

Summer'04



Recipes

Spa Burrito

8 servings, 239 calories per serving

Ingredients:

- 2 Cups Black Beans, Boiled and Pureed
- 1 Cup Red Bell Pepper, Sliced
- 1 Cup Green Bell Pepper, Sliced
- 4 Garlic Cloves, Chopped
- 2 Cups Onion, Julienne
- 2 Cups Zucchini, Medium Diced or Shredded
- ¾ Cup Sweet Corn Kernels
- 2 Cups Tomato, Medium Diced
- 1 Tsp Chili Powder
- ¼ Tsp Ground Black Pepper
- ½ Tsp Salt
- 2 Cups Mozzarella Cheese, Part Skim Milk
- 8 Low Fat Flour Tortillas, Refrigerated

Instructions for Bean Puree:

- 1 Drain cooked beans and place in food processor. Puree the beans on low until smooth. If beans are too dry, add a little water or lime juice to moisten them.

Instructions for Vegetable Mixture:

- 1 Heat a large saucepan over medium heat and spray with cooking spray.
- 2 Place peppers, onions, and garlic in the pan and sauté until they are soft.
- 3 Add tomato, cook another 5 minutes.



Patricia Fabie

- 4 Add the Zucchini, corn kernels, tomato and spices, sauté for another 5 minutes.
- 5 Remove from heat and set aside.

To Build the Burrito:

- 1 Place the tortilla on a flat surface and spread ¼ Cup of bean puree over the top.
- 2 Spoon about ⅓ Cup of vegetable mixture over the tortilla and spread evenly.
- 3 Sprinkle ¼ Cup of cheese over the burrito filling and roll it up.
- 4 Place the burrito on a baking stay and heat in a 350-degree oven for 5 minutes before serving.

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NUTRITION NOTES**Healthy Weight Loss**

By Brenda Jaeck, Certified Nutritional and Lifestyle Counselor

Why are there so many diets? The answer is simple but two-fold. First, people are obsessed with weight loss; everyone wants to be thinner. Secondly, everyone's body functions differently. The diet that works for one person may not work for another. In the end, diets do not work. Diets by nature are restrictive and require rules to be followed. Once the goal is achieved and the dieter "goes off" the diet they typically return to the old eating habits.

So what can be done? Follow a few simple guidelines. Eat fewer calories than are burned. This can be accomplished either by eating less or exercising more or some combination of the two.

Generally, increasing water consumption goes a LONG way in creating a more balanced eating plan. Water can help balance energy fluctuations and can also help curb appetite surges.

Increasing vegetables in the diet is another way to control calorie consumption. Since most vegetables are relatively low in calories and fiber rich, they keep us full longer with fewer calories.

Focusing on WHOLE gains—as opposed to processed food is always a good goal. It is almost impossible to over eat on whole grains due to their denseness. Since whole grains have more fiber—they also fill us up faster and give us energy over a longer period of time.

Lastly, do not overlook the importance of fat. Fat gives us the "mouth feel" of food. This allows us to be more satisfied with the food we are eating. Again, the result is we eat less. Fat also slows down the absorption of food, again allowing us to be satisfied for a longer period of time. Focus on healthy fats such as olive oil or avocados.

Weight loss is an obsession for so many people. These people have likely bought many diet books and have lost and gained the same weight numerous times. The way to end this cycle is to develop a life long eating plan that is balanced and maintainable. ■