

Healthy Recipes Are The Life Of The Party

(NAPS)—Parties and social gatherings can be challenging for anyone trying to manage his or her weight. From deep-fried appetizers and high-calorie cocktails to luscious desserts and larger-than-life portions, even the best weight loss intentions can be put to the test.

But it doesn't have to be that way, if you focus on filling up on low-calorie-density vegetables, fruits, high-fiber starches and lean protein. The Volumetrics® approach developed by Dr. Barbara Rolls—and incorporated into the Jenny Craig Program—allows you to feel full on fewer calories. So you'll still be able to enjoy special occasions with friends and family—without sabotaging your hard-earned weight loss efforts.

“Socializing with friends doesn't have to mean abandoning your healthy eating behaviors,” explains Lisa Talamini, RD—Vice President, Research and Program Innovation for Jenny Craig, Inc. “All it takes is a little preplanning and a positive weight loss mindset.

“Have a filling snack of fresh fruits or a bowl of soup before you leave home, so you don't arrive at the party hungry. Or bring a vegetable party platter with you and dip crunchy veggies into one of the tasty dips below.”

Tex-Mex Salsa

- 1¾ cups canned black beans, rinsed and drained**
- 2 cups canned whole-kernel corn, drained**
- 1 cup seeded, chopped red or green bell peppers**
- ½ cup chopped fresh cilantro or fresh flat-leaf parsley**
- 1 cup chopped scallions**
- 3 Tbsp. lime juice**
- 2 Tbsp. red-wine vinegar**
- ½ tsp. ground cumin**
- ¼ tsp. salt**
- ¼ tsp. hot pepper sauce**

Combine all ingredients in a large bowl. Salsa can be refrigerated for up to three days.

Food Ideas

For recipes and information on Volumetrics, see “The Volumetrics Cookbook for Jenny Craig” by Barbara Rolls and “The Volumetrics Eating Plan” by Barbara Rolls, both published by HarperCollins.



You can enjoy party snacks that let you feel full on fewer calories and still lose weight.

8 servings (½ cup each). Per serving: 95 calories, 18g carbohydrate, 1g fat, 5g protein

Mel's Fresh Lemon Hummus

- ¼-½ cup freshly squeezed lemon juice**
- 2 cups canned chickpeas, rinsed and drained**
- ¼ cup tahini**
- 2 tsp. chopped garlic**
- 1 tsp. grated lemon zest**
- ½ tsp. salt**

Puree ¼ cup lemon juice with the rest of the ingredients in a blender or food processor until the texture is slightly chunky. If desired, stir in more lemon juice.

10 servings (2 Tbsp. each). Per serving: 90 calories, 13g carbohydrate, 3g fat, 3g protein

These recipes come from “The Volumetrics Cookbook for Jenny Craig” by Barbara Rolls, published by HarperCollins. They're based on the Volumetrics approach to weight loss developed by Dr. Rolls and incorporated into the Jenny Craig Program.

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