



Healthful Advice from our Registered Dietitian/Nutritionist, Debra Heverling, MA, RD/LDN

Dietitian's Dish

Resolve to Create New Habits in 2020

By January 1st, people either state their goals for the year ahead or completely avoid it so they don't set themselves up to fail.

Each new year offers a chance to refocus on our well-being (be it physical, emotional, financial, or other types).

But too often, our resolutions are overly ambitious.

While the intention is good, they are sometimes too specific or too numerous to succeed. Then, frustration leads to failure and we give up.

In 2020, let's try a different approach.

Instead of specific and measurable goals, write down a list of habits you want to achieve. Focus on one at a time, until it becomes effortless.

Habits are all about HOW you complete the action.

Habit #1 - Start your meals with fruits or vegetables.

1. Pick a simple behavior
2. Pick a time and place for it to occur
3. Repeat the behavior in that time and place as often as possible
4. Enjoy some type of reward as reinforcement



Serve a cup of this vegetable soup first at lunch or dinner.



Vegetable Bounty Soup

Ingredients:

- 1 Tbsp. olive oil
- 3 leeks (green portion only)
- 1 small green bell pepper, diced
- 1 medium zucchini, diced
- 1 medium turnip, peeled & diced (1/2-inch)
- 1 1/2 cups diced butternut squash
- 6 cups vegetable broth
- 1 Tbsp. low-sodium soy sauce
- 1/3 cup orzo pasta
- 2 large tomatoes, chopped
- 1 cup frozen corn kernels
- 2 Tbsps. dried Italian seasoning
- 1/2 tsp. salt
- 1/2 tsp. ground black pepper

Directions:

- Thinly slice the green portion of leeks. Use the rest in another recipe.
- In a saucepot, heat oil over medium heat. Add bell pepper and leeks; cook 8 minutes, stirring occasionally. Add zucchini; cook 8 minutes or until leeks begin to soften, stirring occasionally. Add turnip, squash, soy sauce and vegetable broth; heat to boiling over high heat. Reduce heat to medium-low; simmer 10 minutes.
- Add orzo; heat to boiling. Reduce heat to medium; add tomatoes, corn, Italian seasoning, salt and black pepper. Cook 8 to 10 minutes longer or until orzo is just tender.