

December 2012

From the Heart ~ Carole Lewis

I waited to write my December article because I knew I would have something special to write after my first time to speak inside a women’s prison. As I write these words on November 22, 2012, it is early Thanksgiving morning and the 11th anniversary of the homegoing of our middle child, Shari. On Tuesday evening of this week, I went to share my story inside the faith-based unit at Gatesville Prison in Gatesville, Texas.

In 2001, on Thanksgiving night, our daughter, Shari, and her family were preparing to leave the parents’ home of her husband, Jeff, after having Thanksgiving dinner with his family. Shari went to the back of the car to retrieve some clothes she wanted to give Jeff’s Mother. As she and his mother were standing behind the car, a young, inebriated 18-year-old girl’s car left the street, hit a light pole, swerved and hit Shari. Shari lived for a couple of hours and died while in surgery.



This young girl, Lisa Marie DeLeon, is now a woman and has been incarcerated in Gatesville Women’s Prison for 11 years. Many of you have prayed for Lisa’s salvation and I know you will continue to pray with me until such time as she receives Jesus as her Savior. I sent her a Bible with her name on it and two books I wrote, *A Thankful Heart* and *The Mother Daughter Legacy*.

Needless to say, this was, without a doubt, the single worst thing that had ever happened in our family’s life. Shari was 39 and left her husband, Jeff, of 20 years and three daughters, Cara (19), Christen (15), and Amanda (13). While standing in the hall at the hospital, Jeff said, “Girls, tomorrow morning we will believe the same thing about God that we believed this morning.” With this statement, Jeff set the tone for our entire family. We believed that God loved us and that He would take care of us through this tragedy.

You can imagine my delight and amazement when a few months ago, I received a letter from a woman who was incarcerated at that time in the very same prison as Lisa Marie. Tammy Mutter told me that someone had loaned her my book *First Place 4 Health* and after reading it, she started watching what she ate and had already lost 10 pounds. She said “God is changing me from the inside out.” We exchanged letters and I sent her another book and one of our First Place 4 Health Bible studies. Tammy has now lost 35 pounds.

Read more about Tammy later in this newsletter

I recently received a letter from Annette Cagle, a woman who volunteers and leads the faith-based program inside the unit where Tammy lives. Annette asked if I

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

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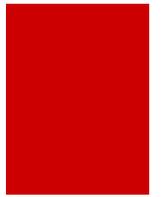
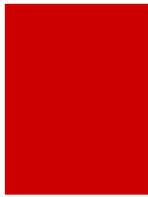
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might be willing to come and speak to the women in Tammy’s unit. We decided that I would come on Tuesday of Thanksgiving week. Our daughter, Lisa, and another friend, Karen Ferguson, drove up with me. Karen told me that she was only going to pray the entire time I was speaking and would drive back to Houston early the next morning so that she and her husband could drive to NC to be with family for Thanksgiving. What a friend!

Our plan was for Lisa and me to drive on to Abilene, Texas to spend Thanksgiving with our granddaughter Cara and her family. I had an airline ticket to fly Johnny into Abilene on Wednesday because he is unable to drive long distances. On Monday morning—one day before our trip—every plan seemed to go haywire. Johnny said he wasn’t strong enough to fly to Abilene by himself. He has had stage 4 prostate cancer for 15 years after being given a prognosis of two years to live in 1997. Praise God! He is still alive, but it is a continuing journey of treatment. Johnny is on a brand new drug for hormone resistant prostate cancer and is having some side effects, including weight loss. (No, you and I cannot take the drug!!!)

I have discovered over many years of serving God that the devil uses the same old tactics, which I have titled, “overkill and piling on.”

Our entire family has been together for the last 10 years since Shari died and this year would be different, but now it would really be different as Johnny and I would not be together. Before long, I was attending a huge pity party with no refreshments! I burst into tears as I told Johnny about this awful sadness I was feeling, even though I understood his being unable to go. I quickly put out an SOS for prayer support to a few friends and by Noon, I was feeling much better.

At 1:00 p.m. I discovered I had a live radio interview with a station in Buffalo NY from 3:00 to 4:00 p.m. Of course, I didn’t have it on my calendar now that I am Pat (now retired). Karen located a church in Gatesville, which graciously allowed us to use a land line phone for the interview. After we worked out the interview logistics, I received a phone call from Annette informing me that the prison had put down the wrong date and we wouldn’t be able to come. By this time, I am grinning because I could see the devil’s paw prints all over the entire day. We talked a few minutes and her land line began ringing; it was the prison telling her that we could come after all.

I have discovered over many years of serving God that the devil uses the same old tactics, which I have titled, “overkill and piling on.” I say overkill because he doesn’t just come at me once, but just keeps coming to try and break me down. Piling on is because in football, one person tackles the runner, and others pile on top of him after he is down. By the time I received the phone call from Annette, I knew this was both overkill and piling on and I began to see the humor in my entire day.

Annette and I both prayed together over the phone and asked God to make our way smooth as we went inside the prison. We asked God to bind Satan from the room where I would speak and to give the guards a good day so they would be kind. We asked for God’s favor to be on us all day Tuesday as we drove to Gatesville, did the interview and went inside the prison.

I met so many women before and after I spoke and each one was truly a sister in Christ. I have never seen such transparency and honesty from women where I have ministered. They were happy, smiling, laughing, responsive and they know God’s Word, quoting scriptures along with me. One lady told me that she was in

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prison for driving drunk and someone died as a result of her actions. She has been there nine years and is scheduled to be released in a month. She said with tears in her eyes how sorry she is about what she did and that she wanted to tell me because of the loss of our Shari.

I knew when we left the prison that this would not be my last trip inside prison walls. The funny thing about all this is that God has placed a love inside my heart for incarcerated women and I believe that prison ministry is in my future.

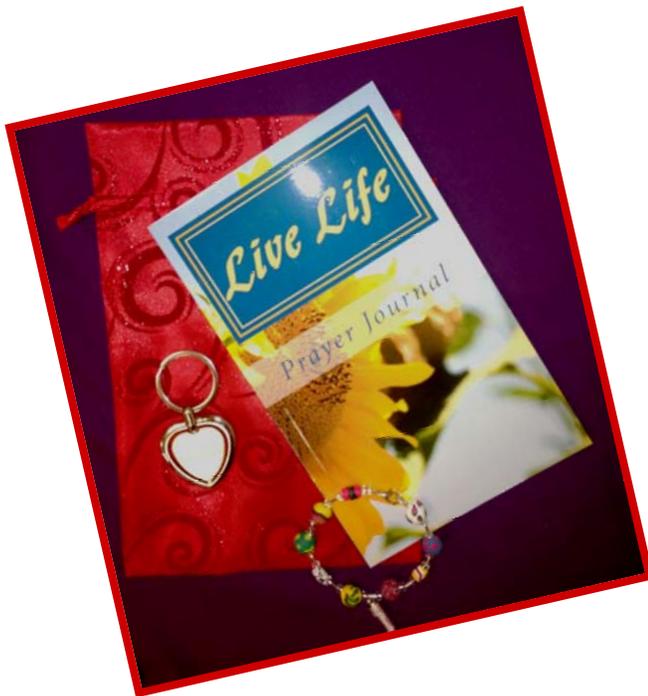
We would be honored if you would remember First Place 4 Health in your year-end giving. If God opens the doors for us to send materials inside prison walls, we will need financial supporters, as everything that goes inside is donated.

I wanted to tell you my prison story this month because the holidays are a time when many of you are sad for various reasons. I pray that this year you will take time to do something special for someone who does not have the blessings that you have. James 1:27 tells us that, "Pure religion and undefiled is this—that you take care of the widows and orphans in their distress." (KJV) God will bless you and the ones you bless.

Love to you,

Carole Lewis

Live Life Christmas Bundle!



Great gift that comes with its own gift bag!

Included in bundle:

- **Our newest journal in the Live Life! theme.** Great companion to the *Make Every Day Your Best Day* Bible study or the *Live Life Right Here, Right Now!* book. Lined and includes scripture memory verses from the *Make Every Day Your Best Day* Bible study
- **Hand-made Live Life Bracelet** designed and created by artist Yvonne Symank especially for First Place 4 Health.
- **Life Life! Key Chain**
- **Gift Bag**

\$19.00 (Retail Value over \$26.)



Fit Tips

Christmas Survival – Is That What it Has Come To?



Vicki Heath

vicki.heath@firstplace4health.com

Did you ever think that the time we set aside to celebrate the birth of Jesus would have to come with a survival guide? Didn't the angels say "Peace on earth, good will to men?" It appears that maybe we do need a survival guide. Weight gain, family conflicts, abundance of food, and financial pressures are just a few of the things that can weigh us down and launch us into destructive behaviors at Christmas. That is a potentially dangerous situation for those of us who use food as a coping technique. That is the very reason I am making my plans now. I am not going to only survive; I am going to actually enjoy the holidays. I absolutely believe it is possible that this will be a most wonderful Christmas, especially with my *Holy Holidays Enjoyment* guide. Here is my holiday plan:

- 1. I will stay connected.** My FP4H class does not end until the second week in December and after that, I can see no reason not to keep my commitments for healthy living, even with the entire world around me going food crazy! I do not plan to miss a single class. I will be there with bells on! The holidays do not present us with a license to "eat, drink and be merry" without restraint! If you do not have a FP4H class, connect with us on our Facebook page – www.facebook.com/firstplace4health
- 2. I will be realistic.** The holidays don't have to be perfect and neither do you. There is no way I can please everyone, keep the house clean and be the perfect hostess for my church. It is just not possible. As families change and grow, traditions often change as well. I am not sure that my son, Michael, and his wife, Joy, will be with us this Christmas. It may not be realistic for them to make a 10-hour trip from Kentucky with only two days off. I am choosing to be open and optimistic to different ways to celebrate Christmas with them. For example, if your adult children can't come to your house, find new ways to celebrate together, such as Skyping on the computer. .
- 3. I will look for the best in my family and overlook shortcomings.** Not all of our family members are easy to love, and I am sure I am one of those at times! We must be willing to set aside grievances, at least temporarily, until a more appropriate time presents itself for dealing with the conflict. We also need to be more understanding and quick to offer grace if others get upset or become disagreeable when things do not go as planned. Taking time to be well-rested will have a positive impact on everyone.
- 4. I will plan ahead and work the plan.** Set aside specific days for shopping and cooking. Plan your menus and then make your shopping list. We have a lot of really good healthy holiday recipes on our website.
- 5. I will sing and dance to Christmas carols.** I love teaching Body & Soul fitness during the holidays. We have wonderful Christmas exercise music. I am teaching three weeks of Christmas classes because I need it! If I am the teacher, then that assures that I will show up. Check out www.bodyandsoulfitness.org/findaclass. If you do not have a Body & Soul Fitness class near you, download these tunes and dance away!

Christmas Songs to Download!

- Feliz Navidad by David Crowder Band
- Jingle Bell Rock by Newsboys
- Joy to the World by Go Fish
- Christmas this Year by TobyMac.



6. **I will have sugar-free hot chocolate instead of dessert.** This is one of my favorite indulgences. I will make up a big jar full and keep it on the counter (recipe below).
7. **I will maintain my calorie boundaries.** Cut back when you can on your portion sizes and keep your Tracker so you stay within your calorie boundaries. The holidays are not a license to abandon all that we have learned in FP4H. Even if overindulgence is encouraged everywhere we turn, we know that it only adds to your stress and guilt.
8. **I will take time for myself.** Spending just 15 minutes alone, without distractions, focusing on your quiet time with the Lord may refresh you enough to handle everything you need to do. Take a walk at night and look for “the Star” and thank Him for coming.
9. **Power shop for exercise.**
10. **I will have healthy snacks available at all times.** Have a healthy snack before holiday parties so that you don't overindulge. Besides the sugar-free cocoa, another of my favorite sweets is one-half banana with 1 teaspoon Nutella—a chocolate delight with less than 100 calories!
11. **I will send out an SOS quickly when feeling out of control.** Don't wait until you have emptied the refrigerator. That's when you have to seek forgiveness! No matter how hard you try, you may find yourself feeling overwhelmed. I have those days and I quickly pick up the phone and call a friend instead of self-medicating with food!
12. **With all of my heart I will look forward to the New Year.** I will end with this because it is the most productive thing we can do. Belief is a powerful thing. I believe in the miracle of Christmas and all the hope that comes with trusting in the Christ child. He was born a babe who grew to be our Redeemer and Our Savior. He is our Hope and I trust him and look forward to all He has for me in the coming year.

Sugar-free Hot Chocolate

1 cup lite non-dairy creamer
1 cup non-fat instant dry milk
1/2 cup baking cocoa
1/2 cup Splenda

Mix 8 oz. hot water or fat-free milk with 1/8 cup of the hot chocolate mix.

ENJOY!



Upcoming Events

Arkansas Area Training Meeting

December 8, 2012
Trinity Baptist Church (Fellowship Hall)
Searcy, AR 72143
Contact: Charlotte Davis
Phone: 501-281-3281
Email: tckjdavis@windstream.net

Live Life! ~ Louisiana

January 26, 2013
First Baptist Church – Jennings
Jennings, LA
Contact: Ann Bailey
Email: vabailey@charter.net

Fun & Fitness for Life Weekend

February 8-10, 2013
Sandy Cove Ministries
North East, MD
Contact: 800.234.COVE (2683)
More info.: www.sandycove.org

Live Life! ~ Oklahoma

April 6, 2013
Village Baptist Church
Oklahoma City, OK
Contact: Syd Porter
Email: sydporter@yahoo.com
Phone: 405.787.2667

Live Life! ~ Pennsylvania

April 13, 2013
Crossroads Church
Oakdale, PA
Contact: Cheryl Davis
Email: cheryl.davis@crossroadsumc.org
Phone: 412.818.1962

Wellness Week ~ Sandy Cove

April 28 – May 3, 2013
Sandy Cove Ministries
North East, MD
Contact Phone: 800.234.COVE (2683)
More info: www.sandycove.org

Summit 2013

July 26-27, 2013
Houston's First Baptist Church
Houston, Texas
Contact: Lisa Lewis
Phone: 800.727.5223, x1001
Email: lisa.lewis@fp4h.com

Wellness Week ~ Round Top

October 10-17, 2013
Round Top Retreat
Round Top, Texas
Contact: Lisa Lewis
Email: lisa.lewis@fp4h.com
Phone: 800.727.5223, x1001

For more information about any of these events, please visit www.fp4h.com.



From the Pastor

How Can I Overcome Holiday Temptations

Steve Reynolds
sreynolds@capitalbaptist.org



But each one is tempted when he is drawn away by his own desires and enticed. (James 1:14) (NKJV)

Here we go again—the holidays. In so many ways it is the most wonderful time of the year, but in other ways it can be the most challenging time of the year. The temptation to overeat and under exercise is intense during this season.

All of us will struggle and some of us may just give in to the desire to over indulge. So let me share some strategies for fighting against those urges that will try to overtake you. There are three steps to take when you want to cry “uncle”:

- 1. Pray Consistently:** You must understand that part of overcoming temptation involves prayer. Luke 18:1b says, *Men always ought to pray and not lose heart.* Your choices are to pray and be victorious or not pray and faint. Pray about your eating and exercise habits this Christmas. Tell God that you’ve stopped looking for the quick fix—the magic pill—and you are ready to let Him help you. He will! Be proactive and pray positively for healthy habits and not just negatively for your health problems.
- 2. Shop carefully:** Always remember if food gets near you, it will eventually get in you. Therefore, the battleground is not your kitchen, rather the grocery store. This time of year the stores are crammed with all kinds of tempting foods. Choose to shop for health not happiness. If you keep what you shouldn’t eat out of your basket, you’ll keep it out of your home and out of your stomach. Here are some shopping tips that can help you.
 - Don’t go shopping when you’re hungry.
 - Pray for the filling of the Holy Spirit before you go into the store.
 - Remember to shop primarily on the outside aisles of the store where most of the living food is located.
 - Take the time to read the labels. Know what’s in what you eat.
 - Purchase some healthy snacks.
- 3. Think correctly:** In II Corinthians 10:4-5, Paul says, *The weapons of our warfare are not carnal, but mighty through God to the pulling down of strong holds; casting down imaginations, and every high thing that exalteth itself against the knowledge of God, and bringing into captivity every thought to the obedience of Christ. (KJV)* In this case, “imaginations” are food cravings. What happens is that we start thinking about our cravings and often we only think about how good something will taste, rather than how good it is for us. If we don’t cast down our imaginations—clear out our mind—and let the Holy Spirit take control, we will give in to our cravings. Remember that every sin begins in the mind. We can’t afford to let sinful thoughts stay there.

Always remember that failure isn’t final. If you fall to temptation, learn from it and get back on track right away. My prayer is that God will grant you a happy and healthy Christmas as you strive to honor Him with your body.

Steve Reynolds

Steve Reynolds is the Senior Pastor of Capital Baptist Church in Annandale, VA. He is also the author of the book Bod4God and the creator of the Losing to Live Weight Loss Competition. Steve has lost over 100 pounds and has led his church to lose over three tons of weight.



Hope & Inspiration

Tammy Mutter Gatesville, Texas

My name is Tammy Mutter and I'm 41 years old. I'm writing you from inside prison in Gatesville, Texas, at the Lane Murray Unit. Here's my story for the glory of God.

I grew up an overweight child; I still remember the feelings of rejection and never fitting in with the rest of the kids. The fear of rejection and not fitting in followed me into adulthood. I was in a hurry to grow up; I guess it was to escape the sexual abuse from the male members of my family. So at the age of 12, I was on my own and making my own choices. I made a lot of foolish choices and ended up with a horrible addiction to crack-cocaine. Being on drugs was the only time my body was small and it was only temporary because when I wasn't using drugs, I always gained the weight back plus more. My choices landed me here in prison and like most women who are here, we suffer shame, guilt and a poor self-image.

While in prison, I substituted food for drugs and my body quickly ballooned to 250 pounds. My life and body felt totally out of control. I was a train wreck and I knew if I did not find some kind of control over my body, it would more than likely give me the excuse to go back to the drugs.

I've tried on my own to lose weight, but always fell flat on my face, until God led me to a book authored by Carole Lewis, *First Place 4 Health*. Through Mrs. Lewis, I'm learning what it means to have a balanced life in all four areas of my being—physically, emotionally, spiritually and mentally—and all four areas are equally important. I can't just polish up the outside (my body) and be a total mess on the inside. I would be just a white-washed tomb; only Christ can fix what's broken on the inside.

I see it like this: Suppose I'm invited to the King's home? How would I prepare myself for this visit? I would go there looking my best and I would bring the best I have to give to Him. I would treat His home with respect and I would be attentive to what He speaks to me. Well, isn't our bodies God's home, His temple? According to God's Word, it is. *Don't you realize that your body is the temple of the Holy Spirit, who lives in you and was given to you by God? You do not belong to yourself for God bought you at a high price. So you must honor God with your body.* (I Corinthians 6:19-20) (NLT)

Even in prison we all have choices to make when it comes to our bodies. Currently, I've lost 35 of those pounds since I first read Mrs. Lewis' book. I still have a ways to go, but I will keep pressing on to win the prize. I want to encourage others, who long for stability, balance and true freedom, that it is all possible with Christ Jesus and He cares about every detail of our lives, even our weight struggles. He truly desires to set us free to be the best we can be.

Every time I make a healthy choice to eat better and exercise, I'll do it with you all in mind. I also encourage you to believe God is who He says He is, trust Him to do what He says He will do and obey what He instructs you to do. I pray health, joy and freedom on your life.

Truly,
Tammy



Carole's Note: Here is Tammy's address if you would like to write and encourage her. I know it would mean a lot to her to hear from many of our FP4H family.

Tammy Mutter 1580553
Lane Murry TDCJ-ID
1916 N. Hwy 36 ByPass
Gatesville, TX 76596



Christmas Can Be Confusing

David L. Meinz, MS, RD, FADA, CSP



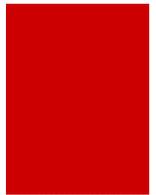
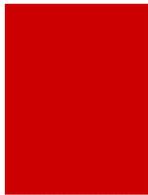
Yes, you know you're trying to watch your weight. Maybe your doctor told you your cholesterol's a little too high. But it's Christmas for Pete's sake! How are you supposed to navigate that minefield of tasty temptations people push on you over the next several weeks? Well, if you're the cook in the family, or you know the cook in the family, here's seven quick tips to help make those holiday treats delicious, but just a little more nutritious.

1. **In fruit pies** you can cut the sugar called for by half. You save 744 calories for every cup of sugar you don't use in the recipe. This way you may actually be able to taste the natural sweetness of the fruit.
2. **In cookies and crusts** use half whole wheat pastry flour and half all-purpose flour instead of just using all-purpose flour. They probably won't taste the difference, but it's a delicious way to increase the fiber.
3. **In brownies and fruit** breads use puréed pumpkin, or canned pumpkin, instead of oil. You'll save more than 900 calories and 100 grams of fat for every half cup of oil you substitute with the pumpkin instead. The pumpkin also helps keep the baked goods moist as well.
4. **In chocolate cake and fudge** use 3 tablespoons of cocoa powder for every ounce of baking chocolate called for. You'll save 85 calories and 13 grams of fat. The good news you've heard about chocolate and your health really applies to cocoa powder, not chocolate candy.
5. **In puddings and pudding pie fillings** use 2% milk instead of heavy cream and you'll save 700 calories per cup and still have a nice creamy consistency.
6. **In recipes that call for cream cheese** you can use part skim ricotta cheese instead. You'll double the amount of protein per serving and cut the fat by about 60 grams for each cup you use.
7. Finally, if you're not yet familiar with the new all-natural sweetener called "stevia," you can find it in the sugar section of your grocery store under the brand names of "Truvia" or "PureVia." For baking and cooking purposes, you can use "Stevia Extract In The Raw Baker's Bag" which measures cup for cup just like sugar. For some great recipes using stevia go to www.SteviaInTheRaw.com

Merry Christmas. See you next year.

David

To see a sample of David's church program visit <http://www.christianhealth.com/video.html> and to find out how you can have David's program at your church for FREE visit www.FreeChurchProgram.com.



Devotional

Just a Shepherd

But the angel said to them, “Do not be afraid. I bring you good news of great joy that will be for all the people. Today in the town of David a Savior has been born to you; He is Christ the Lord.”

L U K E 2 : 1 0 - 1 1

Picture this scene: Somewhere between Jerusalem and Bethlehem (a distance of only five miles), you sit around a campfire on an incredibly beautiful, star-filled night. It is chilly and you are a shepherd, doing what a shepherd does best—shepherding. Nothing like what you are about to experience has ever crossed your mind. After all, you are *just* a shepherd. Suddenly, the sky is illumined above you with a brightness more brilliant than the noon-day sun. The first words you hear are, “Now, don’t be afraid!” *Right*—don’t be afraid. Remember, you are *just* a shepherd. Then comes the announcement that will change history forever. An angel speaks, and the words are unmistakable: “I have come with *good news*. Today, just over in Bethlehem, a Savior has been born to you, *just* a shepherd! Now, this *good news* has been placed in your heart, and you will be compelled to share it.” “Don’t be afraid.” *Okay, but the Messiah has been born, and the news was delivered by an angel to me—just a shepherd!*

In August 1993, I was serving as *just* a shepherd in a church in East Tennessee. I was an extremely overweight, out-of-shape shepherd, a high-blood-pressure, short-of-breath shepherd, but I was able to tell my “flock” each Sunday: “Jesus is not only our *Savior*; He also desires to be our *Lord*, our Ruler, our Master.” The words were true, but I was a poor example of a shepherd. Someone introduced me to a life-changing program called First Place 4 Health, a Christ-centered program unlike anything I had heard of before (and I had heard of all of them, believe me). Based on Matthew 6:33, it said that if I would “seek *first* the kingdom of God, and *His* righteousness,” then all the other things I needed would be added to me as needed. But I was afraid, really *afraid*. I had tried it all and failed every time. What if I failed again? After all, I was *just* a shepherd.

Then came these very words: “Don’t be afraid!” I took that statement and ran with it. By the time Christmas 1993 had arrived, I was almost 40 pounds lighter and walking 3 miles a day. My blood pressure was getting under control and I was no longer afraid. The 40 pounds became 50, then 60, and by the time I had reached “maintenance,” I had lost almost 80 pounds! But the best news was that I was no longer afraid, and in the process, I had become a better shepherd! If you are struggling and dissatisfied with yourself this Christmas season, don’t be afraid. Jesus is still Savior, and in His role as Lord, He will bring you where you want to be. And that is still good news! *Father, You have given us “good news” to share in our troubled world. Help me today, in every area of my life, to tell the Good News of Your Son and my Savior. Renew my heart where necessary, that I may boldly proclaim the reason for the coming of the Messiah to a lost world.*

Journal: Are you effectively sharing the message of the angels with your world, or are you keeping it to yourself? How can you, during one of the most hectic times of the year, be bold in heralding the Good News?.

Jim Clayton
Pastor
Lenoir City, Tennessee

Devotional taken from the holiday devotional, Light & Healthy Holidays. To order, visit our website, www.firstplace4health.com, or call 800.727.5223, x1002.



Healthy Party Recipes!

Artichoke Dip

Serves 4

4 large whole wheat pitas
½ tbsp. butter
1 onion, finely chopped
3 cloves garlic, finely chopped
1 jar artichoke hearts in water, drained and chopped
1 box (18 oz.) chopped frozen spinach, thawed
1 can (4 oz.) roasted green chiles, drained and chopped
2 Tbsp. light mayonnaise
2 Tbsp. whipped cream cheese
Juice of one lemon
Salt & Pepper to taste

Cut the pitas into 6-8 wedges each and separate the layers. Spread on two baking sheets and bake at 400 degrees for 5 minutes or until crisp. Heat the butter in a large skillet or sauté pan over medium heat. Add the onion and garlic and cook for 5 minutes or until softened. Add the artichokes, spinach, chilies, mayonnaise, cream cheese, and lemon juice. Cook, stirring often for 5 minutes or until hot. Season with salt and pepper. Serve with the pita wedges.

Nutritional information: 180 calories, 4g fat, 320mg sodium.

Instant Appetizer!

Fill the bottom of an oven-safe bowl with bean dip or low-fat refried beans. Top with salsa, scallions, and a thin layer of Jack cheese. Bake until the cheese is melted, then crown with the chopped pickled jalapenos. Serve with toasted pit or baked tortilla chips.

Smoked Salmon Dip

Serves 12

1 (8-ounce) tub light cream cheese
2 tablespoons chopped fresh dill
1 tablespoon fresh lemon juice
4 ounces smoked salmon, chopped, divided
Dill sprigs (optional)

Combine first 3 ingredients in a food processor. Add half of salmon; process until smooth. Fold in remaining half of salmon. Garnish with dill sprigs, if desired.

Nutrition Information: 56 Calories, 3.5g Fat, 4g Protein, 1.4g Carbohydrate, 9mg Cholesterol, .2mg Iron, 89mg Sodium, 30mg Calcium

Chocolate Dip for Fruit

Serves 12

1 cup skim milk
2 tablespoons light margarine
½ cup unsweetened cocoa, sifted
2 tsp. sugar
½ teaspoon ground cinnamon
1 teaspoon vanilla extract
8 ounces non-fat cream cheese, softened
1 cup light whipped topping, thawed

In a small saucepan scald milk. Melt the margarine in another saucepan. Add the cocoa to the margarine and cook over low heat for 3 minutes. Do not burn. Pour the hot milk into the cocoa mixture, stirring constantly with a whisk. Add sugar (can use Equal) and cinnamon. Stir until heated through. Combine cream cheese product and the light whipped topping until smooth. Stir in the cooled chocolate mixture. Serve in a bowl, surrounded by fresh fruit with picks.

Nutrition Information: 62 Calories; 2g Fat; 4g Protein; 5g Carbohydrate; 1g Dietary Fiber; 2mg Cholesterol; 142mg Sodium

Spinach Bake

Serves 12

1 tablespoon butter, melted
Cooking spray
2 (6-ounce) packages fresh baby spinach
1 1/4 cups (5 ounces) shredded reduced-fat sharp cheddar cheese
3/4 cup (3 ounces) shredded Monterey Jack cheese
1 1/3 cups all-purpose flour (about 5 3/4 ounces)
1 1/2 cups fat-free milk
1 cup egg substitute
1 teaspoon salt
1 teaspoon baking powder
2 teaspoons Dijon mustard
1/4 teaspoon freshly ground black pepper
1/8 teaspoon ground nutmeg
1/8 teaspoon ground red pepper

Preheat oven to 350°. Pour the butter into the bottom of a 13 x 9-inch baking dish coated with cooking spray; tilt dish to coat. Place spinach evenly in bottom of dish; sprinkle evenly with cheeses. Lightly spoon flour into dry measuring cups; level with a knife. Combine flour and remaining ingredients in a medium bowl; stir with a whisk until blended. Pour milk mixture over cheese. Bake at 350° for 40 minutes or until lightly browned. Serve immediately.

Nutritional Information: Calories: 157; Fat: 6g; Protein: 10.8g; Carbohydrate: 15.1g; Fiber: 1.6g; Cholesterol: 18mg; Iron: 2.6mg; Sodium: 494mg; Calcium: 263mg

Instant Dessert!

Arrange slices of plum on top of sheet of puff pastry dough. Spring with sugar, sliced almonds and ground ginger. Dot with light margarine and bake.

Tex Mex Hash Brown Casserole

Serves 6

4 teaspoons canola oil, divided
4 ounces Mexican chorizo
3 garlic cloves, minced
1 cup enchilada sauce
1/3 cup grated white onion
1/4 teaspoon kosher salt
1/2 teaspoon freshly ground black pepper
3 pounds Yukon gold or baking potatoes, peeled and shredded
1 large egg, lightly beaten
1 cup (4 ounces) shredded sharp cheddar cheese
1/2 cup chopped avocado
1 1/2 teaspoons fresh lemon juice
1/4 cup fresh cilantro leaves
1/4 cup chopped white onion
6 radishes, thinly sliced

Preheat oven to 450°. Heat a 10-inch cast-iron skillet over medium-high heat. Add 1 teaspoon canola oil to pan, and swirl to coat. Remove the casings from chorizo. Add chorizo to pan; sauté for 3 minutes, stirring to crumble. Add garlic, and sauté for 30 seconds. Remove sausage mixture from pan. Combine the sausage mixture and enchilada sauce. Add remaining 3 teaspoons oil to pan; swirl to coat. Combine grated onion, salt, pepper, potato, and egg; toss. Add potato mixture to pan, pressing gently; cook for 10 minutes (do not stir). Spread enchilada sauce mixture evenly over potato mixture; sprinkle evenly with cheese. Bake at 450° for 20 minutes. Remove from oven; let stand for 10 minutes. Cut into 6 wedges. Combine avocado and juice; toss gently. Stir in cilantro and remaining ingredients. Serve cilantro mixture with casserole.

Nutritional Information: Calories: 432; Fat: 20.2g; Protein: 17g; Carbohydrate: 47.1g; Fiber: 4.9g; Cholesterol: 72mg; Iron: 2.9mg; Sodium: 686mg; Calcium: 152mg