

Our Thinner Times cook



We are delighted to welcome Carol Bowen Ball to the Thinner Times team. Carol will take on the role of Thinner Times cook and each issue will share with you some delicious recipes that have been designed specifically for bariatric patients.

Carol is very aware of the needs of bariatric patients having had a gastric bypass with Shaw Somers in November 2009. Carol has had a very successful career in the food world having been household and cookery editor for Homes and Gardens magazine and also publishing over 80 cookery books throughout her career.

Carol is keen to help you learn how to cook nutritious, healthy and suitable food whether you are pre or post surgery. The portion sizes given will be for normal appetites. Post surgery patients will, depending upon their post-op stage, usually eat about half a normal portion.

Main meal dishes will be high in protein, low in fat and sugar and will have nutritional data included (calculated by Weight Loss Resources). Any cakes, puddings and sweet things will still adhere to bariatric guidelines.

Carol and the Thinner Times team would love to hear your feedback so if you have any questions on recipes or any thoughts you would like to share then please email cook@streamline-surgical.com

Easter Recipes

With temptation lurking around every corner, Easter can be just as tricky a time for WLS patients to negotiate as Christmas. It can be tough when celebrating with friends and family to make wise food choices when there are eggs-a-plenty (and chocolate at that), rubbing shoulders with pile-'em-high hot-cross buns, chick-decorated cakes and super-size turkeys.

Wherever you are on your weight loss journey it can be a testing time, but the secret on how not to be snared, is to plan ahead and to embrace the bounty of seasonal fresh foods that come our way in April and early Spring - for these are the real treats of Easter eating.

Plump for celebratory salmon but serve it on a bed of delicately spiced green lentils with a fresh and minty yogurt topping; or, cover all your dining options, with a superb marinated chicken dish, served with a colourful chorizo and mixed bean salad, that can be barbecued or grilled, depending upon the weather.

And for a chocolate treat? Try these sugar-free Chocolate Brownies - they stay slightly squidgy (just as we like them) due to their moist pear filling and really hit the spot when only chocolate will do!

BARBECUED CHICKEN WITH CHORIZO BEAN SALAD

SERVES 4
WLS 1/2 PORTION

Here is a chicken dish that will effortlessly cope with anything the Easter weather throws at us. Barbecue, char-grill or oven grill this marinated chicken dish - indoors or out. Corn-fed, free-range chicken supremes work best but whatever you choose, make sure the chicken is only part-boned for succulence.

Please be aware that chorizo and chicken can often be too tough for RYGB and LAGB patients, so take care, chew well and make sure it's soft.

INGREDIENTS

- Finely grated rind and juice of 1 lemon
- 2 tablespoons chopped fresh herbs (parsley, chives and chervil, for example)
- 4 x 200 g chicken supremes or part-boned, skinless chicken breasts
- 400 g can mixed beans, drained and rinsed
- ½ red onion, thinly sliced
- ½ yellow pepper, seeded and chopped
- 1/8 cucumber, thinly sliced
- 30 g mint leaves, chopped
- 50 g chorizo sausage, thinly sliced
- Fry Light low-fat cooking spray
- 3 tablespoons fat-free salad dressing
- 1 teaspoon wholegrain mustard
- Salt and freshly ground black pepper

INSTRUCTIONS

- 1 To make the marinade, put the lemon rind and juice in a shallow glass or plastic dish (not metal) with the herbs. Add the chicken, turning them to coat. Cover and refrigerate for at least 30 minutes.

- 2 To make the salad, mix the beans with the red onion, yellow pepper, cucumber and mint. Heat a non-stick frying pan, add the chorizo and cook for 3-4 minutes or until browned and crispy, turning frequently. Drain and cool on kitchen paper, then add to the salad.

- 3 Preheat a barbecue, a char-grill pan or the oven grill until medium hot. Remove the chicken from the marinade with a slotted spoon and spray liberally with low-fat spray. Cook the chicken for about

4-5 minutes on each side. Check that it is thoroughly cooked by piercing the thickest part with a sharp knife - the juices should run clear. If not, cook for a little longer but take care not to overcook and become dry.

- 4 Mix the salad dressing with the mustard and salt and pepper to taste. Serve the chicken with the salad, drizzled with the dressing.

PER PORTION

Calories:	286
Protein:	38.9g
Carbohydrates:	16.1g
Fat:	6.5g
Fibre:	1.0g



Courtesy of Keevil & Keevil

Delicious
Chicken
Breast