Volume 2, Issue 5

May 2009

Aunt Purple's Cooking

So whether you eat or drink or whatever you do, do it all for the glory of God. –1 Cor. 10:31

Aunt Purple's Cooking

Don't forget Mother's Day May 10th.

Check out Aunt Purple's recipe blog for tasty, healthy and easy recipes. T.H.E way to cook!

Www.auntpurple.blogspot.com

You can visit Aunt Purple's website at www.auntpurplescooking.com to find more healthy recipes. Have a recipe you want Aunt Purple to make a little healthier? Email it!

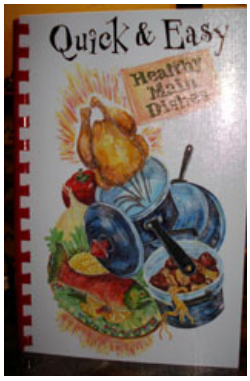
auntpurple@cox.net

If you would like to be removed from this "subscription" simply reply to the email and type "unsubscribe" as the subject.

What's New(s)?

Quick & Easy has arrived! It is available at the Edmond Farmers Market and at www.auntpurplescooking.com.

The Edmond Farmers Market is every Saturday from 9:00 to noon.



A couple years ago I started a Christian recipe club called Cooking With Faith. We are looking for new members. You can find more information and a sample issue on my website. Just click on the "Recipe Club" button.

Devotional

1 Timothy 4:8 NIV For physical training is of some value, but godliness has value for all things, holding promise for both the present life and the life to come.

To lose weight I need to eat portioned, balanced meals and to exercise. Cardiovascular activity and weight lifting are activities that are of value for this life. Godliness will profit us in this life but also for eternity. Training for godliness includes reading the word, fellowship with other believers, and exercising compassion for others. Training to lose weight includes learning about healthy foods, trying new foods, learning new exercises and being sure to complete them safely.

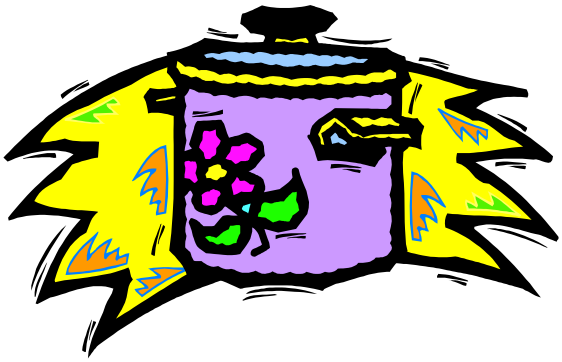
To mature as Christians, we grow a little at a time. God knows our growth will be this way and it does not trouble Him. We need to use our Christian growth as an example for our weight loss. I did not start out lifting ten pound weights. I started several years ago with one pound weights and increased to five pounds, then eight pounds and now ten pound weights. To run a marathon you do not just take off running on the day of the marathon. You build up your running time over several weeks. Some people start out by walking and gradually adding in jogging.

Fad diets and extreme exercise programs are not the answer. We

Pizza Chicken

From Slow Easy

Pizza Chicken



1 lb frozen chicken tenders

10 ¾ oz Healthy Request tomato soup

4 oz sliced olives, drained

2 tsp. Pizza seasoning

½ tsp basil

½ tsp oregano

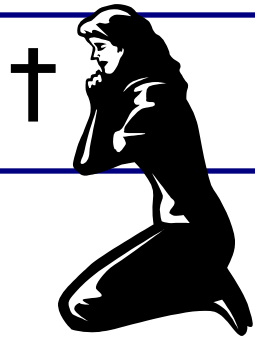
1 bell pepper, sliced

Spray 3 qt crock with cooking spray. Place frozen tenders in the bottom. Pour soup over chicken. Sprinkle seasonings over soup. Top with olives and bell pepper slices. Cover and cook on low 4-6 hours.

Serve over cooked spaghetti squash.

Yield: 4 servings: 233 Calories; 7g Fat (27.3% calories from fat); 26g Protein; 15g Carbohydrate; 2g Dietary Fiber; 69mg Cholesterol; 598mg Sodium. Exchanges: 3 1/2 Lean Meat; 1/2 Vegetable; 0 Fruit; 1/2 Fat.

Devotional (continued from page 1)



need to approach our weight loss with specific and realistic goals. We also need to appreciate every bit of weight we lose, rather than feeling bad it was not more.

Questions to ponder:

What are your specific weight loss goals?

And what is the time frame you expect for your goals?

Are you being realistic?

Other Verses:

What excuses have you used to sabotage your weight loss?

Whatever you do, work at it with all your heart, as working for the Lord, not for man. –Col. 3:23 (NIV)

Do not destroy the work of God for the sake of food. –Romans 14:20 NIV

I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus. Philippians 3:14 NIV

But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint. Isaiah 40:31 NIV

Prayer: Father, thank you for your patience as I grow in you. Thank you for every ounce of weight I lose. Amen.