



# the CommonHealth Compass

## Ham, Pineapple and Asparagus Crepes

*Crepes create a quick and simple meal with healthy options like ham paired with pineapple and asparagus. If you can't find pre-made crepes, use the basic recipe below and make your own.*

### INGREDIENTS

- 6 asparagus stalks, halved
- 4 prepackaged crepes, each about 8 inches in diameter or homemade (see recipe)
- 8 ounces extra-lean ham, thinly sliced
- ½ cup crushed pineapple, drained of juice
- ½ cup shredded reduced-fat CoJack (Colby and Monterey Jack) cheese

### DIRECTIONS

Preheat the oven to 350°F. Lightly coat a baking dish with cooking spray. In a pot fitted with a steamer basket, bring 1 inch of water to a boil. Add the asparagus. Cover and steam until tender-crisp, about 2 to 3 minutes. Heat the crepes in the microwave for 30 seconds to 1 minute, or according to the package directions. Place 2 ounces of ham, 3 steamed asparagus stalks, 2 tablespoons pineapple and 2 tablespoons cheese on each crepe. Roll up and place seam-side down in the prepared baking dish. Bake until the cheese melts, about 3 to 5 minutes. Serve immediately.

297 calories, 142 mg cholesterol, 1,092 mg sodium

From the [mayoclinic.com](http://mayoclinic.com) Web site

## Basic Crepes

### INGREDIENTS

- 1 cup all-purpose flour
- 2 eggs
- ½ cup milk
- ½ cup water
- ¼ teaspoon salt
- 2 tablespoons butter, melted

### DIRECTIONS

In a large mixing bowl, whisk together the flour and the eggs. Gradually add in the milk and water, stirring to combine. Add the salt and butter; beat until smooth. Refrigerate mixture for 30 minutes before proceeding. Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately ¼ cup for each crepe. Tilt the pan with a circular motion so that the batter coats the surface evenly. Cook the crepe for about 2 minutes, until the bottom is light brown. Loosen with a spatula, turn and cook the other side. Serve hot.

## Six Tips To Stay “Sun Safe” Year-Round

The UV index measures the amount of UV radiation reaching the earth's surface. Lower is better. Check the UV index each day at [www.weather.com](http://www.weather.com). Here are some tips to help you “Block Those Rays.”

- **Reduce your sun exposure between the hours of 10 a.m. and 4 p.m.** If your shadow is shorter than you, plan activities out of the sun.
- **Wear clothing that covers your skin** – don't forget a wide brimmed hat to protect ears and neck.
- **Use sunscreen all year round.** Use one with an SPF of at least 15 – apply it liberally and often.
- **Avoid tanning beds.** Studies have found that the use of tanning beds before age 35 can boost the risk of melanoma by 75%.
- **Learn the ABC's (and D&Es) of skin changes.** It is a great way to get information to share with your doctor that may save your life.



Look for the Block Those Rays program at your site beginning in April or visit this Web site from April through June 2009. CommonHealth is here to help you safely enjoy your summer fun in the sun!

## REMEMBER....Be AWARE:

- A**void sun exposure between 10am and 4pm
- W**ear protective clothing outside
- A**pply sunscreen frequently
- R**outinely check for and report skin changes
- E**xpress the need for sun protection to your family



## Sue Perry Joins CommonHealth Team

Sue Perry, a marathoner and fitness trainer, has been named the Roanoke-area CommonHealth Regional Coordinator.

Ms. Perry holds a bachelor's degree from Susquehanna University in Pennsylvania and a Master's in Counseling Education from Radford University.

She can be reached via e-mail at [susan.perry@dhrm.virginia.gov](mailto:susan.perry@dhrm.virginia.gov) or through the CommonHealth Web site at [www.commonhealth.virginia.gov](http://www.commonhealth.virginia.gov).

## Snacking Tips & Ideas Help Save Money, Pounds

The first and best thing to do when buying snacks is to plan ahead. Spending a few minutes planning can save you money and keep you from consuming too many calories. Research has shown that the more time you spend standing at the pantry or refrigerator the more calories you consume.

**HERE ARE A FEW IDEAS:** ▶ ▶ ▶ ▶ ▶ ▶ ▶

- Hardboiled or Deviled eggs
- Fruit cup
- Nuts or nut mix (stick to just a handful)
- Mini carrots, cucumber slices, or vegetables. Add a packet of low fat salad dressing. These packets can be found on salads bars or you can make your own.
- Yogurt
- Cold chicken, or turkey slices
- Healthy fiber-rich or grain cereal
- Pickles
- Box of raisins or other dried fruit
- Any fruit: grapes, apples, bananas, strawberries, peaches. They are naturally portable.
- Whole-wheat crackers and low-fat string cheese
- Tuna and cottage cheese in pre packed mini-containers

## Mastering the Art of Keeping Weight Off

I've mastered losing weight quiet a few times in my life, but keeping it off is definitely a challenge! Now that I'm in my late 20's (wink wink) it's more important to get my weight under control and keep it off for the long haul. Back in 2005 my youngest son required surgery and was hospitalized for approximately 30 days. Within those 30 days of eating hospital food (fried and greasy), not exercising and going through a lot of stress, I gained 25 pounds real fast(!), not to mention the extra pounds I already had put on.

I was rarely dissatisfied about myself because I loved to exercise. I figured I was pretty healthy because I could jog a few miles and cycle for long periods of time. However, I realized that exercising wasn't the problem, eating was. When Weight Watchers was offered, I thought "Na, it would never work because I'm not for counting points or measuring anything."

Well to my surprise and one year later, I'm 72 pounds lighter, free from blood pressure medication and still counting points. Weight Watchers has definitely shown me that exercising alone isn't enough. It's about what you put into your body and how much. I have to say "hats off" to Weight Watchers for teaching me portion control.

I have completed two 13-week sessions and currently I'm in the middle of a third 13-week session. My final goal is to loose another 15 pounds.

Thanks Weight Watchers!

**Wendy G. Baker**  
 Department of Housing and Community Developmen



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