



Recipe of the Month

Turkey Bowl with Cauliflower and Kale

Ingredients

1 bunch cilantro, tough stems removed
1 jalapeno pepper, halved (remove seeds for less heat)
3 tablespoons sliced almonds
Kosher salt
1 tablespoon vegetable oil
1 pound 93 percent lean ground turkey
1 onion, finely chopped
2 cloves garlic, finely chopped
1 teaspoon ground cumin
1/2 pound cauliflower
1 5-ounce package chopped kale (about 6 cups packed)

Directions:

Puree all but 3 tablespoons cilantro with 1/2 cup water, the jalapeno, almonds and 1/4 teaspoon salt in a blender until smooth.

Heat the vegetable oil in a large pot or Dutch oven over medium-high heat. Add the turkey and 1/2 teaspoon salt; cook, stirring and breaking up the meat with a wooden spoon, until browned, about 4 minutes.

Add the onion, garlic and cumin and cook, stirring occasionally, until softened, about 6 minutes. Stir in 1 1/2 cups water, the pureed cilantro mixture, the cauliflower and kale. Cover and bring to a boil, then uncover and reduce the heat to medium. Simmer, stirring occasionally, until the cauliflower is tender, about 15 minutes. Season with salt and serve over the rice. Top with the reserved cilantro.

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Will This Be the Last Time?

Here we go again, New Year's plans to make the usual changes, and yes, the same changes we planned last year and perhaps, the year before too. Redundant?

Since January is the time we make these lifestyle changes (resolutions), we tend to become more lax as the year ends knowing that we're going to change and prioritize what we want and what we are going to do about achieving these goals. Personally, I think the word "resolution" means "destined for failure." Anything too extreme can't last, and it has been proven year after year that it doesn't last because we're still making the same resolutions. I think next year's resolution should be NOT to make any of the same resolutions we have made before... Or maybe we shouldn't make any resolutions at all? If you do want to do something to enhance your life, just do it now! You don't have to wait till January comes around again.

"Resolution" is two words in one; "re" and "solution." We all know what "re" means and that's the problem, over and over and over again... And "solution" means finding the answer. But we already know the answer, we always knew the answer, so then why don't we DO the answer? We are so busy making claims of the things we are going to do yet most of us never actually get down to doing them -- or if we do begin, we end up not following through and continuing them. We need to really think about the resolution and what will be required of us to keep it.

A lot of our resolutions are made without much thought. We know we want to lose weight but have we made a plan how to do this? One that we will be able to commit to and follow? If not, our resolutions are more like wishes than goals. Our goals should be personalized and specific to the way we live and operate. Trying to do what everyone else is doing doesn't work. Rather than focus on outcomes we need to focus on the process -- the way we are going to achieve it. This way we can measure our progress, see where we are in it and look ahead to where we want to go. This way we have the opportunity to fine-tune things and tweak them to achieve better results.

At the beginning of the year we over-diet, over-exercise, over-budget, etc. Excess is destined to failure. Overload is too much. We have to change our thinking from what we want to achieve to what we realistically are able to achieve. By becoming more aware of your food habits you will become more aware of the changes you need to make to become a healthy eater. Do you exercise? Should you or could you exercise more? All of these things need to be taken into consideration. If you don't want to join a gym there are many exercises you can do at home without changing into fancy work-out clothes or traveling to a gym. For example, I've always recommended jumping jacks, push-ups and other simple and easy exercises. Simple doesn't feel like work and because of that it's more doable. Less can turn into more and can easily become a routine, a new

habit.

Be aware of self-improvement fads that get us excited for a few days because they are usually hard to keep up with. When our routines change and go back to normal we find that we can't fit these tapes or videos into our day and then we move on to something different that may seem better. We seem to never have time; we lack motivation, can't find our self-discipline and need to clarify our eating priorities. We have all the qualities needed to be successful but after awhile we tend to get lazy and start slacking off. As a result we start making excuses... Excuses, reasons we justify and believe are really the problem. I don't think so! What's important is not what you do once, is what you CAN do routinely. Don't think about what you can't do or how hard it is to do, or how long it's going to take. Instead, think about what you are going to do and DO it. Obstacles are when you look away from your goal. So, set a goal, not a number and take it one day at a time or even, one meal at a time. Remember, the one thing you must have control over is yourself.

These changes will create new habits slowly and surely. Yes, we can get distracted, so keep that in mind and remind yourself from time to time that you have to continue to raise your motivation and stay focused. Start small and stay positive. Make this year different so it is the last time you make resolutions that you might not be able to keep!

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