

THE SEROTONIN POWER DIET

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The easiest way to lose weight is to use your brain.

Here's why: The brain contains the switch that turns your appetite on and off.

Serotonin, called the satiety or satisfaction chemical, is the brain chemical that turns off your eating. To lose weight you have to know how to activate the appetite "off button" before you either overeat or chose foods that are not on your diet. Our book (*The Serotonin Power Diet*) will show you how to boost serotonin to stop overeating, to quiet food cravings, and to experience feelings of satisfaction and comfort. This recipe should help you get started down the road to health and happiness.

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CRUSTY BREAD SALAD

This is our version of panzanella, or Tuscan bread salad. It solves the problem of what to do with leftover bakery bread. For more visit www.serotoninpowerdiet.com.

VINAIGRETTE:

1 tablespoon balsamic vinegar
2 teaspoons olive oil
1/2 teaspoon each of dried basil, tarragon and thyme
Ground black pepper
1 tablespoon anchovy paste (optional)

Combine all ingredients in a small bowl; set aside.

SALAD:

1 bell pepper (red, yellow, or orange pepper) cut into 1" wide strips
1 yellow summer squash cut into 3/4" rounds
1/4 thin-sliced medium red onion
Olive oil cooking spray
Crusty round Italian, French, Cuban or Portuguese bread cut into 1" chunks (Women: 1 1/2 cups, Men: 2 cups)
1 large or 2 medium tomatoes cut into 1" chunks
Chicken breast, grilled, warm or at room temperature, cut into 1" chunks (Women: 2 ounces, Men: 4 ounces)

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DIRECTIONS:

1. Preheat oven to 500°. Coat a roasting pan with cooking spray and place the peppers, squash, onion, and bread cubes in the pan. Coat vegetables with cooking spray.
2. Roast until vegetables are tender and bread is crisp. Remove from oven and let stand until cool.
3. Place vegetable and bread mixture in a bowl. Add tomatoes, chicken, and vinaigrette. Toss well.

NUTRITIONAL INFO:

- Makes 1 serving
- Per serving (women): 434 calories, 28 g protein, 52 g carbohydrates, 14 g total fat, 9 g dietary fiber, 255 mg sodium
- Per serving (men): 508 calories, 48 g protein, 67g carbohydrates, 17 g total fat, 10 g dietary fiber, 302 mg sodium

For more information on mood-friendly foods, visit www.serotoninpowerdiet.com

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