

Support Group Minutes 2/8/18

- Discussed feedback and ideas surrounding the totes that are given at education class
- Handed out special menu cards and the restaurants that are known to accept these
 - Feedback on which local restaurants they frequent or would like me to call:
 - aBravo
 - Plae Bistro
 - Mackinaw's
 - Perkins
 - Texas Roadhouse
- Recipe Round-up
 - Recipes given for Hummus and Chicken Pesto Bake (recipes below)
 - **Reminded that patients can bring in recipes and we will make a recipe book**
- Grocery shopping tips given
 - Shop on the outside of the store (where the fresh produce is)
 - Cauliflower rice/cauliflower and butternut squash risotto at Festival
 - Flat Out is a healthy low carb option
 - Quest Bars are a low carb/high protein option
 - Spaghetti squash freezes well
- Discussion on meal prepping ahead of time and preparing
 - Crockpot
 - Instapot
 - Freeze meals
 - Gotham basket
 - Air fryer
 - Pork rinds (patient brought in pork rinds- high protein/low carb)
- Website suggestion: skinnytaste.com
- Roundtable on what patients can do now that they are happy/surprised about:
 - Going up stairs
 - Playing with dogs
 - No longer using cane of 6 years
 - Standing for long periods of time
 - Having a clearer mind
 - No more back pain
 - Going sledding with kids
 - Squatting
 - Being less worried about tripping or falling/less embarrassment
 - Overall mobility
 - Getting in and out of vehicles
- Goals the patients have:
 - Zumba
 - Yoga
 - Rowing
 - Coaching soccer
- Bring back next meeting/questions
 - Can they not have straws or carbonation forever?

Chicken Pesto Bake

Total Time: 30 minutes

Chicken Pesto Bake is a simple, light dish made with skinless chicken breasts, pesto, tomatoes, mozzarella and Parmesan cheese. You can make this in the oven, or make it outside on the grill!

Ingredients:

- 2 (16 oz total) boneless, skinless chicken breasts
- kosher salt and fresh pepper to taste
- 4 teaspoons [Skinny Basil Pesto](#)
- 1 medium tomatoes, sliced thin
- 6 tbs (1.5 oz) shredded mozzarella cheese
- 2 teaspoons grated parmesan cheese

Directions:

1. Wash chicken and dry with a paper towel. Slice chicken breast horizontally to create 4 thinner cutlets. Season lightly with salt and fresh pepper.
2. Preheat the oven to 400° F. Line baking sheet with foil or parchment if desired for easy clean-up.
3. Place the chicken on prepared baking sheet. Spread about 1 teaspoon of pesto over each piece of chicken.
4. Bake for 15 minutes or until chicken is no longer pink in center. Remove from oven; top with tomatoes, mozzarella and parmesan cheese. Bake for an additional 3 to 5 minutes or until cheese is melted.
5. **To Grill:** Grill chicken over medium flame on both sides until cooked through in the center. Lower flame, top chicken with pesto, tomatoes and cheese, and close grill until cheese melts.

Nutrition Information

Yield: 4 Servings, Serving Size: 1 piece chicken

- **Amount Per Serving:**
- Freestyle Points: 2
- Points +: 5
- Calories: 205 calories
- Total Fat: 8.5g
- Saturated Fat: 2.5g
- Cholesterol: 90.5mg
- Sodium: 171.5mg
- Carbohydrates: 2.5g
- Fiber: 0.5g
- Sugar: 0g
- Protein: 30g

Classic Hummus Recipe

SERVINGS: 12

INGREDIENTS

- 1 clove garlic, smashed and peeled
- 1-15 ounce can chickpeas, rinsed
- 3 tablespoons fresh lemon juice
- 3 tablespoons extra-virgin olive oil
- 1 tablespoon tahini

- 1/2 teaspoon salt

INSTRUCTIONS

In food processor, chop garlic until finely minced. Scrape down the sides of food processor and add chickpeas, lemon juice, oil, tahini, and salt. Process until completely smooth, scraping down sides as necessary (1-2 minutes).

NUTRITION FACTS (2 tablespoons)

Calories: 72

Fat: 4.5 grams

Protein: 1.5 grams

Carbohydrate: 7.5 grams

Cholesterol: 0 mg

Sodium: 149 mg

Sugar: 0 grams