



# NEWS RELEASE

## Defense Commissary Agency

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## Enjoy your food, just eat less

*By Kay Blakley,  
DeCA home economist*

**FORT LEE, Va.** – Have you noticed that dieting season begins almost as soon as the last of the holiday indulgences have passed our lips? We certainly notice it at your commissary – diet, low-fat, fat-free and sugar-free versions of almost every kind of food imaginable start flying off our shelves and into shopper’s carts. The object is to get rid of any extra holiday pounds before they start to feel at home on your hips, and that’s very smart thinking. But, if resorting to so-called diet foods leaves you feeling deprived and unsatisfied, there are other ways to successfully attack those unwanted pounds.

The 2010 Dietary Guidelines for Americans includes the common sense advice to “enjoy your food – just eat less.” That means you’ll need to familiarize yourself with what portion sizes actually should be. In general, it’s a serving of lean protein about the size of the palm of your hand, half-cup servings of fruits and vegetables, one regular-size slice of bread, half cup rice or pasta, an 8-ounce carton of yogurt or 8 fluid ounces of milk, and a 1-ounce serving of nuts (that’s about 13 cashews). If this is the route you choose, using a small plate will help you feel like you’re eating more.

The diet advice that seems to suite me best (because I like to eat a lot) is a tactic called “volumetrics.” It’s an eating plan that was developed by Dr. Barbara Rolls, a nutritionist and researcher at Penn State University, who claims it’s the volume of food eaten, rather than the calories consumed, that leaves people feeling full and satisfied. For example, one-fourth cup of raisins contains about 100 calories, but you could choose two full cups of fresh grapes instead for

the same number of calories. Choosing the grapes – high in water, high in fiber and deliciously sweet – would absolutely keep me feeling fuller longer.

Hoping that lots of folks agree with my preferences, I've gathered plenty of volumetric recipes for you in Kay's Kitchen at <http://www.commissaries.com>. Enjoy getting skinny, and of course, as always – you can save money by purchasing the ingredients in your commissary.

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### **Vegetable Frittata (Serves 6)**

*This very satisfying dish fills you up with good-for-you ingredients, for just 225 calories per serving. Serve it for breakfast, lunch or dinner.*

#### **Ingredients:**

- 1 tablespoon vegetable oil
- 1 1/2 cups sliced mushrooms
- 1 cup sliced zucchini
- 1 cup cooked medium barley, cooked according to package directions, but omit the salt
- 1 cup chopped red or green bell pepper
- 1 cup sliced green onion
- 1 medium tomato, seeded and thinly sliced
- 4 large eggs, plus 8 large egg whites (or 2 cups egg substitute)
- 1 1/4 cups part-skim ricotta cheese
- 1/2 teaspoon salt
- 1/2 teaspoon freshly ground pepper
- 1 (10-ounce) package frozen chopped spinach, thawed and squeezed dry
- 2 tablespoons salsa (optional)
- 2 tablespoons fat-free sour cream (optional)

#### **Directions:**

1. Preheat oven to 450 degrees.
2. Pour the oil into a 9-inch oven-proof skillet or quiche dish. Add the mushrooms and zucchini. Bake for 5 minutes in the preheated oven.
3. Remove from oven and reduce temperature to 400 degrees.
4. Layer the cooked barley, red or green bell pepper and green onion over the mushroom-zucchini mixture. Top with tomato slices.
5. Combine the eggs, egg whites, ricotta cheese, salt and pepper in a blender or food processor, and process until smooth. Transfer egg mixture to a large bowl and stir in the chopped spinach.
6. Pour evenly over the vegetables in the skillet, pressing down lightly on vegetables to allow egg mixture to seep through all layers.
7. Bake, uncovered, for 35 minutes or until puffed and set. Let stand 5 minutes before cutting into wedges. If desired, top each serving with 2 tablespoons salsa and 2 tablespoons fat-free sour cream.

**Note:** *Can be made with 8 whole eggs, but this adds 30 calories per serving.*

**Nutrient analysis:** *Per serving – 225 calories; 10g fat; 17g carbohydrate; 3g fiber; 19g protein; 424mg sodium.*

## Bean and Cheese Burrito (Serves 1)

*Enjoy this at home, or make it the night before and take to the office for lunch. Double or triple the recipe as needed.*

### Ingredients:

1 (12-inch) fat-free flour tortilla  
1/3 cup drained, canned pinto or black beans, mashed  
1/4 cup chunky salsa, divided  
1/4 cup (1-ounce) shredded reduced-fat (2 percent) cheddar cheese  
1 tablespoon sliced green onion  
1 tablespoon sliced pitted ripe olives  
2 tablespoons diced seeded tomato  
1/2 cup lightly packed thinly sliced romaine lettuce  
2 tablespoons fat-free sour cream

### Directions:

1. Preheat oven to 350 degrees.
2. Tear off a 12-inch sheet of aluminum foil; place tortilla in center of foil.
3. Stir the beans and 2 tablespoons salsa together; spoon in a strip down the center of tortilla leaving a 1-inch border at each end. Top with cheese, green onion, olives and tomato.
4. Fold in short ends of the tortilla over the bean mixture; fold in one long side and roll up tightly. Close foil around tortilla and bake 10-15 minutes or until hot.
5. Top burrito with lettuce, the remaining 2 tablespoons salsa and sour cream, and serve.

**Nutrient analysis:** *Per serving – 350 calories; 8g fat; 49g carbohydrate; 16g fiber; 18g protein; 340mg sodium.*

## -DeCA-

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