



CULE CUBA DIET NEWS

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Sol Palmeras Resort



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Special points of interest:

- Resort Amenities
- Spanish
- Recipes

Among the hotels in the famous resort of Varadero, Cuba's main tourist destination, stands out, Sol Palmeras. Its privileged waterfront situation, on the best strip of the white sandy beach, its beautiful gardens and thousands of palms honoring its name, make it the perfect scenario, for any holiday.

But, as it is a first-rate All-inclusive hotel, for travelers who love exclusiveness, comfort and exclusivity, there are wide range of options at your disposal. Thus, for those who prefer a fresh water swim in a marine environment, the hotel has three pools sur-

rounded by beautiful tropical gardens. And if you like to take care of your health, you can practice golf, windsurfing, sailing, diving, fishing and horseback riding. You are free to choose from the different kinds of restaurants with live music, the three bars and three snack bars that are everyone's delight. Also, every day, they offer parties and night shows to liven your stay.

The hotel is located about 5 miles from downtown Varadero Beach and a shopping center. It is only about 20 miles from the airport and 93 miles from the Havana Airport.

All rooms are air-conditioned, have private baths, safe, hair dryers, telephone, mini bar, as well as piped in music and satellite TV. Most rooms have either a balcony or terrace.

There is a recreation room, 3 pools (one for kids) surrounded by tropical gardens. there is mini golf and great daytime and night time entertainment. There is wind surfing, sailing, diving, fishing and horseback riding.

There is a breakfast buffet, Italian Restaurant, Chinese Restaurant and Bar B Q. Something for everyone.

SPANISH AT A GLANCE

Words you may need and some we hope you won't need

Bottoms Up Cheers	¡Salud!	(sah-LOOD)
Let's Go!	¡Vamos!	(BAH-mohs)
Good Luck!	¡(Buena) suertel	(bweh-nah SWEHR-tay)
Watch Out	¡Cuidado!	(kwee-DAH-doh)
Hurry Up!	¡Dése prisa!	(day-say PREE-sah)
Wait!	¡Espera!	(ehs-PEHR-eh)
Look!	¡Mira!	(MEE-reh)
Fire!	¡Fuego!	(FWAY-goh)
I have lost _____	He perdido _____	(ay pehy-DEE-doh)
I need help, quick	Necesito ayuda, pronto (nehs-ehs-EE-toh ah-YOO-dah PROHN-toh)	
Go away!	¡Váyase!	(BAH-yah-say)
Help, police!	¡Socorro, policía!	(soh-KOH-roh poh-lee-SEE-ya)
I haven't done anything	Yo no he hecho nada (yoh noh eh EH-choh NAH-dah)	
It's not true	No es verdad (noh ehs behr-DAHD)	
I'm Innocent	Soy inocente (soy een-oh-SEHN-the)	
I want a lawyer	Quiero un abogado (kee-YEHR-oh oon ah-boh-GAH-doh)	

SHOPPING

How much is it?	¿Cuánto es? (KWAHN-toh ehs)
I'd like _____	Quisiera _____ (kee-see-YEHR-ah)
Please bring me _____	Tráigame, por favor _____ (TRAH-ee-gah-may pohr fah-BOHR)
Please show me _____	Muéstrame, por favor _____ (MWEHS-treh-may pohr fah-BOHR)
Here it is	Aquí está (ah-KEE eh-STAH)

NUMBERS

0 cero (SEHR-oh)	7 siete (SYEH-tay)	14 catorce (kah-TOHR-say)
1 uno (OO-noh)	8 ocho (OH-choh)	15 quince (KEEN-say)
2 dos (dohs)	9 neuve (NWEH-bay)	16 diez y seis (dyeh-see-SAYSS)
3 tres (trehs)	10 diez (dyehs)	17 diez y siete (dyeh-see-SYEH-tay)
4 cuatro (KWAH-troh)	11 once (OHN-say)	18 diez y ocho (dyeh-see-OH-choh)
5 cindo (SEEN-koh)	12 doce (DOH-say)	19 diez y nueve (dueh-see-NWEH-bay)
6 seis (sayss)	13 trece (TREH-say)	20 Veinte (BAYN-tay)

SOUTHERN-STYLE OVEN FRIED CHICKEN (5 PTS)

1/2 Cup flour
 1/4 tsp salt
 1/8 tsp cayenne pepper
 3 oz buttermilk
 3/4 Cup cornflakes crushed
 1 lb boneless skinless chicken breasts (4–4oz)

Preheat oven to 350. Lightly coat 8X8X2 inch baking dish with non stick cooking spray; set aside.

Mix flour, salt, pepper in a bowl. Place buttermilk and cornflakes in 2 separate shallow bowls.

Roll chicken breast halves in flour mix and evenly coat each side. Next dip chicken into buttermilk and then cornflake crumbs.

Place coated chicken breast in baking dish and bake until tender and no longer pink (about 25 min)

Yields 1 breast per serving.

GRILLED TURKEY CHEESEBURGERS (6 PTS)

1 lb lean ground turkey
 1/4 Cup Ketchup
 1 TBSP Dijon mustard
 4 slice fat-free hard cheese
 4 medium mixed grain hamburger rolls
 8 pieces lettuce
 1 small tomato, sliced

Preheat grill. Mix turkey, ketchup and mustard. Mix well and form 4 equal patties about 1 inch thick each.

Grill burgers until cooked (about 5 min per side) Top each burger with 1 slice cheese, close grill and cook until cheese melted, about 1 minute. Serve burger on roll with lettuce, tomato, and dill pickle.

Who looks outside, dreams;

Who looks inside, awakes.

Carl Gustav Jung

CHICKEN FAJITAS (7 PTS)

8 medium fat free flour tortillas (regular or whole wheat)

2 Tsp Olive Oil

1 Lb marinated chicken breast strips

2 Large onion (cut into strips)

2 large green pepper (cut into strips)

1/2 Cup fat free sour cream

1 Cup Salsa

Preheat oven to 300 F. Wrap tortillas in foil, bake until warm (10 min). Heat oil in skillet and add chicken.

Saute until cooked through, stir frequently. Transfer to serving plate, cover with foil to keep warm. Saute veg in same skillet until tender crisp (3 min). Serve chicken and veg with warm tortillas, sour cream and salsa. Serves 4 - 2 tortillas each.

CREAMY FRUIT TOPPED WAFFLES (4 PTS)

3/4 Cup 1% low fat cottage cheese
 1/2 Cup pineapple, chopped, fresh
 1/2 tsp ground cinnamon

1 medium peach (peeled & chopped)

4 medium low-fat frozen waffles

In processor or blender, process cottage cheese until almost smooth; transfer to a small bowl and stir in fruit. Prepare waffles according to package directions. Spoon 1/2 cup fruit mixture over each waffle, sprinkle with pinch of cinnamon and serve.

Serves 2 - two fruit topped waffles per serving, or eat just one for 2 pts.

Sample Menus. Choose 1 meal plan from each column and 3 snacks to make up your days menu

Breakfast

6 Pts

Place 3 Cups freshly sliced strawberries in a large cereal bowl. Top with 1 Cup fruit flavoured light yogurt and 1 c fortified cereal flakes, crushed.

5 Pts

2 Slices high fibre whole-grain toast with 1 TBSP creamy peanut butter and slices form 1/2 medium banana.

6 Pts

Top 1/2 toasted whole wheat English muffin with 3/4 Cup scrambled fat-free egg substitute, 1/4 Cup shredded low fat mozzarella cheese, 1/4 Cup diced tomato, and 2 TBSP fresh chopped basil.

Fruit topped waffles - 5Pts

Waffles (see recipe this issue)
1 Cup Skim Milk
Coffee/tea

Lunch

6 Pts

2 Slices high fiber, whole grain bread topped with 2 slices (3/4 oz) low fat American cheese and 4 plum tomato slices, grilled in a nonstick pan sprayed with cooking spray (4)
1 Cup reduced sodium tomato or veg. Soup. (2)

Orange Beef Salad 6 Pts

Toss 3 Cup mixed salad greens with 2 oz chopped lean roast beef, slices from 1 small orange, 1/4 C red onion slices,
2 TBSP toasted almonds, chopped cilantro, chopped scallions and red wine vinegar and 1 tsp olive oil and sesame seeds.
1 Kiwi, sliced

Stuffed Peppers 7 Pts

Cook 1 oz macaroni according to package. Rinse in cold water and drain well. Mix Pasta with 2 TBSP fat free mayo, 1 TBSP relish, 2 tsp apple cider vinegar, 2 pz diced lean turkey, 1 oz drained roasted red pepper, chopped
Serve in raw halved, seeded red bell pepper.
1 Cup fat free milk mixed with 1/2

Dinner

7 Pts

Grilled Turkey Cheeseburger
Green Salad with lt. dressing
Diet Soda

9 pts

Chicken Fajitas
Green Salad with lt. Dressing
1 Cup grapes
Coffee/Tea

9 Pts

Fried Chicken (see recipe)
Baked potato with fat free sour cream or 1 tsp butter
Broccoli, Cauliflower 1 1/2 Cups
Coffee/Tea

11 pts

1 small Lean steak (4 Oz)
1 baked potato (fast free sour cream or 1 tsp butter)
1 Cup cooked carrots
1 side salad with light dressing
4 Dare spice cookies
Coffee/tea

SNACKS

- 1 medium peach (0)
- Black coffee/tea (0)
- 1 1/2 Cup Strawberries (1)
- 1 Cup seedless grapes (1)
- 1 Cup thinly sliced cucumber drizzled with 1 TBSP fat free dressing (1)
- 4 slices melba toast with 1 slice fat free cheese divided and melted (2)

SNACKS

- 20 peanuts (2)
- Cappuccino (16oz) made with fat free milk (2)
- English muffin with 1 TBSP Jam (3)
- 1 medium pear sliced with 1 oz brie (4)
- Banana Smoothie (5)**
- 1 Cup fat free milk
- 1 Cup vanilla light yogurt
- 1/2 Medium frozen banana