

NUTRITION NEWS

Optimal You Dietitians Bringing Nutrition Straight to You.



NOVEMBER 2021

Holidays are around the corner and can be a time of indulgent foods with endless sweet treats. Healthy eating includes enjoying favorite foods and trying new ones. In this issue we provide tips, tools and recipes to help you celebrate your gatherings with flavor and flair!



Celebrate all the Flavors this Holiday Season.

Healthy eating involves more than the type of food we choose. Relaxed eating, which is the ability to be at ease with the social, emotional and physical components of food, can be key to a balanced relationship with food. Considering all we know about nutrition, a relaxed diner also listens to the body and satisfies hunger in a flexible, guilt-free way.

With holidays around the corner we often deviate from our typical meal pattern, attend gatherings, cook special foods and receive sweets and treats. One could enter this season with dread, restriction, guilt and shame, or refocus and practice a relaxed eating approach by eating more or less than usual without judgment or need to compensate. Root your decisions in self-trust and by listening to your body.

It's natural to have a favorite holiday dessert or meal, which should be savored! If you're stuck in rigid habits such as only eating green leafy vegetables & chicken or avoiding sugar, the prejudices and

passion with food holds the power to override our basic needs and are no longer a function of healthy living. Prejudices can quickly turn your preferences into positions and leave you stuck. "Positions" refers to inflexible spots where you feel you have no other choice but to do what you've created as a habit. This can steal the joy from your holiday season and research shows this restrictive mindset doesn't lead to improved wellbeing.

Instead, start the holiday season with a relaxed open mindset that prioritizes enjoyment! If we strive for nutrient density and allow for moderation, it opens the door for food acceptance and peace with all food choices. When we "allow" for seasonal sweets and treats while paying attention to how we feel, we may find ourselves itching to get outside for a walk, enjoy a harvest salad, and savoring every bite of peppermint bark. When the

focus is nourishing the body and engaging in seasonal activities, we can achieve a balanced relationship with the holiday season.

Rather than digging into negative messages around food, "I shouldn't eat that" or "I have to work out to make up for last night's dinner" try to refocus to "I could." You could bring a warm kale salad to accompany the potluck, and sample a few desserts to determine which earn a bigger portion. You could bake your favorite cookies keeping some at home and sharing more with neighbors. You could explore snowshoeing with a new friend and invite friends or family to go sledding. Honing in on "I could" opens up possibilities for the season, rather than entering a joyous time of year with judgment.

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If your compassion does not include yourself, it is incomplete.
-Jack Kornfield .
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DYNAMIC DUTCH OVENS

A Dutch oven can be a slow Sunday companion or a quick weeknight meal super hero. Max out your nutrients in this top-of-the-line kitchen tool.



DUTCH OVEN CHICKEN TERIYAKI

4 T Toasted sesame oil, divided
1 onion, thinly sliced
2 c broccoli florets,
3 carrots, cut into matchsticks
2 zucchini, cut into 2-inch pieces
1 c snow peas, trimmed and halved lengthwise
1/2 c soybean or mung bean sprouts
1 1/2 lb boneless, skinless chicken breasts, cut into strips
1/2 tsp salt
1/2 tsp black pepper
1/2 c plus 3 T low-sodium chicken broth, divided
1/3 c reduced-sodium soy sauce or tamari
1/4 c rice wine (mirin)
3 T honey
1 T fresh ginger, minced
3 small cloves garlic, minced
2 T cornstarch
3 c cooked brown rice

Directions

Heat 2 T oil in a Dutch oven over medium-high heat. Add the onions, broccoli, and carrots and sauté until the broccoli is a bright green and the carrots are still crisp but slightly tender, about 2 minutes. Add the zucchini, snow peas, and sprouts and cook, stirring, until heated through, about 1 minute. Remove from Dutch oven to a large plate.

Sprinkle the chicken with the salt and pepper on both sides. Add the remaining 2 T of oil in the same Dutch oven over medium-high heat. Add the chicken in a single layer and cook until browned on both sides, 3 to 4 minutes total.

Add 1/2 cup chicken broth, soy sauce, rice wine/mirin, honey, ginger, and garlic. Stir and scrape up any flavorful browned bits from the bottom of the pan. Reduce the heat to low and cook just until the mixture comes to a gentle boil, 2 to 3 minutes. Cover, reduce the heat and simmer until the chicken is just cooked through and no longer pink, 5 to 6 minutes.

Whisk the cornstarch with the remaining 3 T chicken broth in a small bowl until fully combined. Stir the chicken and sauce in the Dutch oven, and drizzle in the cornstarch mixture. Increase the heat to medium and bring to a boil, stirring the liquid constantly, 1 to 2 minutes.

Add the rice and reserved vegetables and stir to combine. Cover and cook until the rice has begun to absorb the sauce, the vegetables are cooked to the desired doneness, and the chicken is soft and tender, about 3 to 5 minutes.

COOKING TIPS FOR DUTCH OVENS

Brown Ingredients First: Resist adding all ingredients at the same time. Recipes in Dutch ovens tend to taste best when vegetables and proteins are browned before adding any liquid. Start on the stove top, then transfer the covered pot to a pre-heated oven to finish cooking..

Save the Steam: Unless a recipe requires steam to escape, like a pasta or a sauce reduction, it's best to cover (partially or fully) the Dutch oven while cooking to keep items tender.

Add Flavor with Liquid: Broths and stocks can raise the bar in Dutch oven recipes. To concentrate flavor even further, let the dish simmer a bit on the stovetop with the lid off before putting it in the oven.

Double or Nothing: Try a steamer basket inside the Dutch oven. Vegetables can cook to desired done-ness while proteins cook beneath. The vegetables won't need as much time, be sure to add them last.



Vegan Coconut Lentil Soup

1 large onion, chopped
6 garlic cloves, smashed and chopped roughly
1 3-inch piece ginger, minced
2 T virgin coconut oil
3 tsp curry powder
1/2 tsp cayenne pepper
1 13.5-oz can unsweetened coconut milk
1 c split red lentils
1/2 c unsweetened shredded coconut
2 tsp kosher salt, plus more
1 10-oz box frozen chopped spinach, thawed and liquid squeezed out
1 15-oz can crushed tomatoes
Plain non-dairy or whole-milk yogurt (for serving; optional)

Directions

Heat 2 T. oil in large Dutch oven over medium. Add onion and cook, stirring, 6–8 minutes. Add garlic and ginger and cook about 5 minutes. Add curry powder and cayenne and stir until spices are fragrant, about 1 minute. Add coconut milk and stir to loosen spices, then stir in lentils, shredded coco-nut, salt, and 5 cups water.

Bring to a boil then reduce heat to medium-low to simmer. Cook, stirring occasionally, until lentils are broken down and soup is thickened, 25–30 minutes. Add spinach and tomatoes to pot and stir. Simmer just to let flavors meld, about 5 minutes. Serve with yogurt, if desired.

SARAH'S HEALTHY STOVETOP STUFFING

Impress your family with this delicious and nutritious holiday favorite.

INGREDIENTS

2 to 3 c low sodium chicken stock
10 - 12 c 3/4" bread cubes, French, Italian or cranberry walnut
2 c each onion and celery, chopped
3 T unsalted butter
3 T olive oil
1 green apple, cored, chopped
3/4 c currants
1 c pecans
8 chopped green olives
1/4 c chopped fresh parsley
1 tsp poultry seasoning or ground sage
Salt and ground pepper (to taste)

DIRECTIONS

1. If needed, dry cut bread on a baking sheet in a 200° F oven for 10 minutes, tossing once or twice.
2. Melt 3 T butter in a large skillet. Toast bread cubes in skillet, in batches, until lightly browned. Set aside.
3. In a large Dutch oven, heat 3 T olive oil over medium heat. Sauté onion and celery about 8 minutes, stirring often.
4. Add the bread, pecans, apple, currants, olives, parsley, and poultry seasoning/sage. Add 1 c stock to moisten, stirring well.
5. Cover and cook on low for about one hour, until apples are soft and cooked through. Check every 10 - 15 minutes and add more stock to keep moist and prevent the bottom from sticking. Prepare to use about 3 c stock total. Be certain to stir and scrape ALL the way to the bottom of the pan.
6. Add parsley once stuffing is finished cooking. If making ahead of time, add parsley after dish is reheated.

EQUIPMENT NEEDED

Cutting board
Chef knife
Prep bowl/s
Skillet
Dutch oven with lid
(or large pot with lid)
Measuring cups & spoons
(1 c, 1/4 c, 1 T, 1 tsp)

RECIPE TIPS

- Plan ahead! Buy and cube your bread days in advance. For a moist loaf, like a bakery-made cranberry walnut, purchase 4 days ahead and cube 1-2 days in advance. For French or Italian bread, purchase 2-3 days ahead and cube 1 day in advance. This allows you to skip step #1.
- Make swaps! You can substitute raisins for currants, use any type of apple, or trade walnuts for the pecans, if you wish.
- This recipe reheats well. Simply place, covered in oven until warmed through. Check moisture level, add a bit of water if needed.





ARE YOU LIVING YOUR BEST?

REMEMBER:

All Ada Amway employees, retirees, spouses and dependents receive FREE nutrition services, regardless of *Optimal You* Fitness Facility membership. Send us an email, we look forward to working with you online, in-person or by phone or to meet your health and well-being goals!



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EMAIL THE
OPTIMAL YOU
REGISTERED
DIETITIANS
FOR AN APPOINTMENT
TODAY!

UPCOMING NUTRITION EVENTS

Cooking with Quality Carbohydrates: Improving Diabetes Outcomes in the Kitchen
Thursday, November 11, 2021 1:00-1:30 PM EST

Improving carbohydrate quality in the diet can increase fiber intake, reduce risk of Diabetes and be a delicious addition to your meal. Learn how to break away from the box and prepare fresh, and delicious, high-fiber carb options!

To register and receive TEAMS link, email Sarah.Vaneerden@Amway.com

Holiday Happy Hour

In December join the entire Optimal You Fitness Facility Team for a delicious celebration with festive fun! Stay tuned for details.

