

“Dream Accomplishment 101”

Thought for the Week –

I have spent many days stringing and unstringing my instrument while the song I came to sing remains unsung.

-- Rabindranath Tagore, Nobel laureate for literature

Labor Day is approaching quickly and the question on everyone’s lips seems to be, “Where did the summer go?”

While the rainy days outnumbered the sizzling ones, people tried to make the best of what will not go down in the history books as the best weather summer ever. And now, children are getting their school supplies in order, and their school clothes possess that crispness that will fade away after one wearing. Whether the young ones are ready or not, it’s the time to begin a brand new slice of life.

And that very atmosphere extends into our adult lives also. Whether we were off all summer or just caught a week here or there, the easier summer commute and the many voice mail messages that announce that a co-worker or client will be out of the office for the week, created a “summer slow down” mindset.

Now, along with the yellow school buses that will infiltrate our daily traffic patterns, we need to switch gears and capture some of the “new semester mentality.” Armed with sharpened pencils and clean composition book or PDA, we need to embark on a new plan for this step forward. As the teachers explain their objectives for their class participants, we need to sit down and ask ourselves, “What is it that we want to accomplish in this segment of time?” So often we look back over the last 36 weeks and feel disheartened if we didn’t accomplish what great aspirations we set for ourselves back in January. Or worse yet, forget about accomplishing, how about never began?

At this point, we might even mutter, “Well, I’ll start again next year.”

Wait a minute! With 16 weeks left, we can make substantial progress IF we begin now. Some of us have spent the last 36 weeks “getting ready” to begin the process of going after what we want.

You’re as ready as you’ll ever be – just take that first step and plow ahead. You’ll be amazed at how much headway you can make. Don’t be left behind as others excel at the course being offered – “Dream Accomplishment 101.”
It’s your time to go to the head of the class!

Be well,

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Chipotle Bean Nachos Weight Watchers Recipe

4 PointsPlus Value

Prep time: 10 min

Serves: 4

Nachos are always a hit. Turn the bean mixture into a super dip by thinning it out with chicken broth and sprinkling low-fat cheddar cheese on top.

Ingredients

1 spray(s) cooking spray

1 tsp canola oil

1 medium uncooked shallot(s), or 1 small onion, finely chopped

1 clove(s) (medium) garlic clove(s), minced

15 oz canned kidney beans, rinsed and drained

1/8 tsp table salt

1/8 tsp chili powder, chipotle variety, or more to taste

20 item(s) baked low fat tortilla chips

7 Tbsp low fat shredded cheddar cheese, sharp variety

1/3 cup(s) fat free salsa

3 Tbsp cilantro, fresh, minced, plus extra leaves for garnish

Instructions

Preheat oven to 400°F.

Coat a large nonstick skillet with cooking spray. Heat oil over medium heat; then add shallot and garlic. Cook, stirring frequently, until shallots are tender, about 5 minutes. Add beans, salt and chile powder; mash with back of spoon or potato masher to make a pulpy mixture. Remove from heat; set aside.

Place tortilla chips on a rimmed baking sheet. Spoon bean mixture over top and sprinkle with cheese. Bake until cheese melts, about 3 minutes. Remove from oven and spoon salsa over top; immediately sprinkle with cilantro. Yields five topped chips per serving.