

Nutrition News You Can Use

January, 2011

New Year's Resolutions

Look out for Wellness Entrees offered in the Café!

- Pot Roast with Vegetables
- Salmon with Pineapple Chutney
- Crispy Parmesan Tilapia
- Rosemary Roasted Pork Loin

Salad bar and fresh fruit offered daily..

Come out to the Blue Ridge Library on **Tuesday, January 18th at 12:30 pm** to learn about "Good Nutrition for Diabetes Management"

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The beginning of a new year symbolizes change. For many, the idea of a "new start" is often symbolized by healthy eating and lifestyle changes.

Transform your resolutions into realistic changes that you can maintain through 2011:

- Break your big goals into smaller, more specific goals. Then include a listing of realistic changes that you can make in your daily routine to achieve these specific goals.
- Be patient as you work towards your goals.
- Since a New Year's resolution is meant to be maintained throughout the year, evaluate your progress every week or two, and update your plan based upon your progress.

Please visit <http://www.wellness-and-you.com/calculator.html> to access the **Nutrition Calculator**. You will find the nutrient information for all menu items offered in the cafeteria!

Crispy Parmesan Tilapia

Ingredients:

- 1 c cornflake crumbs
- 1/4 c Parmesan cheese
- 1 tbsp Parsley, fresh
- 1/4 tsp Garlic powder
- 1/4 tsp White pepper, ground
- 1/3 c Lite Italian dressing
- 4-4 oz Tilapia Fillet, raw

Directions:

1. Combine crumbs, cheese, garlic powder and pepper for crumb mixture.
2. Pour dressing in a separate bowl for breading.
3. Dip fish in dressing to evenly coat. Place in crumb mixture, turn evenly to coat.
4. Bake, uncovered at 375°F for 12 to 14 minutes.

Calories: 134, Fat: 3.9 g, Cholesterol 47 mg, Sodium 289