



Mashed Sweet Potatoes

**Side note. Yams (imported from Caribbean and originated in Africa) Sweet potatoes are highly available in US. Sweet potatoes are sweeter and have higher moisture content. What you find in most supermarkets will be sweet potatoes even if they are marked yams. Compared to yams, sweet potatoes contain significantly higher amounts of Vitamin A, calcium, iron, and vitamin E, and they have twice as much protein per serving - the ratio of essential fatty acids is preferable in the yam compared to the sweet potato.*

Nourishes: 4

Ingredients:

- 2- medium sized sweet potatoes, peeled and 1-2” cubed for quicker cooking
- 2 Tbsp of freshly squeezed orange juice
- 1 Tbsp olive oil
- Pinch of each: cloves, cinnamon, and nutmeg
- Sea salt and black pepper to taste
- Pinch of brown sugar or Splenda brown sugar
- 1 tsp. Orange zest (peel)

Methodology: Place potatoes in salted pot of water and bring to boil. Cook until tender. 15-25 minutes. Drain sweet potatoes and return to pot; add orange juice, oil, pepper and spices. Mash until smooth. Top with brown sugar and orange zest.



A Graduate in Nutrition and Science, John is also a Certified Trainer with the National Academy of Sports Medicine and a Certified Weight Management Counselor with the ADA. He has produced and recorded various exercise videos (originator of Kickaerobox) and nutritional DVDs. You previously saw him as one of the trainers on the Dr. Phil Weight Loss Challenge on NBC and on Entertainment Tonight. Currently he is the personal nutritionist for PhillyFIT Magazine events such as the BASH, Workout-a-Thon and the Fitness Retreat. Visit him at www.weightlosscoaching.org or kickaerobox@yahoo.com.

DeliciouslyFIT

Holiday Pecan Salad



**Side note. Start your holiday meal off on the right foot with a refreshing “seasonal feel” salad.*

Nourishes: 4

Ingredients:

- ½ cup candied pecans or walnuts (see below)
- 2 Tbsp unsalted butter
- 2 Tbsp light brown sugar

Mix 2 tablespoons unsalted butter and 2 tablespoons light brown sugar in a non stick sauce pan. Heat on medium and add the nuts. Toss to coat for about 1 minute stirring occasionally. Add sliced pears and set aside. (Yes! A little indulgent)

- 1 ripe pear; sliced thin (add to hot pecan mix). You may use apple if preferred

Balsamic dressing

- 1 Tbsp finely diced red onion
- 1 teaspoon Dijon or whole seed mustard
- 2 teaspoons balsamic vinegar
- ¼ cup extra-virgin olive oil
- 2 teaspoons sugar free or light maple syrup
- Sea salt and ground black pepper
- Dark Green lettuce leaves coarsely chopped (6 cups)
- ¼ cup shaved Parmesan or bagged shaved – not grated

Directions: Make the dressing by combining the diced onion, mustard and balsamic vinegar in a mixing bowl. Slowly add in the olive oil while you whisk. Add the maple syrup and season to taste, with salt and pepper. Assemble salad in a large mixing bowl with dressing. Top with shaved cheese and candied pecan/pear mix.

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