

Wellness at Work

D Y N A S P L I N T S Y S T E M S , I N C



Must have Mustards!

Mustards are a wonderful additional to your meal without the fat or salt! There are many different blends and brands such as lemon, English, honey, Dijon, and rosemary. Brush them over your chicken and salmon before grilling, use them as a base for marinades or vinaigrettes, or use it as a substitute for mayonnaise.



Cut the calories... Ballpark food makeover!

A few simple swaps can save loads of fat, calories, and sodium.

Eat This!

- Cracker Jack (1 box)
- Hotdog (w/ relish, mustard, and ketchup)
- Ice Cream Sandwich

Not That!

- Large soft pretzel
- Nachos (with cheese sauce)
- Vanilla soft serve ice cream

-adapted from Eat This Not That!

7 KITCHEN SHORTCUTS

Dinner in 30 minutes sounds simple, but yet the reality is most meals fall short of meeting nutritional guidelines. Although the drive through gives us quick dinners without much of a dip into our piggy banks, the real cost is our health.

There is a secret to a successful healthy, homemade, cost effective, simple and delicious meal in 30 minutes or less. The secret is in knowing the kitchen shortcuts.

Slice and package meats. When you get home from the market, cut larger portions of meat into thin strips or medallions. Then package your meat in individual portions before freezing. This will cut down on thawing and cooking time.

Purchase prepared ingredients. Go ahead and splurge on the extra dollar to get your carrots pre-cut, your mushrooms pre-sliced, or your bagged salad. Don't let the chopping and dicing keep you from getting your veggies with every meal.

Season with herbs. You can add so much flavor without sodium by adding herbs to your meals. If fresh herbs are out of your budget, try the dried version. Or better yet, start an herb garden to have all your greens at your fingertips! All you need is a pot, some sun and water for a flourishing herb plant.

Double up. If you are making a BBQ chicken dish for Monday, cook extra. The leftover chicken can top a salad, stuff

in a pita, fill a quesadilla or enhance a casserole. Why cook twice when you can just reheat?

Choose robust ingredients. By adding olives, sundried tomatoes, capers, or other robust ingredients you can skip the extra fat such as sauces or oils needed to enhance your dishes flavor.

Start early. Before you change from your work clothes or shift the laundry to the dryer, pre-heat your oven or start your boiling water. No need to waste time waiting.

Buy what's on sale. Don't be scared to substitute a zucchini for a squash, or whole tomatoes for cherry tomatoes. A recipe can be just as delicious with your own on sale produce of choice!

BLACK BEAN BURGERS

5 whole wheat buns
1 15 oz can no salt added black beans, washed and drained
2/3 cup red onion, chopped
1 cup skim milk
1 cup whole wheat bread crumbs, unseasoned
1 egg white, slightly beaten
1 tsp cumin
1 tsp cayenne
1 cup chunky salsa
1 avocado, sliced

Mash black beans in medium mixing bowl. In another small bowl, place bread crumbs in milk and stir. Allow to soak for about 1-2 minutes before adding to black beans. Add remaining ingredients except avocado and 1 cup salsa. Mix until blended. Heat large frying pan with 1 tablespoon canola oil. Form five, 4-ounce patties and place in pan. Cook each side for 3-4 minutes. Serve on whole wheat bun with 3 slices of avocado and salsa.



Serves 5.
Calories 270 Fat 6g Carbohydrate 44g Dietary Fiber 9g Protein 11g Sodium 540mg