



## “Walk” the Mediterranean with Step Ahead

### Events this Week

**Farmers’ Market**  
**Tuesday, Sept. 4:**  
1:00 – 5:00pm  
On the Terrace outside  
the Medical School  
Entrance

**Fruit and Vegetable  
Display**  
Stop by our quick tips  
table to find out when  
your favorite fresh  
vegetables and fruit  
are in season. Pick up  
some terrific  
information on how to  
select and cook fresh,  
frozen and canned  
vegetables easily with  
flavor but without the  
fat.

**Friday, Sept. 7:**  
11:30AM – 1:30PM  
Cafeteria

**Walk & Win Sign  
Up**  
**Monday, Sept. 10**  
11:30AM – 1:30PM  
Cafeteria

**Tuesday, Sept. 11**  
3:00 – 5:00PM,  
Farmers’ Market Table  
AND 5:00 – 6:30PM,  
Cafeteria

**Thursday, Sept. 13**  
11:30AM – 1:30PM  
Cafeteria

**Friday, Sept. 14**  
7:00 – 9:00AM  
Lakeside area near the  
new coffee cart

### Walk & Win

Walk, swim, or garden your way around the Mediterranean Sea with Step Ahead! Together, we will take an imaginary or “virtual” hike around the Mediterranean Sea, a journey of about 10,000 miles. Sign up at the Step Ahead tables next week. Get a pedometer or a Step Ahead lunch bag just for signing up! And, if you join with co-workers as a team of up to 5 people, you’ll get extra support, fun and a chance to win the team prize!

Starting Sunday September 16, track your physical activities. Add your miles to the hospital’s virtual walk around the Mediterranean. You can log miles or steps walked, and time spent on any other physical activity. Biking, running, swimming, gardening, vacuuming, scrubbing floors, raking leaves, aerobics, dancing, or whatever you enjoy doing, will all count toward the hospital total. Send in your weekly log sheet to Step Ahead. Then watch your total steps, your team’s average, and the hospital’s total add up!

After six weeks, the person with the highest total and the team with the highest average will win prizes. And, every individual and every team that completes logs for all six weeks is eligible for additional raffle prizes.

Each week, we will “visit” one of the countries along the route, featuring its cuisine in the recipe of the week.

### Sign up next week!

Stop by one of our tables in the cafeteria, lobby, or Farmers’ Market to sign up. The schedule is in the left column of this newsletter. Or, get a sign-up form in one of the following ways:

- Step Ahead information center
- By email to [info@stepaheadprogram.com](mailto:info@stepaheadprogram.com)
- At [www.stepaheadprogram.com](http://www.stepaheadprogram.com)

Return the forms to us at one of our tables or by email, fax or phone. The email address and fax and phone numbers are right on the form.

Check the newsletter and the Step Ahead information center for weekly updates.

## Recipe of the Week

### Vegetable Pancakes

Makes 9 pancakes

½ cup whole wheat flour (or white flour)  
½ teaspoon baking powder  
½ teaspoon salt  
¼ teaspoon pepper  
¼ cup Egg Beaters (or 1 large egg)  
¼ cup 1% or fat-free milk  
1 cup grated carrots  
1 cup grated zucchini  
2 green onions, sliced  
Cooking spray

- In a mixing bowl, stir together flour, baking powder, salt, and pepper. In another bowl, beat together the egg, milk, carrots, zucchini,

and onions. Add to the dry ingredients and mix well.

- Heat a large non-stick pan over medium heat. Spray with cooking spray. Scoop the batter into the pan using a ¼ cup measuring cup. Make a few pancakes at a time. Cook 2-3 minutes on each side until golden brown.
- Serve at once or enjoy cold for breakfast or lunch the next day. Heats well in the microwave.

Recipe adapted from *Paula Deen – Food Network*

### Nutritional Information (per pancake):

Calories: 39	Carbohydrate: 7g
Total Fat: 0g	Fiber: 1.5g
Saturated fat: 0g	Protein: 2.3g

## Tip of the Week

The Cafeteria will now offer freshly-made Weight Watchers lunch and dinner menu items! Look for the Weight Watchers symbol with the point values including fat, grams of fiber and calories. Also, foods that are consistent with the Core Plan will be marked with the Weight Watchers Core Plan Icon.

To learn more about Step Ahead visit [www.stepaheadprogram.com](http://www.stepaheadprogram.com)