates (460 BC - 377 BC)

See Reverse...

For Holiday Main Dish Recipes



5 WAYS TO HAVE A SILENT NIGHT

By Alice Lesch Kelly (www.weightwatchers.com)

Peace on Earth starts at home. Here's how to bring tranquility into yours.

No matter how busy you are, you can stay centered during the holidays. Here are five ways to create calm and tranquility anytime:

Use visualization.

You probably can't fly off to your dream destination. But you can imagine it. Sit comfortably in a quiet place and close your eyes. Then, imagine yourself in a happy, calm place — a warm beach, a pine forest, or a quiet church. Use all of your senses. For example, if you're visualizing a beach, think of the smell of salt air, the feeling of sun on your face and the rhythmic sound of waves.

Take a walk.

Going for a walk outdoors gives you a time-out from shopping, wrapping and visiting. Even a short walk slows your mind and refreshes you. As you walk, be mindful: Pay attention to what you see, feel the air on your face and listen to the sound of your footsteps.

Call a friend.

We send out dozens of cards and air-kiss numerous people at parties, but during the holidays, we rarely take the time to have a heartfelt conversation with a friend. Brew a cup of tea, snuggle in a cozy chair and call a friend for a long chat. (You might schedule the call ahead of time so your friend can set time aside for it, too.)

Breathe.

When we're busy or stressed, we often hold our breath. Relax your body and your mind anytime with a mini-meditation. Sit down, close your eyes and take a few deep breaths through your nose. Breathe in to the count of five, then breathe out to the count of five. As you breathe, imagine inhaling peace and exhaling stress.

Experience silence.

Instead of turning on the radio in your car, drive without the sound of music or talk shows.



MERRY MAKEOVERS: HEALTHY HOLIDAY FOODS

By Jenny Stamos Kovacs (www.webmd.com)

Wherever you come from or wherever you're going this season, here's how to serve up fare that is both festive and light. Whether your table offerings lean toward Bahamian, all-American, English, or German traditions, the time-honored dishes you love can be made with less fat and fewer calories — without sacrificing taste.

Inspired by our neighbors to the North, the traditional Christmas meal has come to mean eggnog, hot apple cider, and gingerbread cookies, and is usually spent with relatives over a big meal centered around an oven-roasted turkey, honey-baked ham, or other impressive cut of meat — accompanied by all the fixins.

Traditional Treat:

What's a holiday office cocktail party without savory finger foods, creamy dips, and fried canapés?

Leaner Eat:

Bypass the chips and other fried pound-packers and help yourself to a small handful of nuts, reduced-fat cheese and fresh fruit, or chilled shrimp. Or serve a hummus dip with a holiday-themed veggie platter: red or green pepper, zucchini, and jicama strips.

Traditional Treat:

Dark turkey meat covered in gravy -- because nobody wants to eat the breast meat (not till the next day, that is, when everyone wants white-meat turkey sandwiches, slathered with mayo).

Leaner Eat:

Choose lower-fat white meat without the skin and enjoy it with just a drizzle of gravy made with defatted pan juices, dry white wine, and low-sodium chicken broth.

Traditional Treat:

A "must" at most holiday tables is a big mound of mashed potatoes drowning in butter and salt.

Leaner Eat:

Enjoy vitamin-rich mashed sweet potatoes or baked sweet potato rounds or fries. Spritz the strips with cooking spray, add a dash of cinnamon, and bake at 450°F for 30 minutes.

Traditional Treat:

Corn bread stuffing cooked inside a turkey is a mainstay of the meal for many and usually loaded with a variety of meats, nuts, and veggies, with plenty of butter, of course.

Leaner Eat:

Try wild rice as stuffing instead, and bake it separately in a covered casserole. Cooked inside the turkey, the stuffing absorbs too much fat from the meat.

Traditional Treat:

Sweet, rich, oh-so-fattening pecan pie is a holiday highlight. While the antioxidant-packed nuts are good for you, in moderation, the corn syrup, butter, and sugar can pad your hips with up to 800 calories per slice.

Leaner Eat:

Opt for a small slice of pie minus the crust, and make it pumpkin, which is lower in fat and calories and also provides a good dose of beta-carotene. Or try a couple of strawberries dipped in chocolate.

With these menu makeovers, you can feast and still button your pants when the New Year rolls around. Happy, healthy holidays — wherever you hail from!

MAIN DISHES FOR HOLIDAYS (OR ANY DAYS)

Roll up your sleeves and dig into some of the best recipes of the season!

By Lisa Chernick (www.weightwatchers.com)



HERBED RIB ROAST

6 Points® Values | 12 Servings

Prep Time: 20 min

Cooking Time: 80 min

Level of Difficulty: Moderate

This makes a wonderful holiday dinner. Turn leftovers into flavorful steak sandwiches or eat some for breakfast with scrambled eggs.

INGREDIENTS

- 4 pounds lean whole beef rib roast, trimmed
- 1 1/2 tsp table salt
- 1/2 tsp black pepper
- 2 medium garlic cloves, minced
- 1/4 cup Dijon mustard
- 2 Tbsp reduced-calorie mayonnaise
- 1 1/2 tsp horseradish sauce
- 1/4 cup parsley, chopped
- 2 Tbsp thyme, chopped
- 2 Tbsp dill, fresh, chopped

INSTRUCTIONS

Preheat oven to 375°F. Season roast with salt and pepper.

In a small bowl, combine garlic, mustard, mayonnaise and horseradish. In another small bowl, combine parsley, thyme, dill and 1 tablespoon of mustard mixture.

Place meat, rib-bone down, in a roasting pan; coat top with mustard mixture and cook meat until an instant-read thermometer inserted in center of roast registers 110°F. Coat roast with remaining mustard mixture and press herb mixture onto mustard with your hands.

Continue cooking roast until a thermometer inserted in center of meat registers 140°F for medium, or longer until desired degree of doneness. Cover loosely with foil and then let stand 20 to 30 minutes before carving.



ROASTED PORK W/SAGE

7 Points® Values | 8 Servings

Prep Time: 15 min

Cooking Time: 90 min

Level of Difficulty: Moderate

This elegant dish is the perfect entrée for dinner guests. They'll marvel at both the gorgeous presentation and fabulous taste.

INGREDIENTS

- 3 pounds lean pork loin, boneless roast
- 1 spritz cooking spray
- 1/2 cup dried cranberries
- 1/3 cup apple cider
- 1 tsp canola oil
- 2 medium onions, or large shallots, chopped (about 1/4 cup)
- 1/8 oz fresh sage, 2 Tbsp
- 1 1/4 Tbsp seasoned bread crumbs, coarse
- 1/2 cup spinach, fresh leaves

INSTRUCTIONS

Preheat oven to 375°F. Coat broiler pan with cooking spray and set aside.

In a small bowl, combine cranberries and cider. Cover and microwave on HIGH 1 minute; set aside. Meanwhile, heat canola oil in medium skillet over medium-low heat; cook onions and sage until onions are softened, about 5 minutes.

In a large bowl, mix together bread crumbs, cranberry mixture and onion mixture.

Place pork on cutting board. Cut loin in half almost, but not all the way, through. Open like a book so loin lies almost flat. Place spinach leaves over one half of loin. Place stuffing on top of spinach. "Close" the other half of loin on top of "filled" half and tie loin with cooking string to secure.

Place pork on broiler pan and roast until golden and meat thermometer registers 160°F, about 1 hour 20 minutes.

(Note: Cooking the pork on a broiler pan allows excess fat to drip away. Line the bottom of the pan with foil for easy cleanup.)



ROASTED VEGETABLE LASAGNA

5 Points® Values | 6 Servings

Prep Time: 25 min

Cooking Time: 70 min

Level of Difficulty: Moderate

Roasted vegetable purée gives this a new twist!

INGREDIENTS

- 3 medium raw eggplant, 1/2-inch pieces
- 3 medium sweet red peppers, chopped
- 4 small tomatoes, plum, seeded & chopped
- 4 medium garlic cloves, peeled & chopped
- 2 tsp olive oil
- 1 tsp table salt, or more to taste
- 1/4 tsp black pepper, or more to taste
- 9 lasagna noodles, cooked & drained
- 1/4 cup grated Parmesan cheese
- 3/4 cup mozzarella cheese, shredded

INSTRUCTIONS

Preheat oven to 425°F.

In roasting pan, combine vegetables and garlic with olive oil. Bake until vegetables are tender, stirring occasionally, about 20 to 25 minutes.

Place half of vegetables, salt & pepper, and 1/2 cup water in food processor and process until smooth. Spoon 1/2 cup of vegetable purée into bottom of a 9 X 13-inch baking dish.

Place three noodles over purée. Top with 1/2 cup of purée, 1/2 of remaining vegetables, 2 tablespoons of Parmesan cheese and 1/4 cup of mozzarella cheese. Repeat layers and then top with remaining 3 noodles, purée and cheese.

Bake until bubbly, about 40 to 45 minutes.