



AVRT



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*Association of Vision
Rehabilitation Therapists*

Fall 2018 Edition

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Association of Vision Rehabilitation Therapists

Newsletter

Fall 2018

Visit our Website at www.avrt.org

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Editor's Note

Dear Fellow Professionals:

Greetings! I am excited about the change of seasons. This is a beautiful time of the year with all of the fall colors. I love to smell the crisp air and know that the holidays are fast approaching. This also reminds me that the AVRT Conference is just around the corner. We are having a stellar conference with many talented presenters! I always learn so much and meet new and old friends. I am looking forward to seeing many of you again this year. I want to encourage each of you to consider submitting articles for the newsletter. It is exciting to me, as editor, when a member who has not submitted before sends an article. Remember that you can get CEU credits for writing an article for the newsletter. The deadline for the winter newsletter is January 15, spring is April 15, summer is July 15 and fall is October 15. Mark your calendars for the coming year and remember to send at least one article for 2019!

If you have any ideas about adding a new feature to the newsletter, please contact me at pholloway.okdrs.gov. I am open to new ideas!

Have a fun-filled fall and I will see you in Cleveland!

**Pam Holloway, CVRT
Newsletter Editor**

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President's Message

“Rockin' Our Way into the Future”

At the time of the writing of this article, we are excitedly finalizing plans for the 2018 AVRT Professional Development Conference – Rockin' at the AVRT Conference: Listening, Learning and Leading VRTs into the Future. With the conference being in Cleveland, Ohio—home of the Rock 'n Roll Hall of Fame—we couldn't help ourselves from incorporating music into the conference theme. Music has always been a part of my life and I believe in its power to inspire, motivate and relax as well as entertain. As I write this article, I am thinking about specific songs and lyrics which convey how I feel about the profession of vision rehabilitation therapy, the work we do, and life in general.

- "Simply the Best" by Tina Turner – This is what I strive to be when working with my clients, their families and with my colleagues.**
- "Everything's Gonna Be Alright" by David Lee Murphy & Kenny Chesney – This is what I need to tell myself more often when things get frustrating, when I don't have the resources I need/want, or when barriers arise that make things more challenging.**
- "Humble and Kind" by Tim McGraw – This is how I wish to be toward others.**
- "Nothing's Gonna Stop Us Now" by Jefferson Starship – This is my hope for the future of vision rehabilitation therapy.**

My list could go on and on but I will stop for now. I invite you to create your own list of music that provides inspiration or describes your approach to life.

This year's conference is full of informative presentations centered around the areas of recreation, transition and technology. We also look forward to presenting our scholarship, stipends and awards and to connecting with each other to strengthen our network of resources and support. I hope you will join us in Cleveland for a rockin' good time. I also wish you all the best for a very happy, healthy fun-filled holiday season!

**Kind regards,
Jennifer Ottowitz, CVRT
President, AVRT**

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On Friday, the fun, music and food will continue! Be ready to meet our exhibitors, ask questions, and ascertain new information while playing bingo. During our awards luncheon not only will we eat delicious food, we will be serenaded by a musician from the Cleveland area, who happens to be blind.

On Friday evening, we will divide into small groups and hit the town. Cleveland has many restaurants and clubs we can visit.

On Saturday morning, we will start with a delicious breakfast. We want you to leave with a full stomach.

For those of us who want to linger longer, on Saturday afternoon, we will have a post conference featuring the OrCam.

This is all in addition to the high-quality training which we always find at an AVRT Professional Development Training. Please join us on Thursday, November 8, through Saturday, November 10, 2018, and meet us at the Cleveland Airport Marriott.

SCHEDULE

Wednesday Nov. 7th

6:00 – 9:00 pm

Board of Directors Meeting

Thursday Nov. 8th

7.30 – 10:00 am

Registration

8:00 – 9:30 am

Introductory Session

**Diabetes in the 21st Century:
What's New? And What Can You
Do?**

Anne S. Williams, Ph.D., RN, CDE

10:00 – 10:30 am

Opening Ceremony / Welcome

***Jennifer Ottowitz, CVRT,
President AVRT***

***Larry Benders, President & CEO,
Cleveland Sight Center***

10:30 – 11:30 am

Key Note Address

Taking VRT to the Streets

***Nancy Parkin-Bashizi, M.A,
COMS, CVRT***

11:30 am – 12:30 pm

**AVRT Business Meeting & Lunch
Buffet**

12:45– 1:45 pm

1st Concurrent Session:

Room	Presenter	Title
A	Annette Jakse	Introduction to the One Touch Program
B	Ian Shadrick	VRT's & Transition
C	Elizabeth Sammons	Eyes Abroad

1:50 – 2:50 pm

2nd Concurrent Session:

Room	Presenter	Title
A	Becky Deerr	Alexa & Echo Dot
B	Cheryl Reed	Understanding Functional

**C Kendra Farrow Vision
Put Your Smart Foot Forward**

3:00 – 4:00 pm

3rd Concurrent Session:

<u>Room</u>	<u>Presenter</u>	<u>Title</u>
A	Dudley Morris	Perfect Harmony
B	Margaret Beckley	Low Vision & Heart Failure
C	Lachelle Smith	Learning to Collaborate VRT & OT

4:00 – 4:15 pm

Break

4:15 – 5:00 pm

President’s Session

5:00 – 6:00 pm

President’s Reception

6:00 pm – ???

**Jammin’ with Dudley (byoi)
(bring your own instrument)**

Friday Nov. 9th

8:00 – 8:30 am

Registration

8:30 – 8:45 am

Opening Remarks

8:45 – 9:15 am

Vendors’ Session

9:15 – 9:30 am

Break

9:30 – 10:30 am

General Session
Beginning Findings from the Role
& Functions of VRT's Survey
Connors, Lee & McMahon

10:30- 11:15 am

Time with Vendors

11:15am – 1:15 pm

Awards Banquet

1:30 – 2:30 pm

4th Concurrent Session:

<u>Room</u>	<u>Presenter</u>	<u>Title</u>
A	Nancy P. Bashizi	Next Step Prep
B	Helen Hahn	What's Cooking at Alphapointe
C	Larry Lewis	The 3 T's of Moving from the Class to Real World

2:30 – 3:30 pm

5th Concurrent Session:

<u>Room</u>	<u>Presenter</u>	<u>Title</u>
A	Andrea Marley	Viper Adaptive Proposal
B	Kerry Isham	APH: What's New
C	Sarah Kelly	Technology and Independence: How BlindSquare can Increase Independent Travel

3:30 – 4:00 pm

Final Vendor Visit

4:00 – 5:00 pm

General Session

Poster Showcase
Kelly Tison
Dudley Morris
Andrea Marley

Saturday Nov. 10th

7:30 – 8:15 am	Breakfast
8:15 – 8:30 am	Opening Remarks
8:30 – 9:30am	General Session Argus 2 <i>Rachitskaya, Yuan, &</i> <i>DeBenedictis</i>
9:30 – 10:30 am	General Session Practical Ethics <i>Linda Fugate, Ed.D., CVRT</i>
10:30 – 11:00 am	Check Out Break
11:00am – 12:00 pm	General Session “Is it Me or is it You?” Getting a Grip on Our Assistive Technology <i>Larry Lewis, Jr.</i>
12:00 – 12:15 pm	Closing
12:15 pm	Adjourn
12:15 – 1:30 pm	Lunch on your own

1:30 – 3:00 pm

**Post Conference Session
The OrCam**

Safe travel home until next year!

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A Special Thank You!

Submitted by Dr. Ian Shadrack, MA., MA., CVRT, CRC

The AVRT board would like to extend a special thank you to NanoPac of Tulsa, OK, and specifically to their Vice-President, Vince Cianfrone. Nanopac was gracious enough to offer an iPad for use as a raffle item for this year's conference, in addition to a \$50 gift card that one can use at several restaurants. We want to thank them for their generosity.

For those unfamiliar with NanoPac, they are an assistive technology company serving individuals with disabilities and agencies who provide services. Nanopac has been serving the region since 1987. They supply products and services for individuals with a wide range of disabilities (low vision, blindness, reading disabilities, quadriplegia, hearing impairments, etc.). They provide a wide assortment of assistive technology for all types of needs from the latest blindness and low vision products to environmental controls, voice activation, voice recognition, speech synthesis, text to speech, door openers, and many other products. They have a coverage area of 8 states (OK, MO, AR, IA, KS, NE, CO, and NM).

NanoPac is widely known in the region for their excellent customer service and as a service orientated company. They are a charter member of ATIA and have been featured on CNN's Technology Week. Staff (including Vince Cianfrone) have received awards from the Blinded Veterans Association, and numerous other prestigious awards. This year, NanoPac received an award from VFO as the best provider of low vision and blindness electronic devices, software and service in the United States. This was based on sales and outstanding service. VFO is the world's largest developer of electronic devices and software for individuals who have low vision or are blind.

Many of us in AVRT know firsthand the support and excellent services the staff at NanoPac provide. Again, the AVRT Board wishes to thank NanoPac for their support of our conference through this generous gift for the raffle.

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Participate in a Community of Practice for Serving Older Adults with Vision Loss

By Kendra Farrow, CVRT

In case you haven't heard, the Older Individuals who are Blind Technical Assistance and Training Center, OIB-TAC, has started a website. This community of practice website brings together curriculums, resource sheets, tips, example documents, continuing education opportunities, and information on best practices, all in one place. The website is www.oib-tac.org .

Anyone who works with older individuals with vision loss or supervises a program that provides these services is welcome to participate. We plan to continue collecting examples of various documents and adding new courses. Your participation and feedback will help make this a go-to resource for professionals and administrators.

Participate by sending us new documents to be posted, use our free continuing education opportunities, and interact on our forum. By the way, did you know that ACVREP credits are offered at no additional charge for our continuing education courses? If you work for a program that uses state OIB funding, you are eligible for even more free continuing education through the Helen Keller National Center (HKNC) and Hadley. Visit the website for more information.

Once a quarter we hold a live discussion on our forum. The interaction is only in text, but we have experts standing by for a one-hour block to discuss a specific topic. Our next live forum will be held November 15, 2018 at 1pm EST. The topic will be staff qualifications, one of our topic areas in the best practice document. You can view previous live forum discussions on the

forum page. These previous topics included the annual 7-OB report (for OIB programs), writing SMART goals, and dementia. Our collection of curriculums, resource sheets, and example documents continue to grow. As we interact with different programs, we find examples that we want to share. To post a new document we track down the original and its author, get permission to share it, and then format it in an accessible format for posting. Each program has its go-to resources and tools. We want to identify as many as possible on a wide variety of topics. Please look at our current examples and see if you have anything in your collection that you might be willing to share. We have also posted the best practices documents. These include an executive summary and the full report, entitled, “Best Practices in the Administration of the Older Blind Program.” The best practice documents discuss 16 topics that were put together through collaboration with 16 experts from the field. We believe best practices are meant to grow and evolve as new information and research becomes available. Any feedback is welcome. Coming back to our live forum topic for November 15, staff qualifications is one of the best practice topic areas. According to the best practice document, it is best to hire staff who have certifications for the areas in which they are being hired to work. However, we know that there are not nearly enough certified professionals and that many agencies cannot afford to pay a competitive wage to attract those certified professionals. How can we meet best practice with these realities? Read our best practice document and join us on November 15 at 1pm EST to join the discussion and learn more.

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Meet an AVRT Member...Elyse Connors

By Susan M. Dalton, CVRT

Some people just seem to stand out in the crowd no matter how little attention they wish to seek. Whenever you come across Elyse Connors, you can be sure that you'll be greeted with a big smile, a friendly greeting, and the feeling of warmth and geniality. And once you read more about her, you're going to really wish to get to know her better.

Elyse currently serves as an assistant professor at Western Michigan University's Department of Blindness and Low Vision Studies. Her journey into the field of blindness and attaining this position at WMU tells an interesting story. Early on in her life she wanted to be a biologist. She received an undergraduate degree in genetics and cell biology and admits that she continues to enjoy reading about advances in genetics and health care.



(Photo of Elyse holding knitted doll)

After being a stay-at-home parent for many years and moving to Michigan, she was introduced to a WMU faculty member and O&M researcher, Richard Long, through her son's friend. This resulted in her earning an O&M degree and teaching mobility at the local regional educational service agency where she served children ages 3 to 26. From this point she was hooked. Completing her VRT degree two years later, she then worked with birth to three children and their families. Soon thereafter, she pursued a PhD program in Interdisciplinary Health Sciences and joined the faculty in the Blindness and Low Vision Studies Department as a faculty specialist in 2011. After completing her PhD in 2014, she moved into a tenure track position at WMU where she continues today.

What is an accomplishment that makes her proud?

Elyse’s response really tells a lot about her endearing nature...”Parenting four children to adulthood and beyond. While we are not a perfect family (whatever that is!), I have helped raise four really incredible people who care about other people, the world and justice.”

Her personal passions, interests, activities outside the vision field include “caring deeply and working politically towards making society (locally and nationally) more just for all people.” She adds, “Some of this comes directly from my work with persons with disability, who do not always have the same access to the gifts of community. I also enjoy running (slowly!) and knitting. For years I only knitted socks, but I became a grandmother 18 months ago. Now, I only knit baby things!”

Want to go out for dinner with a famous person? Who would that be and where would Elyse go?



“Lots of people come to mind...but one is Pope Francis. While I am not Roman Catholic, I appreciate how the current Pope is working toward balancing his care for the poor and disenfranchised persons, while also remaining true to the Catholic Church. He is in a tough spot! I am struck by his humility, while working to hear and understand the voices of all.” For dinner they would go to Shawarma King, a Lebanese restaurant in Kalamazoo. “Shawarma King is an inexpensive, authentic restaurant where everyone is greeted

wholeheartedly and you are bound to run into a friend!” Sounds like the perfect place to go!

What you wouldn't learn from Elyse's resume:

“I am able to identify the gender of a fruit fly as it flies past me! While I realize that this skill is quite superfluous, it reminds me of the days when I worked in a fly research lab. I also can make a mean fruit fly trap, when we get an infestation in the house!” (I'm hoping that she will share instructions on how to make this trap with us all!)

Read any good books lately?

Elyse recommends *Exit West* by Mohsin Hamid. “The story is about two young people who find each other while watching their neighborhood/homeland become more and more unsafe. They realize that they need to leave their homeland and live as aliens and refugees. While the story is interesting, the writing itself is beautiful.”

Some comments from our AVRT president, Jennifer Ottowitz:

“Elyse is extremely hard working and dedicated to the field. Not only does she provide instruction to students at Western, but also she contributes to the field through committee work (the CVRT SME for ACVREP), research and presenting at conferences. She has published articles and authored textbook chapters. She is very kind and makes me feel like research is something even someone like me can do. I admire her energy, commitment and professionalism. I don't know how she does it all—and does it all so well.”

Elyse's advice to others in the vision rehabilitation field:

“People in our field love what they do. We have an incredible opportunity to enrich the lives of others, coming along side of them to teach and encourage new skills and the return to independence. While service providers learn the basics in their master's program, it takes years of practice to learn the ‘art’ of rehab. Find and observe the teaching of those who have much experience. Experiment with different teaching styles and

techniques. Challenge yourself to bring the best teaching to each person you serve. And think broadly about your role. Yes, you serve individuals with disability at your work place, but consider our society at large and how we can make our communities more inclusive.”

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Contest, National Braille Press, 88 Saint Stephen Street, Boston, MA 02115. The poem must be an original work fewer than 125 words, using English Braille American Edition or Unified English Braille. Please indicate the entry level of your submission: grades K-2, 3-5, 6-8, 9-12, or Adult, and phone number with the submission.

Hadley Learning Communities by Jennifer Ottowitz

Are you looking for ways to supplement your training and give your clients an opportunity to connect with others experiencing changing vision or vision loss? The Hadley Institute for the Blind and Visually Impaired offers several learning community groups which can be a helpful resource for your clients. These groups are excellent ways to connect with others, learn valuable information and share ideas. There is no registration process. Interested individuals who are blind or visually impaired (or who work with them) can join either by telephone or through online access. Please feel free to share the following resources.

Gardening: Join Ed Haines, CVRT and fellow learners as we "dish the dirt" on all things horticultural. First Thursday of each month from 2:00-3:00 pm central time. Call in at 605-475-4919, access code 277545#. Or, join the online meeting at: join.freeconferencecall.com/ed595.

Braille: Learning tactile braille? Join these weekly calls to discuss tips and tricks and to encourage and support one

another. Tuesdays at 3:30 central time: Hadley Learning Expert Susan Fisher facilitates this chat. For more information email Susan at fisher@hadley.edu or call her at 847-784-2854. Thursdays at 11:30 central time: Sharon Howerton, a Hadley Learning Expert, facilitates this chat. For details, contact Sharon at Sharon@hadley.edu or call 847-784-2858.

Spanish: Thursdays from 10:30-11:15 am central time. Deborah Good, a Hadley Learning Expert, facilitates this phone or online chat for learners at all levels who are learning conversational Spanish. For details, contact Deborah at good@hadley.edu or at 847-784-2855.

Tech It Out Discussion: Food, Part 2: Restaurant and Meal Kit Delivery

Date: Tuesday, October 30

Time: 8 PM Central

Phone number: (408) 638-0986; Code: 394939348#

iPhone one-tap: US: +14086380986,,394939348#

Our first [Tech it Out discussion on grocery delivery services](#) was terrific! So many of us shared experiences and questions that we didn't get to the second segment: tapping into online restaurant delivery and cook-at-home meal kit delivery services. So that's what we'll do for our October 30 discussion.

Call in and hear a few tips from Hadley and have a chance to share your own questions and experiences with these restaurant and food kit delivery services. Ricky Enger, Hadley Technology Learning Expert, facilitates this monthly discussion group which will address various topics related to integrating technology into everyday life.

All of these learning communities are free of Charge and open to All. Please help spread the Word.

[See Guidelines Here](#)

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From the Editor's Kitchen:

***Diabetic Friendly Thanksgiving Dinner Meal
Submitted by BJ LeJeune***

Herb-Roasted Turkey

***Looking for the perfect turkey recipe to use on Thanksgiving Day?
Look no further!***

Prep Time: 25 minutes; Cook Time: At least 1 hour and 20 minutes/ This Recipe Serves 12

Serving Size: 3 ounces (skinless)

Calories 165

Carbohydrate 0 g

Protein 33 g

Fat 2.5 g

Saturated Fat 1.4 g

Dietary Fiber 0 g

Cholesterol 95 mg

Sodium 75 mg

Ingredients:

5 teaspoons unsalted butter, softened

3 teaspoons fresh minced sage, divided

3 teaspoons fresh minced thyme, divided

3 teaspoons fresh minced rosemary, divided

Kosher salt and freshly ground black pepper to taste

1 ½ cups low-fat, reduced-sodium chicken broth

1 cup dry white wine

1 (5-pound) turkey breast, skin on, washed and patted dry

Instructions:

Preheat the oven to 350 degrees F. Line a large roasting pan with foil. Set a rack inside the roasting pan and coat it with cooking spray. Set aside.

In a small bowl, combine the butter with 2 teaspoons each of the sage, thyme, and rosemary, plus salt and pepper. Reserve the remaining 1 teaspoon of each of the herbs.

In a small saucepan, combine the chicken broth and wine, and bring to a gentle boil. Add the reserved herbs and lower to a simmer.

With your hands, separate the turkey breast skin from the breast meat, creating a pocket without removing the skin. Rub the butter herb mixture all over the breast meat. Place the skin back down on the breast.

Set the turkey on the prepared rack in the pan. (You can also add veggies like peeled carrots, peeled parsnips, onions, or small potatoes to the pan; they will cook along with the turkey.) Roast the turkey for about 1 hour, 20 minutes to 1 hour, 40 minutes until the internal temperature reaches 170 degrees F and the juices run clear. Baste every 15-20 minutes with the mixture of chicken broth and white wine.

Remove the turkey from the oven, cover loosely with foil, and let stand for 15 minutes before slicing. Discard the skin and serve.

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Sage Stuffing

Here's a stuffing recipe that's on the healthier side but will still thrill your guests!

Prep time: 15 min.

Cook time: 1 hour

Serves 12

Calories 190 per cup

Carbohydrate 28 g

Protein 8 g

Fat 6 g

Saturated Fat 0.9 g

Dietary Fiber 5 g

Cholesterol 20 mg

Sodium 385 mg

Ingredients:

30 slices (1-ounce each) day-old whole-grain bread, crusts removed, cut into small cubes

1 tablespoon olive oil

1 large onion, chopped

3 large celery stalks, chopped

1/3 cup coarsely chopped walnuts

1/2 bunch fresh sage, stems removed, coarsely chopped

3 cups hot low-fat, reduced-sodium chicken broth

1 egg, lightly beaten

1/2 cup dried cranberries or dried cherries, coarsely chopped

Kosher salt and fresh-ground black pepper to taste

Paprika

Instructions:

Preheat the oven to 375° F. Add the bread to a large bowl. Heat the olive oil in a large skillet over medium heat. Add the onions and celery, and sauté for 3 minutes. Add the walnuts and sauté for 2 minutes. Add in the sage and cook for 1 minute. Add the onion-sage mixture to the bread. Pour the hot chicken broth and egg over the onion-sage, and mix well (until moist). Add in the cranberries or cherries. Season well with salt and pepper. Add the mixture to a large casserole dish, and sprinkle with paprika. Bake for about 40-45 minutes, or until the top is browned and crusty.

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Creamy Cheesy Cauliflower

Cauliflower like you've never had it before! This recipe makes a great Thanksgiving Day side dish. It's better for you than those cheesy potatoes or traditional green bean casserole – with just as much flavor!

Prep Time: 25 minutes; Cook Time: 25 minutes/ This Recipe Serves 16

Serving Size: 1/3 cup

Calories 90

Carbohydrate 12 g

Protein 6 g

Fat 2.5 g

Saturated Fat 1.4 g

Dietary Fiber 2 g

Cholesterol 10 mg

Sodium 80 mg

Ingredients:

10 cups coarsely chopped cauliflower, about 2 heads

2 teaspoons butter

2 large onions, chopped

3 garlic cloves, minced

½ cup all-purpose flour

3 ½ cups 1% milk

Salt and pepper to taste

¾ cup freshly grated Parmesan cheese

3 tablespoons finely minced parsley

Instructions:

Add 4 quarts of water to a 6-quart saucepan. Bring the water to a boil. Add the cauliflower, and cook for about 10 to 12 minutes or until tender. Drain. Set aside.

In a large skillet, melt the butter over medium-high heat. Add the onions and garlic, and sauté for 6 to 7 minutes until soft, making sure the onions and garlic do not turn brown. Combine the flour and milk, and whisk until very smooth. Add to the onions and garlic, bring to a simmer, and cook for 2 minutes. Season with salt and pepper. Whisk in the cheese, and fold in the cauliflower. Garnish with parsley.

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Healthy Homemade Green Bean Casserole

This is a delicious lower-calorie version of traditional green bean casserole.

Prep Time: 25 minutes/ This Recipe Serves 7

Serving Size: 1/2 cup

Calories 115

Carbohydrate 11 g

Protein 4 g

Fat 6 g

Saturated Fat 1.5 g

Dietary Fiber 2 g

Cholesterol 0 mg

Sodium 225 mg

Ingredients:

Casserole:

Cooking spray

4 Laughing Cow, LIGHT French Onion cheese wedges

1 tablespoon canola oil

½ onion, finely diced

1 teaspoon Smart Balance margarine

8 ounces sliced mushrooms, diced

¼ teaspoon salt (optional)

¼ teaspoon ground black pepper

½ cup fat-free, reduced-sodium chicken broth

2 teaspoons corn starch

2 teaspoons cold water

1/4 cup 1% milk

2 -14.5 cans no-salt added, cut green beans, drained

Corn Flake Topping:

1 cup corn flakes, crushed

1 2/3 tablespoons Smart Balance margarine, melted

Instructions:

Preheat oven to 400 degrees. Spray a 1.5 quart baking dish with cooking spray.

Heat Laughing Cow cheese wedges in microwave for 30 seconds, stir. Set aside.

In a large sauté pan heat oil over medium heat. Add onions and sauté 2-3 minutes.

Add margarine to pan and melt. Add mushrooms, salt and pepper and cook for 4-5 minutes. Pour chicken broth into pan and simmer for 1 minute.

In a small bowl, mix together cornstarch and water; add to chicken broth and stir for 1 minute.

Add melted Laughing Cow cheese to pan and mix well. Add milk to pan; stir to incorporate. Cook additional 2-3 minutes until thick. Remove from heat and stir in green beans. Pour green bean mixture into baking dish. In a small bowl prepare corn flake topping by, mixing together corn flakes and margarine. Spread corn flake mixture on top of green beans. Bake 15-20 minutes.

MAKE IT GLUTEN-FREE: If you need this recipe to be gluten-free, make sure to use gluten-free chicken broth and gluten-free corn flakes.

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Pumpkin Pie

Here's the traditional holiday recipe with less calories, thanks to Equal – no one will ever miss them!

This recipe is sponsored by Equal Sweetener

Yield 8 servings

Ingredients:

Pastry for single-crust 9-inch pie

1 can (16 ounces) pumpkin

1 can (12 ounces) evaporated nonfat milk

3 eggs

18 packets Equal sweetener*

1 teaspoon vanilla extract

1 teaspoon ground cinnamon

1/4 teaspoon ground ginger

1/4 teaspoon ground nutmeg

1/4 teaspoon salt

Lite whipped topping, optional

Fresh mint, optional

***Substitute 3/4 cup Equal Spoonful for the packets.**

Instructions:

1. Preheat oven to 400°F.

2. Roll pastry on floured surface into circle 1 inch larger than inverted 9-inch pie plate. Ease pastry into plate; trim and flute edge.

3. Beat pumpkin, evaporated milk and eggs in a mixing bowl on medium speed of mixer until well combined. Blend in remaining ingredients.

4. Pour over pastry shell. Bake 35 to 40 minutes or until knife inserted into center comes out clean. Cool on wire rack. Serve warm or at room temperature. Garnish each slice with whipped topping and fresh mint, if desired.

Nutritional Information

Calories: 195

Total Fat: 9 g

Saturated Fat: 3 g

Cholesterol: 74 mg

Sodium: 286 mg

Potassium: 190 mg

Total Carbohydrate: 23 g

Dietary Fiber: 2 g

Protein: 8 g

Phosphorous: 131 mg

Food Exchanges: 1 Starch, 1 Fat

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Perfect Roast Chicken Recipe

Timing:

Prep: 15 minutes

Cook: 2 hours

Ready: 2 hours 15 minutes

Ingredients:

1 (4 pound) whole chicken, thawed

1 cup margarine

1 tablespoon garlic salt

1 teaspoon coarsely ground

black pepper

1 teaspoon dried thyme

1 teaspoon dried parsley

1 pinch dried rosemary

Instructions:

Preheat oven to 350 degrees F. Rinse and pat chicken thoroughly dry with paper towels.

Mix margarine, garlic salt, black pepper, thyme, parsley and rosemary in a bowl and rub the outside of the chicken thoroughly with the margarine mixture.

Place any remaining margarine mixture into the cavity of the chicken.

Place chicken into a glass baking dish or place in baking bag with fresh or frozen vegs.

Bake chicken in the preheated oven until browned and the juices run clear, about 2 hours.

An instant-read meat thermometer inserted into the thickest part of a thigh, not touching bone, should read 160 degrees F.

Let chicken rest for at least 15 minutes before carving, to allow juices to redistribute into the meat.

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Slow-Cooker Cornbread Dressing

Makes 12-16 servings; Prep: 15 min, cook: 4 hrs

Ingredients:

**4 1/2 cups cornbread crumbs
1 (16-ounce) package herb stuffing mix
2 (10-3/4-ounce) cans cream of chicken soup
2 (14-ounce) cans low-sodium chicken broth
1 medium onion, chopped
1/2 cup chopped celery
4 large eggs
1 tablespoon rubbed sage
1/2 teaspoon salt
1/2 teaspoon pepper
2 tablespoons butter, cut up**

Instructions:

STIR together cornbread crumbs, stuffing mix, and next 8 ingredients in a large bowl.

POUR cornbread mixture into a lightly greased 5 1/2- or 6-quart slow cooker. Dot with butter. Cook, covered, on LOW 4 hours or until cooked thoroughly and set.

NOTE: For testing purposes only, we used Pepperidge Farm Herb Seasoned Stuffing mix. We also used 2 (7.5-ounce) packages Martha White Yellow Cornbread Mix prepared according to package directions in 8 inch square pans. The baked cornbread made 7 cups of crumbs. Just freeze the rest.

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Rustic Vegetable Soup

Submitted by Linda Palmer

Ingredients:

1 to 2 baking potatoes, cut into ½ inch pieces
1 package (10 ounces) frozen mixed vegetables, thawed
1 package (10 ounces) frozen cut green beans, thawed
1 medium green bell pepper, chopped
1 jar (16 ounces) picante sauce
1 can (about 10 ounces) condensed beef broth undiluted
1/2 teaspoon sugar
1/4 cup finely chopped fresh parsley

Instructions:

Combine all ingredients except parsley in slow cooker. Cover and cook on Low 8 hours or High 4 hours. Stir in parsley just before serving.

Calories 80, Total Fat 0g, Saturated Fat 0g, Protein 3 g,
Carbohydrate 0g, Cholesterol 0mg, Dietary Fiber 4g, Sodium 540m

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