



## Events this Week

### Quick and Healthy Dinners

Stop by our display! Learn benefits of cooking vs. dining out, tips of what to have on hand for quick, healthy and tasty dinners. Our great handout packet has 7 recipes and dinner menus to try, tips for stocking the fridge and more!

**Thursday, Feb. 21:**  
11:30AM – 1:30PM'  
Cafeteria

Show your UMass Memorial ID badge at Wachusett Mountain to receive a Passport Card, good for \$8 off a lift ticket, rental equipment and lesson on each visit through the 2007-2008 season.

These local businesses offer healthy discounts to all UMass employees:

Sneakerama , Lake Avenue South

World Gym at White City and in the Greendale Mall

## Eat Healthy on a Budget

Eating healthy food doesn't need to break your wallet. According to national survey data, Americans spend about 15 cents out of every food dollar on fruits and vegetables, but spend 19 cents on snacks, soda, chips and candy. Americans also spend about 46% of their food budget on foods prepared away from home. That's unhealthy because foods that are not prepared at home tend to be larger in size, higher fat and calories.

To eat healthy on a budget requires preparing more meals at home. Cooking healthy is cheaper than we think. A study by the US Department of Agriculture found that the cost of most fruit and vegetables is less than 25 cents per serving.

Here are some tips to help you eat healthy on a budget:

- Plan your meals and make a list before you go shopping.
- Plan for at least two of your meals each week to be leftovers.
- Clip coupons and take advantage of sales.
- Buy fresh fruits and vegetables in season.

Fresh tomatoes purchased in February cost more than in August. Frozen vegetables are healthy and often a good value.

- Beans (canned or dried) are an inexpensive and healthy source of protein.
- Buy generic brands and store brands of healthy cereals, brown rice, diet beverages and breads.
- Buy in bulk or family packages. Divide the food into smaller containers for storage; you'll use less.
- Instead of prepackaged salads buy heads of lettuce. Consider this: a pre-washed bag of romaine lettuce costs \$3.75 per pound, while a head of romaine lettuce costs \$1.10 per pound.
- If you eat a lot of yogurt, buy it in large containers instead of individual containers.

Sources: Keystone Forum on Away-from-Home foods: opportunities for preventing weight gain and obesity. Web MD. Lose weight save money. [www.medicinenet.com](http://www.medicinenet.com). Boston Globe 11/30/2004 "The cost of good nutrition".

## Recipe of the Week

### Crawford's Cauliflower Quichettes

Makes 8-9 quichettes

Cooking spray  
1/2 Tablespoon olive oil  
1 Cup onion finely chopped  
1 bay leaf  
1/2 teaspoon salt  
1 1/2 teaspoons minced garlic  
3 Cups small cauliflowereretts (1/2 large head)  
1 small-sized ripe tomato, chopped in 1-inch pieces  
2-3 Tablespoons bread crumbs  
Black pepper to taste  
1/2 Cup crumbled reduced fat feta cheese  
1 1/2 Cups egg substitute (equals 6 large eggs)  
2-3 Tablespoons fresh parsley, chopped

- Preheat oven to 350° F. Spray bottoms and sides of eight to nine 2 1/2-inch muffin cups with cooking spray.
- Heat olive oil in large skillet, add onion and bay

leaves. Sauté for a few minutes, then add 1/4 teaspoon salt. Sauté 8 to 10 minutes longer, until onion is very soft. Add garlic and cauliflower; stir and cover. Cook over medium heat until cauliflower is tender, about 8-10 minutes. Remove from heat, throw away bay leaf.

- Add chopped tomato and bread crumbs to cauliflower onion mixture. Divide vegetables evenly among muffin cups, sprinkle with pepper and feta, and set aside.
- Beat eggs until smooth and frothy. Stir in remaining 1/4 teaspoon salt and parsley. Ladle egg mixture into muffin cups, distributing as evenly as possible. Bake 35-40 minutes, or until solid in center when a knife is inserted. Cool in pans about 10 minutes before removing and serving.

Adapted from Vegetable Heaven by Mollie Katzen

#### Nutrition information per quichette:

Calories: 73	Carbohydrate: 5g
Fat: 1.6g	Fiber: 2g
Saturated Fat: 0g	Protein: 8g

## Tip of the Week

Many health insurance plans will reimburse you for part of the cost of gym membership, or for taking part in Weight Watchers or similar programs. Keep your receipts and check with your health plan! *To learn more about Step Ahead visit [www.stepaheadprogram.com](http://www.stepaheadprogram.com)*