



# TRANSFORM YOUR LIFE WITH THE BIBLE'S WAY TO WEIGHT LOSS



**November 2004**

Matthew 6:33:  
But seek first his kingdom  
and his righteousness, and  
all these things will be given  
to you as well.

## FIRST PLACE

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..... Carole Lewis

Associate Director  
..... Kay Smith

Leadership Training  
Director ... Nancy Taylor

Newsletter Sheila Robbins

## Dear Friends,

*"Now to him who is able to do immeasurably more than  
all we ask or imagine, according to his power that is at  
work within us, to him be glory in the church and in  
Christ Jesus  
throughout all generations, for ever and ever!"*

Ephesians 3:20-21



**Carole Lewis**  
National Director  
[Carole@firstplace.org](mailto:Carole@firstplace.org)

**M**onths ago when we chose the topic of  
"Second Helpings" for our November E-Newsletter, I'm  
sure we were thinking about Thanksgiving and all the  
second helpings we might need to avoid. Having just returned from our  
F.O.C.U.S. Week at Round Top on October 14, all of us are feeling the  
theme, "Second Helpings" aptly describes how we feel right now.

Years before we ever had our first F.O.C.U.S. Week, I saw the week  
happening. This was a miracle, since I had never attended a spa week.  
It has taken a number of years to perfect the week, but this year was a  
culmination of many years' labors. Truly, it was the best ever in so  
many ways.

This was the first year we filled the week to capacity. We close the  
registration at 60 and this year we had exactly 60 sign up. One dear  
lady asked me during the week, "If I come again next year, will I keep  
someone else from coming?" I was able to tell her that God sends  
exactly the ones He wants to be with us for the week and not to worry  
that she will keep someone else from being able to attend.

There were so many victories, some we won't be aware of until we get  
to heaven. The food was delicious and the 57 who weighed in lost a  
total of 221 pounds! We had a cookout in the barn on Saturday evening  
and enjoyed hamburgers with all the trimmings.

This year, we had three Aerobic instructors from Body & Soul

*(Continued on next page)*





## Carole Lewis

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Aerobics. Vicki Heath, Mary Ward and Cathy Cuttrell led us in daily Aerobics, strength training, flexibility and Pilates. Bev Henson did a special afternoon class for those wanting to start an exercise program. The hospital in Brenham came and held a Fitness Fair, which consisted of a personal wellness assessment and a complete blood profile for every participant.

Eulalia King served as our Worship Leader for the week and brought an awesome message on Brokenness toward the end of the week.

Many stated that they finished the week closer to God than when they arrived, which is the primary goal of F.O.C.U.S. (Focusing on Christ's Unlimited Strength) Week. I know that the First Place Staff came home refreshed and renewed with high hopes for another great year.

Nancy Taylor conducted the orientation for the week much like the Survivor TV program. All week long, we joked about being voted off the island. We all agreed that the perfect scenario would be to stay at Round Top until we reached our lifetime weight goal and then be voted off the island. We just couldn't figure out how to do it!

Our F.O.C.U.S. Week dates for next year are, October 6-13, 2005. [Click here to view the pictures from the week at Round Top.](#)

## Blessings to you, Carole Lewis

[Carole@firstplace.org](mailto:Carole@firstplace.org)

## F.O.C.U.S. Week Testimony

I made my reservations for F.O.C.U.S. Week knowing God wanted me there. Round Top Retreat Center was more beautiful than I'd imagined and my room was perfect.

Lisa Lewis assured me ahead of time that exercise was not mandatory, and I thought I'd spend that time with God...until I met Beverly Henson! So at 3:30 p.m., I put on the exercise clothes I'd packed just in case. While we warmed up, Beverly looked at us and said, "You deserve to be here." I felt something inside me break. As we started our one-mile walk, I knew I'd come in last or close to it, but it didn't matter. I had to figure out what had just happened inside me. As I walked, I thought about the woman at the well. She's one of my favorite Bible characters, but I hadn't realized why. Halfway through the walk, I knew. She and I were both well acquainted with shame. I used to walk with my hands at my sides, my head down, shoulders slumped. I often prayed no one would see me. My first full day at F.O.C.U.S. Week, I walked along a road in Texas with my arms bent, my fingers open, and my head up...crying tears of release. At my starting point, a new friend, Beverly, waited with a hug.

Walking felt so good, I got up most of the other mornings and got in an extra mile. For me, losing weight at F.O.C.U.S. Week was a side blessing. God met me there and He brought along His friends, Carole, Beverly, Kay, Nancy, Eulalia, the two Lisa's and a group of 57 other women who all touched my heart.

Yesterday, walking two miles around our local lake, I met a young man I'd seen before. He makes it very clear he does not approve of me being there. Before F.O.C.U.S. Week, I would have allowed his disgust to defeat me. This time, I looked him in the eyes and said, "Hello." He didn't answer, but that wasn't the point. God used Beverly to break a stronghold in my heart and I'm not giving that territory back to the enemy of my soul.

Beverly is right – We deserve to be here!

**Joy DeKok**  
Rochester, MN





# A F.O.C.U.S. Day

Friday, October 7, 2004

## Morning...

Yesterday, when I got off the bus at Round Top Retreat Center, a woman came out to welcome us. Even though I know God wanted me here, I suddenly wanted to go home. What if she couldn't understand my struggle? And where did she get the strength and energy to carry my suitcases upstairs for me? Her name is Beverly. She teaches exercise for beginners. That's me. I've considered skipping exercise and spending more time with the Lord. That sounds so spiritual, but it's a cop out. Exercise terrifies me.

Supper last night was delicious. The two Lisas are preparing meals I know Jon would enjoy. The portions are a comfortable size...I don't feel deprived; in fact, it feels a little like a feast. I think part of that feeling is the fellowship at the tables. The women here care and I've connected with every one I've met.

"I know You are up to something, Lord. I'm both excited and scared."

## Late Afternoon...

I love my small group! Dee is a beautiful gentle woman – I feel so safe in her presence. The other women are transparent and love God.

I don't know if I can put what happened in exercise class today into words. I was still asking God for a sign I should stay with Him in



the quiet of my room, as I put my sweats on and tied my tennis shoes. I recognized His still small voice nudging me to give Beverly a chance. "Fine Lord," I whispered, (It was actually more of a growl) as I shut the door to my room and headed to the front porch.

We were warming up when Beverly said, "You deserve to be here!" I know she said the words, but they came straight from God into my heart. One mile later, I'm still not completely sure of what happened out there. I do understand why I love the woman at the well so much – we're both acquainted with shame. The enemy has successfully used this nasty tool on me. Today I felt something let loose in my heart. It was so real, for a moment it took my breath away.

I just listened to Beverly's testimony on the CD I found in my binder. She knows my secret fears, pain, and shame. She knows my struggle.

*(Continued on next page)*





## F.O.C.U.S. Day

*(Continued from previous page)*

She's been where I am. I can only thank God for her. There's a wounded place inside me and it feels like God is pouring a healing oil over the hurt.

### Evening...

Wow! Eulalia can sing! She has a contagious joy and beauty that defies description.

Carole's words hit home. She's known great sorrow and remains faithful to God Who she loves with all her heart. And because of Him, she loves us - Kay and Nancy too. While invisible it's almost tangible. It's like I've come home. So how can that be? I'm already worried the end of the week will come too soon.

I know this is where God has led me to work out His will with me. I will leave Round Top changed. Tonight, I'm so glad to be here I don't have words.

This is a beautiful place. The Inn House is lovely in a gracious way, and yet it's more. It's like Psalm 20: 2, *"May he send you help from the sanctuary and grant you support from Zion."* First Place F.O.C.U.S. Week was birthed in His heart; so was Round Top Retreat Center. There's a heavenly support here from people called by God.

I know the Goads prayed for each person God



would lead here – I can feel it. And I know He's answering in my room tonight and in others.

This is also a week of pampering. I'm scheduled for a massage, manicure, and pedicure. I can hardly wait!

I can't believe this, but my exercise clothes for tomorrow are setting out and my walkman is loaded with my praise CD. The alarm clock is set and my flashlight is ready to go. I've been here one day and already I'm planning an extra mile in the early morning darkness. And, "Lord, what's up with this? I'm looking forward to exercising with Beverly!

I can only say "Thank You, Lord, for these people, for this place...and for Your plan!"





# Talkin' With Kay

Dear First Place Friends,



**Kay Smith**  
Associate Director  
[kays@bigcountry.net](mailto:kays@bigcountry.net)

**P**raise God for my time at F.O.C.U.S. Week. I wish each First Place member could have the opportunity to attend. Try to imagine an entire week away from the normal routine and pressures of life, being able to focus on God, myself, and enjoy a week of physical activity.

At home, I walk early in the morning for exercise, but at F.O.C.U.S. Week, I participated in aerobics in the morning, walked in the afternoon, plus attended a strength training or Pilate's class. I tremendously enjoyed a second helping of exercise each day, and realized that I was not putting an overload on my level of exercise at home. I have continued participating in a second helping of exercise each day. If you have hit a plateau in your weight loss, consider adding an extra exercise time five days a week and you will begin to see a weight loss each week.

Another great blessing for each of us is to have beautiful and delicious First Place meals placed before us each day! What a treat.! Lisa Lewis (Carole's daughter in-law) from our First Place office and Lisa Cramer (Carole's daughter) planned and prepared a fabulous week of meals. We were even treated to what I would consider a second helping each day, and that was a delicious First Place dessert at each meal. We have lots of great First Place dessert recipes, but I would never plan to eat two a day at home. I'm not recommending that we do that, but we were able to sample so many different recipes and see that desserts were possible, and with ample exercise we had great weight losses. Some samplings of the menus were:

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**Chicken Supreme with Mushroom Gravy**  
(page 89, *First Place Favorites Recipe Book*)

Wild Rice  
Steamed Vegetables  
Dinner Roll  
Apple Crunch Bar

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Tossed Salad  
**Stay Slim Lasagna**  
(page 74, *First Place Favorites Recipe Book*)  
Dinner Roll  
Apple Dumplings

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Chicken Fajitas  
Pica de Gallo  
**Beans a la Juan**  
(page 191 *First Place Favorites Recipe Book*)  
Double Layer Chocolate Pie

Everyone enjoyed Saturday evening at the barn! Hamburgers were grilled on an open pit and the weather was gorgeous! We had a beautiful blue Texas sky with white puffy clouds! Cole slaw and banana pudding were served along with the hamburgers and all the trimmings. On Sunday, we had our traditional Sunday Lunch with Turkey, Cornbread Dressing, Gravy, Fresh Green Beans, Apple Jell-O Salad, and Pumpkin Soufflé for dessert.

Another great benefit to each F.O.C.U.S. Week participant was seeing a plate of food in the correct portion sizes. Our food was weighed and measured before it was served to us. It was easy to recognize by comparison that when we eat out, we often get a second helping automatically.

Start saving your money now. Attending a F.O.C.U.S. Week at Round Top will be the best gift you ever give yourself!

**May God Bless You in a Special Way Today!**  
**Kay Smith**





# Leadership Training

## Second Helping Leadership



**Nancy Taylor**  
Leadership Training Director  
[ntaylor@firstplace.org](mailto:ntaylor@firstplace.org)

**W**hen I was trained to lead aerobic classes, I learned to over-emphasize all movements. We were told that the students would always do less than the leader; therefore, if we did all the steps with great enthusiasm and energy, then the students would repeat them in a relatively calm manner. I have observed this in exercise classes that I have not taught. I watched the leader and then looked around the classroom. I noticed that when the leader was over-emphasizing every step, then the students seemed to show a good amount of energy. Then, when the leader slowed down, the students basically came to a standstill. Everything rises and falls on leadership – even in an aerobics class!

This same principle can be applied to your First Place class. As a First Place leader, we introduce the Nine Commitments and encourage our members to attend class and encourage the other members weekly, pray, read, study and memorize the scriptures daily, faithfully follow the food plan, fill out the CR daily and exercise 3 – 5 days a week. To encourage members to follow these commitments, the leader must be enthusiastically following them. A leader must go the second mile in following the commitments. This will mean sacrifice and discipline on the part of the leader. Just as it takes little or no discipline to fill your plate with a second helping on Thanksgiving Day, it will take a great deal of effort and discipline on the leader's part to remain not only faithful to the commitments, but also very positive about following them. If the leader's commitment falters, the member's commitment will soon follow suit. A leader must have a second helping of discipline and commitment if the members are to remain motivated. I am not saying that the success of the member is totally dependent on the leader's discipline! However, the very definition of leader is "a person who leads . . . directs . . . has

commanding authority or influence." As a person who leads and directs people, a leader must show a command of whatever they are leading.

As the holidays are approaching, opportunities for second helpings abound. Why not be a leader who sets the pace by asking God to provide for you a second helping of the fruit of the Spirit:

- This month make a point to show more love to your members by calling them and praying over the phone for them.
- Choose to be joyful, even when the circumstances tell you otherwise, and share this with your class.
- Show kindness to your members by serving them. Take a discouraged member to lunch, or offer to watch a member's child while she goes grocery shopping.
- Ask your members to evaluate your CR and have them weigh you in each week.
- Organize an exercise group that will meet before or after your First Place class.

As you see your member tempted or overcome by the temptations, you will need a second helping of God's grace and mercy. Show God's grace when your members fall to the temptation to fill their plates and lives with second helpings. Call on God and He will provide all you need to go the second mile as a leader, and He will give you the second helpings of His grace, mercy and love.

*Psalm 57:2 -3 I will cry to God Most High, to God who accomplishes all things for me. God will send forth His lovingkindness and His truth.*

**Lead On!**  
**Nancy Taylor**





# Coming Events

Attend a First Place event near you—for fellowship, fun, support and teaching!

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## First Place Area Leaders Meetings

### November 13, 2004

11:00 a.m.  
Mathiston First Baptist Church  
Mathiston, MS  
Contact: Angie Carden  
Phone: 662-263-5715 (h), 662-323-1742 (w),  
662-418-3263 (cell)  
Email: [belle1864@hotmail.com](mailto:belle1864@hotmail.com)

### November 13, 2004

9:00 a.m. - 3:00 p.m.  
Cannan Baptist Church  
St. Louis, MO  
Contact: Patty Ward, (636) 296-8563  
Email: [wward@nightowl.net](mailto:wward@nightowl.net)

### January 22, 2005

9:30 a.m. - 3:00 p.m.  
Oakdale Emory United Methodist Church  
Olney, MD  
We will be having a meeting with a First Place "potluck foods" luncheon and Body and Soul Session featuring the new strength training video. Everyone is asked to bring a casserole or salad. Dessert will be provided.

Contact: Kathy Geehreng  
Phone: (301) 253-6437  
Email: [kegeehreng@aol.com](mailto:kegeehreng@aol.com)  
Directions on the church website [www.oeumc.org](http://www.oeumc.org).

### January 29, 2005

9:30 a.m. - 11:30 a.m.  
Fairview Loop Baptist Church  
Wesilia, Alaska  
Contact: Judy Reeder, (907) 376-9769  
Email: [r8grand@gci.net](mailto:r8grand@gci.net)

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## First Place Workshops

### February 19, 2005

8:30 AM - 2:00 PM  
Southeast Baptist Church  
San Antonio, TX  
\$25 registration fee (Includes lunch)  
Contact: June Chapko, (210) 359-8493  
Email: [chapkoJ@aol.com](mailto:chapkoJ@aol.com)  
Special Speaker: Carole Lewis, Director of First Place

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# Leadership Tip

## Looks are Deceiving!

This month our theme is "second helpings." Thanksgiving could be renamed as Second Helpings Day! In preparation for Thanksgiving, have a weighing and measuring activity for your Wellness Spotlight. Go to the local cafeteria or restaurant and order a "healthy choice" lunch to go. That would usually be some type of baked chicken or fish, some vegetables, fruit and a roll. Bring it to class and have the members guess the exchanges contained in your "to go" lunch. Then bring out the food scale, measuring cups and spoons to find

out the exact amounts found in the meal. This can be an "eye-opening" experience! Challenge your members to weigh and measure all their foods for a week and report back to the class how their week went, then have them share anything they may have discovered after weighing and measuring their food. Many times they will find they were not counting something correctly, or that they were not eating as much as they thought! Keeping your members focused on how much they can eat will help them as they are tempted to go for those second helpings!





# Bev's Footnotes

## An Invitation



would like to take this opportunity to extend an invitation to you to attend First Place F.O.C.U.S. Week 2005. I have been home for three days now, and I am still reeling from the great time I had at F.O.C.U.S. Week 2004. My thoughts are turned toward a second helping next year. How great it would be if you could come to Round Top, TX, and enjoy the Week with us next year, and if all those who came this year could come back for a second helping. Let me reflect and share my memories of last week, from a fitness point of view, while it is still fresh on my mind and heart.

No matter what your fitness level or your preference in exercise, we had it all at F.O.C.U.S. Week. Vicki Heath and the Body and Soul fitness instructors taught aerobics, strength training, and Pilates. I taught a "jump start" exercise class for those in a fitness rut, or those wanting to get started.

Each day began with aerobics classes in the barn. In the afternoons, we found ourselves on the front lawn throwing a medicine ball to each other, learning new ab exercises, Pilates and strength training, plus learning how to walk/jog a mile really well.

Our motto from the Lord for the week was, "I deserve to be here." Sometimes, we feel that because we are large and out of shape, we don't deserve to be working out until we get smaller and in shape. NOT! The Lord told us all last week to proclaim, "I deserve to be here."

We learned to visualize a huge rubber eraser inside of our trunk. If you want to erase something from paper and you don't move the eraser back and forth, the mistake will not go away. We visualized the eraser in our trunk moving back and forth as we moved, erasing the fat.



**Beverly Henson**  
 Certified Personal Trainer  
[Bevh1952@comcast.net](mailto:Bevh1952@comcast.net)

We gave the Lord a "clap offering" while we walked. Two of our ladies, Marilyn and Stephanie, walked their very first mile at F.O.C.U.S. Week. Teresa Mackey came in crying after running the first mile in her life. Teresa made it through another obstacle at F.O.C.U.S. Week; it was her first week without cigarettes. Laughing and tears of joy were prevalent throughout the week as lives were changed.

It was like spending a week at a Christian fitness spa. We all felt like royalty; massages, manicures, pedicures, and an image and color consultant were available. There was also a wide variety of entertainment at our talent show, including our Houston staff's dancing talents, performing the Stomp. The food was totally awesome. We were served family style and actually did become like one big happy family.

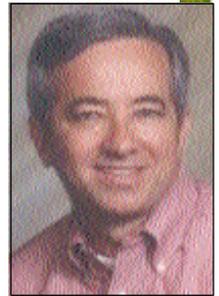
I do hope you will consider coming to F.O.C.U.S. Week next year. Those of us who attended this year will never be the same. God truly blessed us indeed.

### Press On! Bev Henson

Acts 17:28  
*"In Him we live and move and have our being."*

*Beverly Henson is a conference and rally speaker for the First Place ministry. She is also a Bible teacher and certified personal trainer. Beverly joined First Place in July 1997 and has lost 160 pounds. First Place has given Beverly a powerful testimony. She is the First Place Director and the Director of Wellness Ministries at Northcrest Baptist Church in Meridian, MS.. She is also an area Networking Leader for First Place in Mississippi. Beverly has a genuine love of proclaiming the word of God to His people.*





# A Second Helping of Blessing Please



We live in an intense, driven and demanding world. It can be relentless to just stay even, not to mention what it takes to get ahead. Changes in the workplace, new fears in society, swirling demands on raising children, and then the exhaustion of just doing the right thing, for us are contributors to our feeling overwhelmed. It makes me tired just to think about it. And to add to the energy drain is the negative atmosphere that seems to permeate our entire environment. People want more of my time, my resources – more of me – and what I give seldom seems good enough.

Where can I get more of what it takes just to be?

I need a second serving of BLESSING, and yes you can “jumbo size” it.

Being overextended causes feelings of exhaustion, if we do not have healthy portions of energy boosting blessings.

Finding ourselves stretched to the breaking point often causes feelings of unworthiness and inadequacy.

Great challenges can be a source of being overwhelmed and insecure. We find in II Kings 2:9 the cry of Elisha who felt that he was not “up to the job” of being the Prophet of God. He begged the aged, now departing Prophet Elijah to not leave until one last request was granted: “Please let a double portion of your spirit be upon me.” To do his job, Elisha knew he would need more than he had – he needed what Elijah had.

There are many times that we wish we could have the wisdom of some of the great people God has brought our way. If only we had what they had. If only we had what we used to have! Recently, I visited with a student who was very discouraged because of events back home that were dramatically impacting her life at the university. We spent some time on the problem, but then I encouraged the student to talk about when life worked better. She recalled a time that had many of the same painful struggles in the home, but she did things that gave her strength. We spent the next two visits talking only about what worked in the past and how to make them work in the present. They included: an honest accountability partner, systematic Bible study, simple prayers and

**Dr. Bill Heston**  
University Chaplain,  
Howard Payne University  
Brownwood, Texas  
[Bheston@hputx.edu](mailto:Bheston@hputx.edu)

Dr. William Heston was minister of pastoral care at Houston's First Baptist Church; clinical member of the American Association for Marriage and Family Therapy, and a marriage therapist licensed by the state of TX. He has also led seminars at First Place Conferences.”

taking care of herself physically. She assured me she planned to start soon. I would NOT settle for “planned” and insisted on a “plan.” She started that afternoon to reconstruct her success plan. Her blessing was part of her past and the people God had given her. She needed to go back to the place where blessings were being served.

Eating out is difficult for people who want to eat healthy. Going to a fast food restaurant that specializes in fat, fried foods is an unlikely place to find heart healthy choices. If we go to places where blessings are not served on a regular basis, we should not be surprised when we gain that unwanted weight of discouragement. Often, we have to go to unhealthy places but we do not have to eat what is served.

An amazing thing happened when this university student restarted the healthy regimen others had modeled for her and with which she had great success in the past – she not only felt the power of being blessed, but had extra to give away. That weekend she was with a friend who was encountering the trauma of a family crisis and was able to share with this troubled friend the things that helped her in her terrible time of hurt. Instead of this being a drain, it was energizing.

Jesus said ...it is more blessed to give than receive. Acts 20:35

The troubled student who rediscovered her blessing also discovered one of the great paradoxes of Christian life. Blessing is one of the few things in life where the more you give, the more you have.

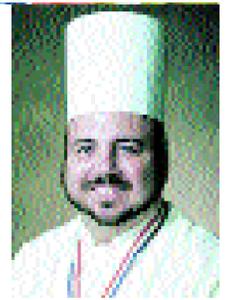
But you can't give what you don't have!

Soooo get another helping of blessing – go ahead – SUPER SIZE IT.

## Bill Heston

*Bill Heston, D.Min. is Chaplain at Howard Payne University in Brownwood, Texas.*





## Hints & Pinches

# The Twelve Days of Thanksgiving!

Author unknown

### On the First day:

We give thanks for the entire fresh turkey feast and its hot trimmings.

### On the Second Day:

We bless the cold turkey sandwiches, slouchy cranberry sauce, and hard rolls.

### On the Third Day:

We praise the turkey pie and vintage mixed vegetables.

### On the Fourth Day:

We thank the Pilgrims for not serving Bison that first time, or we'd be celebrating Thanksgiving until April.

### On the Fifth Day:

We gobble up cubed bird casserole and pray for a glimpse of the naked turkey carcass.

### On the Sixth Day:

We show gratitude (sort of) to the creative cook who slings cashews at the turkey and calls it turkey nugget pizza.

### On the Eighth Day:

The word "Vegetarian" keeps popping into our heads.

### On the Ninth Day:

We check our hair to make sure we're not beginning to sprout feathers.

### On the Tenth Day:

We hope that the wing meat kabobs catch fire under the broiler.

### On the Eleventh Day:

We smile over the creamed gizzards because the thigh bones are in sight.

### On the Twelfth Day:

We apologize for running out of turkey leftovers. And everybody says Amen!!!

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### Keep these food safety tips in mind when storing your turkey leftovers:

- ✓ Within two hours after roasting, remove stuffing from turkey and carve the meat off the bones, then store in refrigerator or freezer.
- ✓ Wrap turkey slices and stuffing separately, and refrigerate and use within three days.
- ✓ Use refrigerated gravy within three days.

**Scott Wilson**  
First Place Food Consultant  
[firstplacechef@hotmail.com](mailto:firstplacechef@hotmail.com)

Scott Wilson is a certified executive chef with the American Culinary Federation. If you have any questions regarding food preparation, you may write him at 7075 Red Fox Lane, Cumming, GA 30040.

- ✓ Freeze leftovers if you plan to store them for a longer period of time. Wrap in heavy foil, freezer wrap, or place in freezer container or freezer bags; for optimum taste, use stuffing within one month and turkey within two months.
- ✓ For more information check out [www.butterball.com](http://www.butterball.com)

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### Practical Ideas for those second helpings:

- ✓ Slice leftover meat extra thin and throw it in the freezer to use for sandwiches at a later date.
- ✓ Add leftover cooked vegetables to salads, or make a soup.
- ✓ Take leftover mashed potatoes and turn them into potato cakes. Just mix in a little milk and butter, form into patties and bake.
- ✓ Keep leftover fruit appetizing by tossing it with lemon juice before refrigerating. The lemon juice will keep fruit from browning.
- ✓ Leftover wild rice has many uses: Serve it cold in a salad with vinegar-and-oil dressing, make rice pudding, or add to scrambled eggs, soups, stews, fried rice and casseroles.
- ✓ Don't throw out stale bread and rolls. Use them for breadcrumbs and croutons to serve with soups and salads.
- ✓ Divide leftover homemade baked goods such as wedges of pie, bars and cookies into individual portions before freezing.
- ✓ Mix leftover cranberry sauce with horseradish or mustard.
- ✓ Make homemade TV dinners. Put leftover turkey, stuffing, and potatoes in a pie tin, cover with tin foil and freeze.

**Scott Wilson**  
[firstplacechef@hotmail.com](mailto:firstplacechef@hotmail.com)





# Holiday Recipe Ideas

For more Holiday Recipes, go to the First Place website at:

<http://firstplace.org/Recipes/holidays.php>

## THREE CHEESE TURKEY BAKE

*Serves 10*

- 8 ounces lasagna noodles
- 2 cups cooked chicken or turkey
- 1/2 cup chopped onion
- 1 1/2 cups shredded American cheese
- 1/2 cup grated parmesan cheese
- 1 tablespoon chili powder
- 3 tablespoon diet margarine
- 10 3/4 ounce can cream of chicken soup
- 4 ounce can sliced mushrooms, drained
- 1/2 cup chopped pimento
- 1/3 cup skim milk
- 1/2 tablespoon dried basil, crushed
- 1 1/2 cup cream-style lite cottage cheese

Cook lasagna noodles in boiling salted water, according to package directions. Drain well. Cook onion and green pepper in diet margarine until tender. Stir in condensed soup, mushrooms, pimento, skim milk and basil. Lay half the noodles in a 13 x 9 x 2 dish; topped with half each of soup mixture, cottage cheese, American cheese, and Parmesan cheese. Repeat layers of the noodles, sauce, cottage cheese and chicken. Bake at 350 degrees for 45 minutes. Top with remaining cheeses and bake 2 minutes more or until cheese melts.

### Exchanges:

**2 meat, 1-1/2 bread, 1/2 vegetable, 1 fat**

## TURKEY SPAGHETTI

*Serves 4*

- 8 ounces diced turkey
- 1/2 cup chopped onion
- 1 can cream of mushroom soup, low-fat
- 4 ounces reduced-fat cheddar cheese, shredded
- 2 cups spaghetti, cooked
- 1 small jar pimento, chopped
- 1 teaspoon dried parsley flakes
- Pam

Spray large non-stick skillet with Pam. Saute onion with turkey. Blend in mushroom soup and cheese. Cook over low heat until cheese is melted, stirring. Add cooked spaghetti, pimento, parsley and pepper. Pour in a baking dish. Bake at 350 degrees for 14 minutes

### Exchanges per 1/2 cup serving:

**3 meat, 1 bread, 1/2 fat**

## PUMPKIN CHEESECAKE

*Serves 8*

- 3 3"x6" graham cracker rectangles
- 2 8-ounce packages fat-free cream cheese
- 1 cup canned pumpkin
- 1/3 cup dry non-fat milk
- 1 4-ounce can evaporated skim milk
- 2 teaspoons pumpkin pie spice
- 1 teaspoon vanilla
- 1 package sugar-free vanilla instant pudding (4 servings), dry
- 1 4-ounce Cool Whip Lite (thawed)
- 1 low-fat graham cracker crust

Layer graham cracker rectangles in a 9x9" baking dish. Cream together cream cheese, pumpkin dry milk, canned milk, pumpkin pie spice, and vanilla. Add the sugar-free pudding and mix thoroughly. Blend in Cool Whip Lite. Spread mixture evenly over graham crackers. Refrigerate for several hours before serving.

### Exchanges per serving:

**1 meat, 1 1/2 breads, 1/4 fat**

