

Linda Fiveson



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Recipe of the Month

Sole with Mustard Sauce & Green Beans

½ lb. small green beans (trimmed)
Kosher Salt
2 tbsp. grapeseed oil
1 whole 1 lb. piece sole (Dover Sole is best) (skinned)
1 -2 tsp. paprika
1 tbsp. unsalted butter
1 small shallot, minced
1 small garlic clove, minced
1 tbsp. chopped flat-leaf parsley
1 tbsp. fresh tarragon
Freshly ground black pepper
Mustard Sauce (see recipe)

Cook beans in a large pot of boiling salted water until crisp-tender. (about 3 minutes)
Drain, transfer to a bowl of ice water to cool, drain & pat dry.

Cut beans in halve crosswise.

MUSTARD SAUCE

¾ cup dry white wine
2 tsp. minced shallots
1 small sprig thyme
½ small bay leaf
¼ tsp. tarragon or white wine vinegar
6 tbsp. (¾ stick) unsalted butter
2 large egg yolks
1/8 tsp. paprika
1 ½ tsp. Dijon mustard
Kosher salt

Bring first 5 ingredients to a simmer in a small saucepan, cook until liquid is reduced to 2 tablespoons. (approx. 10 min.)

Transfer to a medium bowl. Let cool slightly. Discard thyme sprig and bay leaf.

Simmer butter in a small saucepan over medium heat until foamy; skim foam from surface, discard. Pour clarified butter into a small glass measuring cup, leaving any brown bits behind. Keep warm.

Whisk egg yolks, paprika and 1 tbsp. water into wine mixture.

Place bowl over a pan with simmering water (cup should not touch water).

Whisk constantly until ribbons form. (approx. 5 min). Slowly whisk in butter. Whisk constantly until well blended and fluffy. (approx 2 min.)

Remove from heat, whisk in Dijon mustard. Season with Salt. Serve immediately.

Label Lingo



"I lost 140 pounds and I can help you lose weight and keep it off too!"

How many times have you told yourself you should start eating healthy... or, healthier? We all want to look better and feel better but where should we start? We see TV commercials advertising "healthy" foods and magazine ads picturing them all the time. Then, when we go to the supermarket, they are there too, often placed in strategic places – you know, where the customer is most likely to see them. And...buy them. They feed right into our desire to start losing weight or improving our health. BUT, it turns out that many times, these foods aren't healthy for us at all.

Many products say things like "heart healthy", "clinically proven" or "enriched". Others say they are "whole grain", "all natural" or "good source". There are so many terms like this; I could go on and on. The point is that we take these claims at face value and believe them because we are conditioned to trust the bold print. This creates a predicament because when we decide to eat healthy we stock up on all these foods we think are going to benefit us. BUT, do they? How do we know?

Making healthy food choices isn't always as easy or clear-cut as most people think. It's easy to get tricked! How often do you find yourself buying products that have the words "low-fat", "low-carb", "fat-free", "whole-grain", "whole-wheat", "low-sugar", "no sugar", etc. etc. on the labels? I have always said, and "do" believe, that the more the manufacturers promise a food to be healthy, the more we eat of it. Many studies confirm that too; we eat larger amounts of the lower calorie foods. It is unfair that we are deceived to believe that their claims are true.

Remember all that talk years ago about being an educated consumer? We have to look out for ourselves and the way to do that is by becoming "supermarket smart". For a start, let's decode some of the labels and health claims.

means the item has three grams or less of fat per serving. That may not mean much when you're eating veal parmesan with low fat mozzarella!

- The word reduced can be found before another term such as sugar or fat. It means that a product has 25 percent less of whatever it is referring to than the regular version. And, by the way, this is within the brand of the product. That means Dorman's cannot be compared with Kraft!
- Light or Lite means a product has one third fewer calories than the regular product. It also can mean it's lighter in color. Read the ingredients!
- Free means the product should have no fat, saturated fat, calories, sugars, cholesterol or whatever else it is referring to but read the ingredients anyway – there may be substitutes for them which are no healthier and no less fattening. Many "free" products replicate the taste with other additives such as corn syrup and food starches.

You might not know that fat free items are usually loaded with sugar. If you look at the ingredient label you might not pick up on this. Do you know why? Sugar can be disguised as many different things. Some examples are high fructose corn syrup, dextrose, corn syrup solids, cane juice, maltodextrin and sucrose. They might even list brown sugar, making you think it's that different (and healthier) than white sugar! It might be helpful to keep in mind that the reverse is true too; a product that says it is sugar free is usually loaded with fat.

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Fiveson's Food

You don't have to be a client to eat healthy and enjoy it!

**Over 100 menu choices!
New items added often!
Formulated from Linda's
"own" personal recipes
since 1989.**

**NO sugar, NO flour,
NO gluten,
NO refined carbohydrates**

- Low Calorie means a product has 40 calories or less per serving and low fat

More of Linda's exclusive recipes are available on her website: www.lindafiveson.com

