



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



JANUARY 2008



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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www.firstplace.org

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Web site....www.firstplace.org

Carole Lewis National Director

Dear Friends,

The number eight (8) is the number for new beginnings. I pray you are ready for new things to happen in your life in 2008. I was so ready for January 1, to get here that my eyes popped open at 4:00 a.m., even though it was a holiday. I got out of bed with great joy to begin 2008 with my Lord.

As you read these words, we are well into January 2008. Maybe your New Year resolutions have already gone by the wayside. Well, take heart! Today is your *New Beginning Day*. If you fail today, you can begin again tomorrow. If you fail tomorrow you can begin again the next day.

There is a saying, "Fake it 'till you make it." With God's help we can make 2008 the best year of our lives. Here's how I plan to do that.

Set my alarm early enough each day to give me time to read my Bible and pray.

If I get to bed late the night before, I can pray and ask God to multiply my sleep. He will do it; my job is to get up when the alarm goes off.

Plan to exercise every day that I work.

Since I work five days each week, I will put exercise on my to-do list each day. It has helped me to wear a pedometer and to make it my goal to walk 10,000 steps each day. When I do this, I don't mind parking a long way from the building or climbing the stairs.

Eat only the foods that will make my body strong.

To do this, I must pray before I eat asking God to choose the foods I will eat. When I don't pray, I fail. I have never failed when I have asked God to help me. This is the biggest area where you and I can bring God glory, denying self so that God can do the work through us He desires. Our enemy, the devil, desires to keep us overweight and

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defeated so the world thinks our God doesn't have the power to change us. Our job is to pray before the first bite goes into our mouth and God will give us the strength to succeed.

*The Lord is my strength and my shield; my heart trusts in him, and I am helped. My heart leaps for joy and I will give thanks to him in song. The Lord is the strength of his people, a fortress of salvation for his anointed one. **Psalms 28:7-8***

Make 2008 great,

Carole Lewis

First Place National Director

***Don't miss Carole speaking at Bethany Church in Greenland, NH on March 10, 2008. Bethany Church will host a First Place brunch from 11:00 a.m. -1:00 p.m. and Women's Journey event from 5:30 p.m. to 8:30 p.m. For information, contact Delilah Dirksen at djdirksen@comcast.net.**

Events Coming Soon!

Area Leaders Meeting

January 19, 2008
Central Assembly of God
Green Bay, Wisconsin
Contact: Jenn Krogh
Phone: 920-388-3531
Email: wifirstplace@hotmail.com

Area Leader's Meeting

March 15, 2008
Farmborough Heights,
New South Wales, Australia
Contact: Barb Lukies
Email: firstplaceaustralia@yahoo.com.au
Phone: (0242)718800

Area Leader's Meeting

Saturday, January 19, 2008
9:00 am to 12:00 pm
First Christian Church
Canyon Country, CA
Contact: Kathlee Coleman
Email: kathlee@firstplaceca.org

Area Leader's Meeting

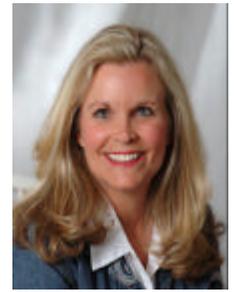
June 28, 2008
Farmborough Heights,
New South Wales, Australia
Contact: Barb Lukies
Email: firstplaceaustralia@yahoo.com.au
Phone: (0242)718800





Leadership Training

Top Ten Reasons it's First Place for me in 2008



Vicki Heath
vicki.heath@firstplace.org

This is the time of year when we are all deciding how we are going to keep our New Year's resolution of getting and staying fit. You might be tempted to try another weight loss program instead of First Place. Let me assure you – you do not want to do that. Below are my top ten reasons for sticking with First Place in 2008:

Reason # 1

It's affordable. According to a recent article in *The Consumerist** on the cost associated with losing 30 pounds, which is possible in one to two sessions of First Place, here is a breakdown of four of the most popular:

- **Jenny Craig:** \$399 with a payment plan or \$358 up front, not including food.
- **LA Weight Loss:** Calculating the cost with a setup fee of \$174 plus \$7 per week charge, the total cost of the plan is \$685 for 73 weeks, not including the cost of food and L.A. Lite bars.
- **NutriSystem:** \$1,174.88, including all food, except fresh greens and dairy.
- **Weight Watchers:** The total cost is between \$214.80 and \$299.80, depending on location, not including food.

Reason # 2

I get to eat normal food. The First Place food plan encourages me to eat from all of the major food groups and I don't have to buy any "specialty" foods, just the everyday healthy food on my family's grocery list!

Reason # 3

First Place people pray for each other. In doing research I have found some groups that offer support, but not many that offer prayer support. For me, personally, this has made all of the difference in my day to day wellness walk and getting through the tough times.

Reason # 4

God leads in the way everlasting. I can do First Place the rest of my life. An important question we need to ask when considering a wellness plan is, "Can I do this or eat this way the rest of my life?" If you cannot answer yes to that question, it is not a good plan. Anything we have to go "on" is not a good plan because what will happen when I go "off"? That usually means we go back to old ways of living and eating.

Reason No. 5

We have a lot of work to do: America is obsessed with appearance – we have a lot of work to do to educate people on the new wellness paradigm. A new generation of researchers, physicians and health-promotion specialists are diligently working to change our thinking by promoting what they call the new weight paradigm. As leaders in First Place, we need to do the same thing.

Reason No. 6

First Place has a New Bible Study – Renewing Hope. When struggling with the ups and downs of weight loss, it can be easy to lose hope, hope that life can be anything but a continuum of defeat and despair when it comes to permanently shedding those pounds that keep you in shame and disgrace. Renewing Hope will help us get back on track toward our goals and to find energy for the daily challenges in the restoring hope that God offers. I am excited about this new study and I plan to use it in my January session.

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Reason No. 7

It's a good investment in my future. February is the one-year anniversary of my father's death and he was a young 73. He died of heart disease. He had his first heart attack at the age of 54. That is just around the corner for me. My mother has been recently diagnosed with Diabetes and Hypertension. I have inherited some of those same tendencies, but my participation in First Place over the past ten years has nearly wiped out my chances of developing these diseases.

Reason No. 8

We are getting bigger. Studies show that obesity is one of the fastest growing diseases among adults and children. There is more of a need for First Place classes now than ever before. We cannot become weary in well doing. Classes need to keep going and multiplying.

Reason No. 9

God is up to something and I don't want to miss it! Classes are being started in the northeast to southern California and even down under in Australia! There is also a renewal of older classes restarting with new hope and new leadership. First Place has many new things on the horizon and I want to be a part of all He is going to do this year and so do you!

Reason No. 10

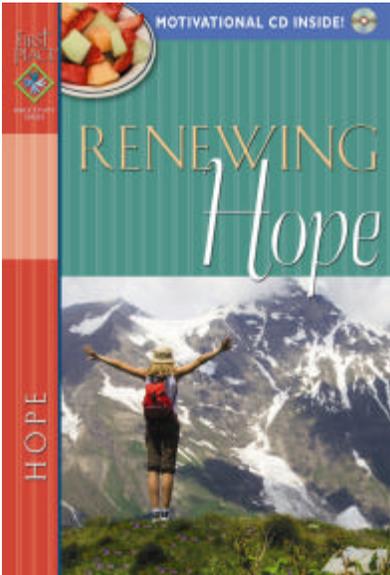
I still have a lot to learn! God is not finished with me yet and First Place keeps me available for transformation through my spiritual commitments of Bible reading and scripture memory.

I am sticking with First Place for another year and it holds promise to be the best year yet!

New Year's Blessings,

Vicki Heath

*The Consumerist, "How Much Does It Cost to Lose 30 Pounds?" April 9, 2007 by Meghann Marco.



New Study Now Available

When struggling with the ups and downs of weight loss, it can be easy to lose hope, hope that life can be anything but a continuum of defeat and despair when it comes to permanently shedding those unwanted pounds that keep you in shame and disgrace. And yet, this isn't what God intends for us. *Renewing Hope* helps readers to get back on track toward their goals and to find energy for the daily challenges in the restoring hope that God offers. Stand firm in God's strength and power. Find renewed hope by putting Christ first. First Place is helping thousands of women and men on the road to life transformation; spiritually, emotionally, physically and mentally. Find reasons to hope, and encouragement to persevere with trusted friends in this inspiring 10-week First Place Bible study.

To order, call Gospel Light at 1-800-446-7735.

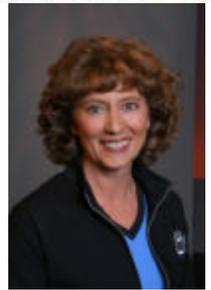




Balanced Living - Physical

Active Memories

Jeannie Blocher
jeannie@bodyandsoul.org



I think that all of you will agree that music can have a powerful uplifting influence in your life. You've already experienced the fact that it makes it easier to memorize Scripture, as you have learned the verses that go with your First Place Bible studies that are set to music. Don't you find yourself humming the tune as you review your verses? And when you hear the tune, don't you find that the verses come back to your mind effortlessly?

We've all experienced hearing a particular song and the tune itself brings back a memory of a particular time in our life when that song was important to us. Sometimes that recall is so powerful that it brings back unexpected emotions of joy or sorrow to the point of tears. There is power in music! It is a gift from God and I believe He has given this gift to us for us to explore and experience in many ways, all for His glory.

One thing I would encourage you to do is to add the power of music to your workout! You can choose your favorite Christian CD or create a playlist and listen to a variety of your favorite uplifting songs while you jog or walk. That's powerful! You can purchase the First Place Fitness DVDs where you can exercise to your Scripture memory music. You are also invited to join us in a Body & Soul class near you (click "find a class" at www.bodyandsoul.org) where we exercise to contemporary Christian songs that are all connected by a certain theme, for example, "freedom in Christ" or "trust in God." In Body & Soul we set exercise to popular Christian music so that we are growing in our physical fitness while we are also growing in spiritual fitness! This way we are living out I Corinthians 6:20 which exhorts us to glorify God in our bodies. I pray that as you add the power of music to your workout that you will experience God's blessing and power as you take care of His temple, your body!

Mailbag



On November 17th the small Tyler, Texas First Place group from the Vineyard Christian Fellowship held a Walk-A-Thon to raise money for The East Texas Food Bank. The walk encouraged members to start and maintain an exercise program getting fit while feeding others.

Servicing 26 counties, The East Texas Food Bank assists over 200 different organizations, including churches. Because the food bank receives donations, just \$1.00 provides 8 meals for children, families and the elderly. The Food Bank encourages healthy balanced meals for those in need and distributes over 3 million pounds of fresh produce a year. The six members of Vineyard

Christian Fellowship's First Place group raised \$500 for the Food Bank with the loving support of their family and friends. This money will provide 4,000 meals to a wide range of individuals. Plans are in place to make the Walk-A-Thon an annual event in order to provide more meals and encourage others to get healthy!



Nutrition Notes

Put on the Big Kid Pants



Erin DuBroc
erin.dubroc@firstplace.org

Well, here it is January 2nd, and I was supposed to have finished this newsletter article weeks ago. Luckily, I work with a loving staff that give me more than enough grace and have patiently waited for me to funnel all the thoughts swimming in my head into a coherent and concise essay. You see, 2007 was a huge year for me. Maybe it was this way for you, too? In chronological order, I got married, moved into a new home (and soon began decorating), started my job at First Place, finished graduate school (praise Jesus), adopted a furry son from the SPCA, and passionately tried to do all of these things (marriage, home, job, training a dog) with perfection and a smile. Many of you older and wiser than I am are likely chuckling to yourself and thinking, “Oh honey, perfection? You’ll soon learn!” Oh yes, I have definitely learned a lot, and the many lessons have left me very excited to start a new year with some experiential wisdom under my belt, as I am now well aware that book knowledge can only get you so far!

It was a definitely a year that required mature and grown-up “big girl pants”, as I often say and laugh about with my friends. A big girl job requires big girl pants. As does a big girl relationship, a big girl house, etc. In order to make sure my big girl pants fit, I had to do some internal alterations and those are what I want to share with you this month. As you wholeheartedly make resolutions this month or simply keep working on the ones you made in the past, I want to encourage you to focus on the “how” more than the “what”. The “what” entails things like losing weight, exercising more, eating less, reading your Bible, and consistently attending your class. The “how” includes setting goals, finding accountability, making a plan, rearranging your schedule, and other preparatory actions that lead to actually executing your goals. So, what internal alterations are required for the big kid pants to fit and function?

First, resolve to seize the day, everyday. You *can* make good choices every day of the week. They may be small, but they count! Each investment you make into yourself will provide compound interest in the form of breakthroughs and benefits. You will most definitely have setbacks and blips along the way (c’est la vie), but one blip does not need to be treated like a bomb that’s destroyed your entire day or even your entire week! Put those pants back on and keep walking. Choose to eat better at the next meal. Follow the impulse to get outside and walk on a beautiful day. Just yesterday my husband and I were watching an episode of NBC’s *The Biggest Loser*. We were deeply inspired by the contestants’ efforts to push themselves physically and decided to hop in the car, drive to a local park, and run hills. On hill number five we could barely speak enough to say, “What were we thinking?”, and that was a good thing. We finished fifteen of them, felt the amazing tickle of crisp air in our lungs, and enjoyed a beautiful view of the Houston skyline as we walked around the park afterwards.

Second, take ownership of your issues. The sooner you do this, the sooner you’ll be apt to improve them for good. No one else can change your life for you – you have to be the one to do it for change to truly stick! I believe many of us fool ourselves into trusting that once our external surroundings change – whether





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it be our friends, family, job, or neighborhood – we will finally be able to change ourselves. Unfortunately, this can lead to quite a lot of waiting and little results. Resolve to *be* the change this year. Stop waiting and start acting – you’ll gain confidence to continue the journey with each brave step you make!

Third, seek the wise counsel of those a few steps ahead of you. When I am struggling with something I often want to exclude outside eyes and ears from the situation. The year 2007 taught me to wise up and let others in (with appropriate boundaries) to help flush out frustrations, pray up petitions, and walk out in the Truth. This might be one of the hardest internal alterations as it requires humility, honesty with another, and real resolve to put into practice what you’re taught. Fighting through struggles by myself with pride that I could “handle it” on my own only led to my having a teary breakdown in a leadership meeting one evening and a husband who wondered who he was married to at times. Sometimes the best and most fruitful education is the one we receive from trusted friends and counselors so don’t cheat yourself for the sake of defensiveness or pride.

Next, prepare to succeed. People who take on big kid tasks know they need to plan and prepare for what is ahead of them. Dreams without support are nothing more than fleeting and flimsy castles in a very make-believe sky. Give your dreams (and thus, yourself) the respect they deserve and prepare a way for them to become realities! One of my goals this year is to become less busy and more intentional with my free time. I am convinced my life can be richer and sweeter if I choose intentional living over irrational existing. So, I am taking the next step by planning how to spend my weekends and evenings. If you desire to start cooking healthy meals each week, plan your menus, prepare your kitchen, and get excited about achieving a very worthy goal! Enthusiasm is just as important as to do lists and spreadsheets, so prepare your emotions as well as your mind to be geared up for greatness in 2008!

Lastly, big kid pants cannot be exchanged or returned. All sales are final. Besides, why would you want to part from them? They lead to meeting milestones and crossing finish lines! They elevate you through the ceiling of “I can’t” and “Oh well” to meet your potential face to face. They are the most flattering pants you own and they never go out of style. Find them, put them on, and I promise they will help you get where you want to go!

To good health,

Erin DuBroc, MPH, RD, LD





Success Story



I grew up heavy; food was always a source of comfort to me. I became a believer in 1993, and God began to clean up my heart one layer at a time.

The first weekend in November 2006, I attended a Christian Conference as a guest of a friend. During the conference, which focused on repentance and renewing your relationship with God, the speaker was sharing on sins that separate us from God. In our booklet that came with the conference there were two pages of sins that could separate us from God. During one of the exercises, we were asked to check all of them that apply (ouch!). Later, as we worked our way through them one at a time, the speaker said, "Those of you who are struggling with treatment of your 'temple,' overeating is abusing the temple of God; therefore, it is sin. And you know who you are." It was a simple statement, but it penetrated my heart. I knew this was one more place that God was asking me to submit to him.

Even in today's world where so much focus is placed on fitness and health, as well as beauty, I hadn't spent much time thinking about my being overweight as sin. I had been struggling with some weight and diet-related health problems, but somehow the connection had seemed to elude me (or maybe I had really just been in denial). My blood pressure was elevated and was barely under control with medication. My knees and hip hurt and my feet were killing me. I was terribly out of shape; a long set of stairs was a huge challenge, not to mention a constant struggle with Irritable Bowel Syndrome.

The following Sunday at church I asked two friends to pray for me and hold me accountable. I told them I was sure that I needed to find some kind of an accountability group. One of them told me that a mutual friend was going to start an accountability group and the focus was to be holding us accountable for any area of struggle we might have. I called our mutual friend on a Sunday evening and the group was starting on Tuesday morning. Tuesday "happened" to be one of the days I had some flexibility in my schedule and could make the meeting. One of the non-negotiables of this group was that if you were there for weight loss, you had to track your food intake in some manner. It could be any way you chose, but you had to track it.

I was reading one of Carole Lewis' books, *First Place*, at the time and was familiar with the exchange program. I had successfully lost 50 lbs. about 20 years ago and kept it off for five years by counting exchanges. Unfortunately, I stopped counting them and the pounds returned and brought more with them.

"Plateaus are just a stepping stone on the way down. They are inevitable and unavoidable and God is still God and He is still on the throne even when the scale doesn't go down the way I would like."

When I stepped on my home scales that Sunday morning, I weighed 298 lbs. I was tired and scared, but I knew that I had to do something to change. So, I began to do as much reading on the program as I could. I started with the Healthy Holidays study and it got me through to the first of the year. By then our entire group had checked out the First Place program and decided to start using the studies together. We began in earnest studying and following the First Place program in January.





Continued from page

My group has been an excellent source of support for me. I still struggle with daily disciplines, but one day at a time, one victory at a time, I'm getting there. To date I have lost 67 lbs. I still have 46 lbs to go to goal. I have been stuck on a plateau since the middle of August, but I have been learning some things through it. Plateaus are just a stepping stone on the way down. They are inevitable and unavoidable and God is still God and He is still on the throne even when the scale doesn't go down the way I would like.

Filling out a commitment record daily keeps me on track with the Nine Commitments. I don't do them all perfectly every day, but I have come so far since last November. My relationship with the Lord is stronger; I have tons more energy; my blood pressure is down in a manageable range and my feet almost never hurt, nor do my knees and hip.

Exercise, while still a struggle for me, is slowly becoming part of my weekly routine. I'm learning to turn to a good walk and prayer time instead of Reese's Peanut Butter Cups to help me cope with life's stresses. I require less sleep and am not as moody. I haven't had an irritable bowel attack in months. I have gone from a size 26W jeans to an 18R.

Most of all, God has sent me a fabulous group of women who cover a range of ages and sizes and we have become extremely close. I believe that the group is one of the real keys to success. They lift me up when I need it and cheer me on at each victory. I truly love these women. My husband and son have been a great support to me also, cheering me on at every victory and holding me up through tough spots.

My before picture was taken on the first Sunday in November 2006. The after picture was taken Labor Day weekend September 2007. The "tail" I'm holding is the amount I had to have cut out of a belt I had made in September 2006, by a leather craftsman. He took the picture as a "trophy" for me before he cut it off. One of my great victory moments was when my family and I traveled to Six Flags. We hadn't gone in years because I knew I couldn't fit in the seats on the roller coaster. While we were waiting in line for the first roller coaster of the day my husband, knowing how nervous I still was about fitting in the seat, leaned down and whispered in my ear, "Stop worrying! You ARE going to fit," and I DID! I'll admit that when I look in the mirror I still see the bigger me, but she's slowly and surely shrinking. I still have a long way to go to my goal, but I believe that with God's grace and the sustaining power of the Holy Spirit, together with the love and support of my family, friends, and my First Place group, I'll eventually reach my goal weight.



Thanks for letting me share my story. Blessings!

LuAnn Fischer
Winfield, Iowa



Devotional

New Life, New Power

We were therefore buried with him through baptism into death, in order that, just as Christ was raised from the dead through the glory of the Father, we too may live a new life.

ROMANS 6:4

I just love new things: the smell of a new car, the excitement of pulling the tag off a new dress, the joy of holding a newborn baby! When I consider the word “new,” here are some things that come to mind: freshness, a new coat of paint, a first-time experience, a new approach, something novel or unfamiliar, something changed for the better, having new energy.

Praise God that our new life as a believer in Jesus Christ is always fresh. Many times there are new experiences and encounters that are novel and unfamiliar. I have been established in a new place beside the King of Glory. I have been changed for the better and rejuvenated. I am no longer like my old self—I am different. I live a completely new life!

As I struggle with breaking destructive, unhealthy habits, the enemy wants me to think that I am still my old self—that the Holy Spirit living inside of me makes no difference. Like all of the evil one’s false illusions, this too is a lie! Today I choose to walk in the truth: God’s Word assures me that I have a new life and the power to make healthy choices.

PRAYER

Lord, thank You for my new life in You. May I be willing to use the power of the Holy Spirit, who dwells in me, to make wise choices.

Journal: Write about a facet of the word “new” that has special meaning for you and explain why that meaning has importance in your new life in Christ Jesus.

—Becky Turner
Houston, Texas

Taken from *Living Well*, new First Place devotional book. To order, call 1-800-4GOSPEL.





Mexican Meatloaf

Serves 6

1 lb. ground turkey
15 oz. tortilla chips, crushed
2 tbsp. chopped green pepper
1 16-ounce can tomato sauce
1/4 cup chopped onion
1 pkg. taco seasoning mix

Reserve 1 cup of tomato sauce. Combine all other ingredients. Place in 9x5 loaf pan. Bake at 350 degrees for 45-50 minutes. Heat reserved tomato sauce and serve with meatloaf.

Exchanges: 2 1/2 meats, 1/2 fat

Lemon Meringue Cookies

4 large egg whites
1 teaspoon grated lemon zest
1/8 teaspoon salt
1/8 teaspoon lemon juice
1 cup sugar
1 teaspoon vanilla extract
1/2 teaspoon lemon extract
3 drops yellow food coloring

Let egg whites stand at room temperature for 30 minutes. Preheat oven to 250 degrees. Line 2 baking sheets with parchment paper. In a medium mixing bowl, combine egg whites, lemon zest, salt, and lemon juice. Beat on low speed of an electric mixer about 30 seconds or until foamy. Beat on high speed about one minute or until frothy. Gradually add sugar, eating until combined. Scrape down side of bowl as needed. Add vanilla extract, lemon extract, and food coloring. Beat on medium speed until stiff peaks form (tips stand straight). Mixture will be glossy. Drop by large spoonfuls onto prepared baking sheets, spacing them 1 1/2 inches apart. Place both baking sheets in preheated oven.

Bake for 16 to 18 minutes. Rotate sheets and bake 16-18 minutes more. Turn off oven and let cookies stand in oven for 30 minutes. Remove baking sheets from oven. Cool completely. Gently peel the cookies from parchment paper.

Exchanges for three cookies: 1 bread

Beef Stroganoff

Serves 6

1 1/2 lbs. lean round steak
1/2 tsp. salt
1/4 tsp. pepper
2 tbsp. light margarine
1/2 lb. fresh mushrooms, sliced
1/2 cup chopped onions
1 cup beef broth
1 tsp. dried mustard
1 bay leaf
2 tbsp. tomato paste
1 tbsp. flour
2 tbsp. water
3/4 cup non-fat plain yogurt

Cut meat into 1/2 inch strips, remove all fat. Pat dry steak strips with paper towel; sprinkle with salt and pepper. Melt 1 tbsp. light margarine in non-stick frying pan, add strips of meat, cook and stir until brown on both sides. Remove meat from pan and set aside. Sauté onions in same pan and sauté mushrooms until almost tender. Return meat and onions to pan. Combine beef broth, mustard, bay leaf and tomato paste and pour over meat, onions, and mushroom. Cover and let simmer gently for 1/2 hour, or until meat is tender. Remove bay leaf. Make smooth paste of flour and water in a cup, stir into frying pan and cook over low heat, stirring constantly until mixture thickens. Add non-fat yogurt and heat through. **DO NOT BOIL.** Delicious with noodles or rice (not counted in exchanges).

Exchanges: 3 meats, 1/2 vegetable, 1 fat

Herbed Breadsticks

Serves 6

1 (8-ounce) loaf French bread
1 tablespoon olive oil
1 garlic clove, halved
3/4 teaspoon dried oregano
3/4 teaspoon dried basil
1/8 teaspoon salt

Cut bread in half crosswise, and cut each piece in half horizontally. Brush oil evenly over cut sides of bread; rub with garlic. Sprinkle oregano, basil, and salt over bread. Cut each piece of bread lengthwise into 3 sticks. Place breadsticks on a baking sheet; bake at 300° for 25 minutes or until crisp. Serve warm. Serving Size: 2 breadsticks.

Exchanges: 1 bread, 1 fat

Broccoli with Garlic

Serves 4

5 cups broccoli florets (about 1 pound)
1 teaspoon vegetable oil
2 teaspoons minced seeded jalapeño pepper
14 garlic cloves, minced (about 3 tablespoons)
1 tablespoon fresh lemon juice
1 tablespoon rice vinegar

Steam broccoli, covered, 4 minutes. Heat oil in a large nonstick skillet over medium-high heat. Add the jalapeño and garlic, and sauté 2 minutes. Remove from heat. Add the broccoli, lemon juice, and vinegar, and toss well.

Exchanges: 1 vegetable

Apple Strudel

Serves 8

1 cup applesauce (no sugar added)
1 apple, peeled, cored and sliced
2 tbsp. raisins
2 pkgs. sugar substitute
Cinnamon and nutmeg to taste
1 10-count can 10 low-fat biscuits
8 tsp. light margarine

Spray cookie sheet with non-stick spray and open dough onto sheet, pressing out to make crust. Mix first five ingredients. Spread on prepared crust. Roll up like jelly roll. Spread with light margarine. Bake for 5 minutes. Cool.

Exchanges: 1 bread, 1/2 fruit, 1/2 fat

Roasted Potatoes with Herbs

Serves 8

3 tablespoons olive oil, divided
3 pounds small red potatoes, quartered (about 24)
Cooking spray
1 teaspoon salt, divided
1/2 teaspoon black pepper, divided
3 garlic cloves, minced
2 tablespoons chopped fresh chives
3 tablespoons white wine vinegar
1 tablespoon Dijon mustard
1 1/2 teaspoons chopped fresh tarragon

Preheat oven to 400°. Combine 1 1/2 tablespoons oil and potatoes on a large jelly-roll pan coated with cooking spray, tossing to coat. Sprinkle with 1/2 teaspoon salt and 1/4 teaspoon pepper. Bake at 400° for 40 minutes or until tender, stirring after 25 minutes. Add garlic; toss well. Bake an additional 5 minutes or until potatoes are done. Combine remaining 1 1/2 tablespoons oil, remaining 1/2 teaspoon salt, remaining 1/4 teaspoon pepper, chives, and remaining ingredients, stirring with a whisk. Drizzle over potatoes; toss gently.

Exchanges: 1 1/2 breads, 1 fat