Volume 3 Issue 15 week 80

April 25, 2008

Www.auntpurplescooking.com

Cooking With Faith

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

QOTW: Do you have some budget friendly tips you would like to share?

Have a great week!

-Raquel

aka Aunt Purple

Raquel: I stock up on meat when Wal-Mart puts it on clearance then freeze it.
I trade books at paper-backswap.com rather than buying new ones.

Sharon: Budget??? What is this BUDGET thing of which you speak? hehe

Michelle: I am not sure how to answer this one as far as budget friendly tips – sorry – hopefully if others come up with something I can learn some.

Debbie:
I save and put back through my calculator the other side of the calculator paper! That way you get to use a roll twice!!

Printer paper

I also save all printed on 8 1/2 X 11 junk paper that I would normally throw away and re-use it in my printer ~ it is great for things that you aren't going to need to worry about what is on the back of the sheet or you can also cut them up and use them for grocery lists, things to do, etc.
Hopefully these last two tips will help save some trees!!

Elizabeth: I don't have any great budget ideas that we don't all already know, but I look forward to learning some from you all!

Kim E: The best budgeting tip I can think of is what my dad always told me. Write down what you spend so you know exactly where each penny goes.

Doris: If ground turkey is on sale - I buy and make up 4 servings. I can use 1 and then freeze the others. During peach and raspberry season, I buy at the farmers market and freeze.

Kathy: **I collect coupons. I also get all the grocery fliers and see waht is on sale and where. Then I make my list and plan my meals areound the sales. I shop at Wal-Mart because they will honor other grocery store sales. I have saved lots doing this.**

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Devotional

By Raquel Haggard

1 Corinthians 10:31- So whether you eat or drink or whatever you do, do it all for the glory of God (NIV)."

What is glory?

In Greek the word used is "doxa." Glory is always used in the new testament as a good opinion of someone, resulting in praise and honor.

I had never thought about my eating or drinking glorifying God. Have you? But perhaps it is glorifying to God if I show self-control and eat sensibly. After all, if we have accepted Christ as Lord and savior, our bodies are a holy vessel. So, how we fill that vessel is likely very important. I feel so much better when I eat balanced meals and don't gorge. Aren't I more useable to God when I feel good physically? If I treat my body kindly and give it the types and amounts of food it needs, aren't I then agreeing with God?

And what about the other issue- "... whatever you do..." Whatever I do? Like when I get up in the morning? Get ready for work? Everything I do all day long? What did you do today? Maybe you got children ready for school. Packed lunches. Drove through rush hour traffic. Said "good morning" to co-workers. Worked all day then picked up children, made dinner, helped with homework, put kids to bed. Only to do it all again tomorrow?

This seems like a daunting task to have "whatever you do" glorify God. But let's think about it for a minute. Raising children is one of the most important things you can do so if you spent part of your day readying your child for school, helped with homework, fed or clothed your child, certainly what you did honored and glorified God. If I shared my faith through my attitude or by giving a testimony to a co-worker, was God honored? Certainly! If I stopped during my day to pray and ask God what He would have me do or not do was God glorified? Yes! If we invite God to be our lunch date does he feel honored? Absolutely! Thankfully, this task of glorifying and honoring God is one we can continue to work on and every effort, no matter how small, glorifies God. He can see our hearts and He is pleased with our **every** effort to be more like His son.

Reflection Points:

If you thought of glorifying God with your every action what would you change about your day?

What are some ways your daily routine already glorifies God?

If you thought of your eating and drinking as glorifying God, what would you eat today?

If God was your lunch date, how would you eat?

What new thing will you do today to glorify God?

Prayer for Today:

Father, thank you for loving me. Please guide me today so that my every action glorifies you. Amen.

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Recipes

Remember to verify points for yourself

Submitted by Kim E:

This is a recipe I got off of the WW Website. I craved Wendy's Frosties when I was pregnant with my DS. I can now enjoy them again!

Mock Wendy's Frosty

1c FF Milk

2 Tbsp SF/FF Dry Chocolate Pudding Mix

2 Heaping TBSP SF/FF Cool Whip

about 8 ice cubes

Put all in blender and Mix. Approx. 2 HU per serving. I mix this in my small personal sized blender I got from Walmart and it is the perfect size.

Submitted by Raquel:

This is what I'll be offering as a sample tomorrow to the Farmer's Market customers. It's from my book Raquel's Just Desserts.

Lemon Bars

21 oz lemon pie filling

1 box Angel Food cake mix

Spray jelly roll pan with cooking spray.

Combine pie filling and angel food cake mix. Spread in prepared pan. Bake at 350* for 20-25 minutes. Sprinkle with powdered sugar if you like.

Yield: 24= 162 cals, 2g fat, trace fiber, 35g carb 3g protein, 159mg sodium, 33 mg chol.

Submitted by Denise:

Rainbow Fruit Salad - unfortunately, I don't remember where I got this recipe from, but it is great!

Rainbow Fruit Salad

Serves: 12

Good as a side or dessert, this salad made from fresh fruit is naturally low in fat, saturated fat, and sodium. Plus, it's cholesterol free.

INGREDIENTS
Fruit salad:

- 1 large mango, peeled and diced
- 2 cups fresh blueberries
- 2 bananas, sliced
- 2 cups fresh strawberries, halved
- 2 cups seedless grapes

- 2 nectarines, unpeeled and sliced
- 1 kiwi fruit, peeled and sliced

Honey orange sauce:

- 1/3 cup unsweetened orange juice
- 2 tablespoons lemon juice
- 1-1/2 tablespoons honey
- 1/4 teaspoon ground ginger
- Dash of nutmeg

DIRECTIONS
1. Prepare the fruit (peeling, cutting, dicing, etc).
2. Combine and mix all ingredients for the sauce.
3. Just before serving, pour honey orange sauce over the fruit.

NUTRITION INFO (per 4-ounce serving)
Calories: 97
Fat: 0.6 g
Carbohydrates: 24.7 g
Protein: 1.2 g

Submitted by Michelle:

I made this Recipe for dinner Wednesday night – very good

Crock-Pot Recipe:

Stuffed Beef Rolls (HU: 6)

1 ½ lbs Top Round Steak – ½" thick
4 slices reduced fat bacon
¾ cup Celery – diced
¾ cup Onion – diced
½ cup Green Bell Pepper – diced
10 oz Reduced Fat Beef Gravy
Garlic Powder to taste – if desired.

Cut steak into four equal size pieces. Lightly sprinkle with garlic powder. Place on bacon slice on each piece of meat. Mix celery, onion, and green pepper in medium bowl; place about ½ cup of mixture of each piece of meat. Roll up meat; secure ends with wooden toothpicks. Set on a paper towel to absorb any extra meat juice. Place steak rolls in crock-pot. Pour gravy evenly over steak rolls to thoroughly moisten. Cover crock-pot and cook on low 8 to 10 hours OR High 4 to 5 hours. Skim off any fat before serving.

Per Serving: 254 Calories, 13g Fat; 28g Protein; 5g Carbs; 1g Dietary Fiber; 58m Chol; 501 mg Sodium

Submitted by Doris:

Stata A L'Augusta
Healthy Exchanges
October 2007

2 eggs, beaten or equivalent in egg substitute
3/4 Cup shredded Kraft 2% Milk Cheddar cheese
1/2 Cup Kraft fat-free mayonnaise
1 Tablespoon dried parsley flakes
1/4 Cup sliced ripe olives
1 1/2 Cups fat-free (skim) milk
1 teaspoon prepared yellow mustard
1 teaspoon dill seasoning
8 slices of WW bread (I used wheat) - cubed

Preheat oven to 350 degrees. Spray an 8-by-8 inch baking dish with olive oil-flavored cooking spray.
In a large bowl, combine beaten eggs, Cheddar cheese, mayonnaise, parsley flakes, olives, milk, mustard, and dill seasoning.
Add bread cubes.
Mix well to combine.
Pour mixture evenly into prepared baking dish.
Bake for 45 to 50 minutes.
Place baking dish on a wire rack and let set for 5 minutes.

Divide into 6 servings.

Serves 6 - Each serving equals:
158 Calories - 6g Fat - 1g Fiber - 15g Carbohydrates

Submitted by Kathy:

Lean Bean Cheesy Enchiladas PRONTO!

Ingredients:
2 large corn tortillas (like Mission Super Size)
1 slice fat-free cheddar cheese, cut in half
2/3 cup enchilada sauce
1/3 cup fat-free refried beans
1/4 cup shredded fat-free cheddar cheese
1/4 cup chopped onions
1 tbsp. taco sauce
1/2 tsp. taco seasoning mix, dry
Optional toppings: fat-free sour cream, chopped scallions

Directions:
Preheat oven to 400 degrees. In a pan sprayed with nonstick spray, cook onions over medium heat until they begin to brown (about 2 minutes). In a small dish, combine the onions with the refried beans, taco sauce, and taco seasoning. Mix well. Spray a s mall baking dish with nonstick spray. Heat tortillas in the microwave until slightly warm. Lay the tortillas on a clean, dry surface, and then spread about 2 tbsp. of the enchilada sauce onto each one. Place one half of the cheese slice on each tortilla. Then, evenly distribute the bean mixture into the center of each tortilla. Wrap the tortillas up tightly, and place them in the baking dish seam side down. Pour the rest of the enchilada sauce over the enchiladas. Bake in the oven for about 10 minutes (until the enchiladas are hot). Remove dish from the oven, sprinkle shredded cheese over the enchiladas, and then return it to the oven for about 5 minutes (until the cheese is nice and melty). Plate those babies and, if you like, top with some of the optional ingredients. Enjoy! MAKES 2 SERVINGS

Serving Size: 1 enchilada (half of recipe)
Calories: 187
Fat: 2g
Sodium: 976mg
Carbs: 29g
Fiber: 4g
Sugars: 5g
Protein: 12g

Submitted by Elizabeth:

This soup is wonderful!!

Catherine's Spicy Chicken Soup

2 quarts water
8 skinless, boneless chicken breast halves
1/2 teaspoon salt
1 teaspoon ground black pepper
1 teaspoon garlic powder
2 tablespoons dried parsley
1 tablespoon onion powder
5 cubes chicken bouillon
3 tablespoons olive oil
1 onion, chopped
3 cloves garlic, chopped
1 (16 ounce) jar chunky salsa
2 (14.5 ounce) cans peeled and diced tomatoes
1 (14.5 ounce) can whole peeled tomatoes
1 (10.75 ounce) can condensed tomato soup
3 tablespoons chili powder
1 (15 ounce) can whole kernel corn, drained
2 (16 ounce) cans chili beans, undrained
1 (8 ounce) container sour cream

In a large pot over medium heat, combine water, chicken, salt, pepper, garlic powder, parsley, onion powder and bouillon cubes. Bring to a boil, then reduce heat and simmer 1 hour, or until chicken juices run clear. Remove chicken, reserve broth. Shred chicken.

In a large pot over medium heat, cook onion and garlic in olive oil until slightly browned. Stir in salsa, diced tomatoes, whole tomatoes, tomato soup, chili powder, corn, chili beans, sour cream, shredded chicken and 5 cups broth. Simmer 30 minutes.

Submitted by Sharon:

Quick Moroccan Chicken
From Real Simple Magazine

Ingredients
1 10-ounce box couscous
1/2 tablespoon olive oil
1 large clove garlic, thinly sliced
1 1/2 tablespoons light brown sugar
Pinch ground nutmeg
1 1/2 tablespoons red wine vinegar
1/2 cup orange juice
1 15-ounce can diced peaches or peach slices, drained
1 rotisserie chicken, cut into pieces
1/4 cup fresh flat-leaf parsley leaves (optional)

Preparation
Cook the couscous according to the package directions.

Meanwhile, heat the oil in a large skillet over medium-low heat. Add the garlic and cook for 1 1/2 minutes. Add the sugar, nutmeg, vinegar, and orange juice and bring to a simmer. Add the peaches and continue to simmer until the liquid has reduced slightly, about 5 minutes.

Divide the couscous and chicken among individual bowls, top with the peach sauce, and sprinkle with the parsley (if using).
Yield
Makes 4 servings

Nutritional Information
CALORIES 284(32% from fat); FAT 10g (sat 3g); SUGAR 11g; PROTEIN 20g; CHOLESTEROL 70mg; SODIUM 337mg; FIBER 2g; CARBOHYDRATE 29

Submitted by Debbie:

Pineapple Inside Out Cake

2 cups flour
1 cup sugar
1 cup brown sugar
2 eggs
2 tsp. baking soda
20 oz crushed pineapple with juice

Directions:

Mix all ingredients together, put in pan. Bake at 350 degrees for about 45 minutes.
Top with whipped cream or cool whip.

Sorry I do not know the nutrional info. on this.

Reviews:

From Raquel: I made Sharon's Golden Chicken w/ Spicy Refried Beans. It was very good. I used cooked chicken to make it even speedier. Check out my blog to see my other changes.

From Doris: I made Denise's Lemon Bars Renovation.
I took them to a department meeting - I brought home a clean plate.
Very good!

From Kathy: **I made Raquels Barbeque Cups and they were yummy.**

From Denise: Elizabeth's - **Double Carmel Turtle Cake** (74) we made this for my DH's birthday - excellent cake. I also made the Boneless Buffalo Bites (47) - this was better than any we have ever had at a restaurant, plus it was very quick, which is always a huge hit!

From Michelle: 1) I made Raquel's Bacon Cheeseburger Wrap. It was alright – not a big hit at our house. 2) I also made the chili myself (had it initially at a friends house) and my whole family loved it – said they liked it better than my regular chili.

From Sharon: This week I made Raquel's Quick Fruit Salad from Week 72. It was good and quick and easy and I had everything on hand.

From Debbie: I loved the Bacon Cheeseburger rollups, they were wonderful and I will be making them again!!!

Prayer Requests

From Raquel: Let's keep all of our CWF friends in prayer this week.

How can we pray for you?

Side Notes

QOTW: Who is your favorite actor and/or actress?

For next week:

Remember to try one of the recipes published in a previous CWF issue. By next Friday, (6pm central time) please submit your review (of the recipe from a previous issue), a new recipe and your answer to the QOTW.

Please also let me know if you are not participating for the week. It's ok to answer the QOTW even if you're not submitting a recipe or review.

Weekly Challenge:

Read a Psalm each day.

How did you do?

Denise: I love reading a Psalm everyday!

Raquel: Aren't the Psalms great!?

Next Week's Challenge:

Eat a home cooked meal 3 nights this week.

Top 7 Myths of Heart Disease

by Raquel Haggard

Myth #1: I'm not at risk for heart disease.

Truth: All women have some risk for heart disease, but unfortunately, most do not even know it.

Here are some of the common risk factors:

- taking an oral contraceptive
- sedentary life style
- menopausal
- surgical menopause (hysterectomy)
- family history of heart disease
- over 50 years old
- elevated bad cholesterol
- low good cholesterol
- diabetic
- high blood pressure
- smoker
- excess body weight, especially in the waist area
- stress

Act on the factors you can change. Discuss different birth control methods with your doctor. Start exercising. Exercise can decrease blood pressure and aid in weight loss which also is beneficial for those with diabetes. Stop smoking. Find relaxation methods that will help you cope with stress and fit in with your new healthier life style.

Myth #2: Heart disease is a man's disease and it only kills men.

Truth: 1 of every 2 women will die of heart disease. 8 million women in the United States have heart disease. More than 500,000 women
die of heart disease each year. According to the American Heart Association almost 1/3 of all women age 45 to 54 have cardiovascular disease.

Myth #3: If I'm not experiencing intense chest

pain, left arm numbness and shortness of breath,
I'm not having a heart attack.

Truth: As noted by Nieca Goldberg, MD in her book Women Are Not Small Men, the symptoms of heart attack in women are often overlooked but include: back pain, dizziness, shortness of breath, upper abdominal pain or discomfort, nausea, lower chest discomfort.

Myth #4: I don't need to worry about heart disease until I'm 50 or so.

Truth: Heart disease is the leading cause of death in women over 35. Heart disease begins in women under 20, many years before the symptoms appear.

Myth #5: A low fat diet is best for your heart.

Truth: In some people, very low fat diets can your heart healthy meal planning.

contribute to heart disease. Keep trans-fats as low as possible, but other fats need to be eaten in moderation.
In their book Strong Women, Strong Hearts, Miriam Nelson, PhD and Alice Lichtenstein, D.Sc. suggest using the accronym H.E.A.R.T. to begin

Heap on the vegetables and fruits- 7-9 servings daily

Emphasize the right fats- Omega 3 fatty acids and vegetable oils

Accentuate whole grains- 4-9 servings per day

Revere low and nonfat dairy foods- 3-4 servings per day, keep saturated fats low

Target heart healthy proteins- 3-4 servings per day (fish, beans, skinless poultry, meat substitutes, lean beef, pork or lamb)

"Still, all the good eating in the world, while crucial in it's own right, is not enough to counteract a sedentary lifestyle," say Nelson and Lichtenstein.

Myth #6: If you have heart disease, don't exercise. It could kill you!

Truth: Studies show exercise is one of the most important factors to reducing the risk for heart disease or additional heart attacks. Your heart is a muscle and it needs to be exercised. A woman who does not exercise but has desirable blood cholesterol levels, does not smoke, and does not have high blood pressure is at 6 times the risk of dying from heart disease as someone who is very active with the same desirable cholesterol and blood pressure. Women who walk at a brisk pace for at least 3 hours per week reduce their risk for heart attacks and other coronary events by 35% compared to women who walk only infrequently. Unfortunately, 38% of American women are not active at all.

Myth #7: Heart disease is just a fact of life and I just need to accept it.

Truth: No, it is not just a fact of life. Women who eat a healthy diet and exercise regularly can have up to an 84% reduction in the risk of cardiovascular death.

How Many Calories Does That Burn Anyway?

By Raquel Haggard

Perhaps you thought you were just sitting there. In reality you are burning calories. Following is an interesting list of activities and the number of calories they burn.

Applying makeup 32 calories per 15 minutes
www.caloriesperhour.com

Brushing teeth 5 calories per 2 minutes
www.healthstatus.com

Breastfeeding 500 calories per day
www.unisci.com

Chewing gum -6 pieces 11 calories per 60 minutes
www.iht.com

Cooking 80 calories per 30 minutes
www.healthstatus.com

Donating blood 650 calories
www.mayoclinic.org

Mowing lawn 100 calories per 25-30 mins www.personalmd.com

Playing cards 95 calories per 60 minutes www.caloriesperhour.com

Playing piano 44 calories per 15 minutes www.healthstatus.com

Putting up Christmas tree 127 calories per 75 minutes
www.caloriesperhour.com

Reading 67 calories per 60 minutes
www.healthstatus.com

Showering 67 calories per 15 minutes
www.healthstatus.com

Sitting on toilet 68 calories per 60 minutes
www.calorie-count.com

Sitting 403 calories per 6 hours
www.healthstatus.com

Sleeping 412 calories per 7 hours www.healthstatus.com

Standing quietly 81 calories per 60 minutes www.calorie-count.com

Weeding garden 90 calories per 15 minutes
www.ericmeyer.net

Writing 34 calories per 30 minutes
www.healthstatus.com

It is also notable that you burn more calories in hot weather than cold. In hot weather, your body has to work more to keep you from overheating. – www.drmurkin.com

Also, "your menstrual cycle is a physiological process which consumes calories. In the post ovulatory phase (two weeks before your menstrual flow begins) your metabolic rate increases 200-300 calories per day," says Dr. Tom Seabourne (www.betterbody.com).

HANDY LITTLE CHART - God has a positive answer:

YOU SAY	GOD SAYS	BIBLE VERSES
You say: "It's impossible"	God says: All things are	(Luke 18:27)
You say: "I'm too tired"	God says: I will give you rest	(Matthew 11:28-30)
You say: "Nobody really loves	God says: I love you	(John 3:1 6 & John
You say: "I can't go on"	God says: My grace is sufficient	(II Corinthians 12:9
You say: "I can't figure things	God says: I will direct your	(Proverbs 3:5- 6)
You say: "I can't do it"	God says: You can do all things	(Philippians 4:13)
You say: "I'm not able"	God says: I am able	(II Corinthians 9:8)
You say: "It's not worth it"	God says: It will be worth it	(Roman 8:28)
You say: "I can't forgive my-	God says: I Forgive you	(I John 1:9 & Ro-
You say: "I can't manage"	God says: I will supply all your	(Philippians 4:19)
You say: "I'm afraid"	God says: I have not given you	(II Timothy 1:7)
You say: "I'm always worried	God says: Cast all your cares	(I Peter 5:7)
You say: "I'm not smart	God says: I give you wisdom	(I Corinthians 1:30)
You say: "I feel all alone"	God says: I will never leave you	(Hebrews 13:5)

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