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October 1, 2011

Dear Chapters,

Fall is upon us now, the leaves are changing and it is getting colder outside. I hope this is not keeping you from getting outside and going for walks or going for bike rides.

It is time to get those quarterly reports out to me. If you do not have one please let me know so I can get one out to you. These reports are very important so your chapter and members can get recognized for their efforts. This is how I will determine the biggest loser for our contest at Fall Rally. Please remember you must be present to win.

Remember our Fall Rally is in Suamico at the Idlewild park pavilion at 9:30 (due to an aerobics class being held there until 8:00. So I need to set up). Registration plus TOPS sale items and Chinese auction to begin at 8:45. Water and coffee will be provided. Please bring your own coffee cup to help cut cost. The cost is \$5 per person. Please get your registration into me by October 25 so I have time to plan the agenda. I need to know if your chapter will be doing a song or a skit. Please remember this is the one time each year that we have the Chinese Auction. So bring those wonderful baskets so we can raffle them off. The tickets are \$1 a piece or 6 for \$5. Don't forget our Going the extra mile contest: Dress as someone who has inspired you. (Singer, politician, actor/actress, person in history...ect) I have wonderful prizes for both of these contests.

SRD 2012: The dates are May 11 and 12, at Country Springs Hotel in Waukesha. Special detailed information will be mailed to all chapters after the first of the year.

You can grill it, roast it, bake it, barbecue it... the list goes on. Chicken might be the most versatile meat there is. Not to mention, it's low-fat. From healthy chicken fingers to coconut-ginger chicken, here are 7 new twists on this traditional comfort food...

Simple Roast Chicken

There's no reason to get fussy with complicated techniques for a flavorful, rich and simple roast chicken, the ultimate comfort food.

Serves: 8

Preparation time: 2 hours, 20 minutes

Ingredients

- 1 small onion, peeled and quartered
- 3 cloves garlic, peeled and quartered
- 3 sprigs fresh tarragon
- 3 sprigs fresh thyme

1 5-pound chicken, giblets removed
2 tablespoons extra-virgin olive oil
1 teaspoon kosher salt
1/2 teaspoon freshly ground pepper

Preparation

1. Preheat oven to 375°F.
2. Place onion, garlic, tarragon and thyme into the chicken's cavity. Tie the legs together with kitchen string, mostly closing the cavity opening. Pull the wings so the tips overlap on top of the breast; tie in place, wrapping string around the wings and body. Rub the chicken with oil, salt and pepper. Set in a roasting pan, breast-side down.
3. Roast the chicken for 25 minutes. Turn breast-side up and continue roasting, basting occasionally with pan juices, until a thermometer inserted into the thickest part of the thigh, without touching bone, registers 175°F, 1-1/4 to 1-1/2 hours. Transfer to a cutting board; let rest for 10 minutes. Remove the string before carving.

Roasting Tips:

- Very cold meat won't roast evenly. Place it on the counter while preheating the oven.
- Durable cotton kitchen string is sold at kitchenware stores, most gourmet markets and large supermarkets. Do not use sewing thread or yarn, which may contain inedible dyes or unsavory chemicals.
- A heavy-duty, high-sided roasting pan is essential for conducting heat evenly. Never substitute a cookie sheet. A broiler pan will work in a pinch, but the roast will be somewhat chewier.
- Give it a rest. A roast's internal temperature will rise about 10 degrees while resting. The natural juices will also reincorporate into the meat's fibers and the skin or crust will dry out slightly for a more toothsome yet more succulent dinner. Enjoy!

Nutrition Facts

Per 3-ounce serving (without skin):

180 calories
9 g fat (2 g sat, 5 g mono)
64 mg cholesterol
1 g carbohydrate
21 g protein
0 g fiber
300 mg sodium
217 mg potassium

Nutrition Bonus: selenium (30% Daily Value)

Almond-Crusted Chicken Fingers

These chicken fingers are lightly covered in a spicy ground almond and whole-wheat flour mixture that'll make you and the kids forget about fast food and beg for this dinnertime treat.

Serves: 4

Preparation time: 40 minutes

Ingredients

Canola oil cooking spray
1/2 cup sliced almonds
1/4 cup whole-wheat flour
1-1/2 teaspoons paprika
1/2 teaspoon garlic powder
1/2 teaspoon dry mustard
1/4 teaspoon salt
1/8 teaspoon freshly ground pepper
1-1/2 teaspoons extra-virgin olive oil
4 egg whites
1 pound chicken tenders

Preparation

1. Preheat oven to 475°F. Set a wire rack on a foil-lined baking sheet and coat with cooking spray.
2. Place almonds, flour, paprika, garlic powder, dry mustard, salt and pepper in a food processor; process until the almonds are finely chopped and the paprika is mixed throughout, about 1 minute. With the motor running, drizzle in oil; process until combined. Transfer the mixture to a shallow dish.
3. Whisk egg whites in a second shallow dish. Add chicken tenders and turn to coat. Transfer each tender to the almond mixture; turn to coat evenly. (Discard any remaining egg white and almond mixture.) Place the tenders on the prepared rack and coat with cooking spray; turn and spray the other side.
4. Bake the chicken fingers until golden brown, crispy and no longer pink in the center, 20-25 minutes.

Nutrition Facts

Per serving:
147 calories
4 g fat (1 g sat, 3 g mono)
49 mg cholesterol
4 g carbohydrate
21 g protein
1 g fiber
214 mg sodium
79 mg potassium

Nutrition Bonus: selenium (28% Daily Value)

Chicken Stuffed with Golden Onions & Fontina

A semi-firm cheese that's nonetheless quite creamy, fontina melts into pure heaven. Combined with caramelized onions, fontina becomes a nutty, gooey, irresistible filling for chicken breasts. Use boneless, skinless chicken breasts, arguably the most versatile cut of chicken, are very low in fat, only 1-2 grams of fat per serving.

Serves: 4

Preparation time: 35 minutes

Ingredients

4 teaspoons extra-virgin olive oil, divided
1-1/2 cups thinly sliced red onion
2 teaspoons minced fresh rosemary, divided

1/8 teaspoon salt
Freshly ground pepper to taste
2/3 cup shredded fontina cheese, preferably aged
4 boneless, skinless chicken breasts (about 1 pound), trimmed of fat
1/2 cup white wine
1 cup reduced-sodium chicken broth
4 teaspoons all-purpose flour

Preparation

1. Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add onion and 1 teaspoon rosemary; cook, stirring occasionally, until the onion is golden brown, 6-7 minutes. Season with salt and pepper. Let cool; stir in fontina.
2. Meanwhile, cut a horizontal slit along the thin, long edge of each chicken breast half, nearly through to the opposite side. Stuff each breast with 1/4 cup of the onion-cheese mixture.
3. Heat the remaining 2 teaspoons oil in the same skillet over medium-high heat. Add the chicken and cook until golden, about 5 minutes per side. Transfer to a plate and cover with foil to keep warm.
4. Add wine and the remaining 1 teaspoon rosemary to the pan. Cook over medium-high heat for 2 minutes. Whisk broth and flour in a bowl until smooth; add to the pan, reduce heat to low and whisk until the sauce thickens, about 1 minute. Return the chicken to the pan and coat with the sauce. Cook, covered, until the chicken is just cooked through, 2-4 minutes. Serve the chicken topped with the sauce.

Enjoy!

Nutrition Facts

Per 3-ounce serving (without skin):

258 calories
12 g fat (5 g sat, 6 g mono)
88 mg cholesterol
7 g carbohydrate
33 g protein
1 g fiber
328 mg sodium
388 mg potassium

Nutrition Bonus: selenium (33% Daily Value), calcium (13% DV)

Chicken Piccata with Pasta & Mushrooms

Our piccata, made with chicken breast and served over whole-wheat pasta, replicates the rich lemon-caper sauce without the extra butter found in classic Italian piccatas.

Preparation time: 40 minutes Serves: 4

Ingredients

6 ounces whole-wheat angel hair pasta
1/3 cup all-purpose flour, divided
2 cups reduced-sodium chicken broth
1/2 teaspoon salt, divided
1/4 teaspoon freshly ground pepper
4 chicken cutlets (3/4-1 pound total), trimmed
3 teaspoons extra-virgin olive oil, divided
1 10-ounce package mushrooms, sliced
3 large cloves garlic, minced
1/2 cup white wine
2 tablespoons lemon juice
1/4 cup chopped fresh parsley
2 tablespoons capers, rinsed
2 teaspoons butter

Preparation

1. Bring a large pot of water to a boil. Add pasta and cook until just tender, 4-6 minutes or according to package directions. Drain and rinse.
2. Meanwhile, whisk 5 teaspoons flour and broth in a small bowl until smooth. Place the remaining flour in a shallow dish. Season chicken with 1/4 teaspoon salt and pepper and dredge both sides in the flour. Heat 2 teaspoons oil in a large nonstick skillet over medium heat. Add the chicken and cook until browned and no longer pink in the middle, 2-3 minutes per side. Transfer to a plate; keep warm.
3. Heat the remaining 1 teaspoon oil in the pan over medium-high heat. Add mushrooms and cook, stirring, until they release their juices and begin to brown, about 5 minutes. Transfer to a plate. Add garlic and wine to the pan and cook until reduced by half, 1-2 minutes. Stir in the reserved broth-flour mixture, lemon juice and the remaining 1/4 teaspoon salt. Bring to a simmer and cook, stirring, until the sauce thickens, about 5 minutes.
4. Stir in parsley, capers, butter and the reserved mushrooms. Measure out 1/2 cup of the mushroom sauce. Toss the pasta in the pan with the remaining sauce. Serve the pasta topped with the chicken and the reserved sauce. Enjoy!

Nutrition Facts

Per serving:
401 calories
8 g fat (2 g sat, 3 g mono)
57 mg cholesterol
46 g carbohydrate
30 g protein
4 g fiber
477 mg sodium
750 mg potassium

Nutrition Bonus: vitamin C (20% Daily Value), fiber (16% DV)

I hope you enjoy the recipes. Just remember portion control is Key to losing weight.

See you all Lighter at rally

Sharon