



## February is HEART HEALTH MONTH

Heart disease is the leading cause of death for both men and women in the United States. The good news? It is also one of the most preventable. Making heart-healthy choices, knowing your family health history and the risk factors for heart disease, having regular check-ups and working with your physician to manage your health are all integral aspects of saving lives from this often silent killer.

### HOW TO REDUCE YOUR RISK

- Engage in regular moderate aerobic exercise for at least 30 minutes 5 days a week or more vigorous workouts at least 20 minutes 3 times a week
- Adopt a diet low in salt, saturated and trans fats and

- high in unsaturated fats (fish, avocado) like the Mediterranean diet.
- Maintain a normal body weight with caloric adjustment.
- Take fish oil supplements.
- Avoid smoking and recreational drug use.
- Imbibe in no more than ½ to 1 alcoholic beverage per day.
- Know and review your risk factors with a trusted physician.
- Your physician may recommend medications to control cholesterol, hypertension and diabetes.
- High-risk individuals should consider taking a daily aspirin.
- Avoid hormone replacement unless you have severe menopausal symptoms.
- In some cases, it may be necessary to conduct non-invasive or even invasive tests to determine the nature and severity of the heart disease.

- Sometimes angioplasty/stenting or even bypass surgery may be needed if you have severe and symptomatic arterial blockage.
- Learn CPR

### VEGETABLE & GOAT CHEESE PHYLLO PIE



Try this delicious vegetable pie as a main course

#### Ingredients

4 Servings

- **Cooking spray**
- 1 Tbsp. olive oil (extra virgin preferred)
- 4-5 medium green onions (about 1 cup), chopped

2 medium zucchini (thinly sliced)  
10 oz. frozen, chopped spinach (thawed, squeezed dry)  
1/4 cup chopped, fresh parsley  
2 Tbsp. chopped, fresh mint  
2 medium garlic cloves (minced)  
1 cup fat-free evaporated milk  
1/2 cup egg substitute  
1/4 tsp. pepper  
1/8 tsp. ground nutmeg  
6 phyllo dough sheets (each 14 x 9 inches), thawed  
1 1/2 oz. soft goat cheese



**230** Calories per serving



**2.0 g** Sat. Fat per serving



**318 mg** Sodium per serving

#### Directions

**1** Preheat the oven to 375°F. Lightly spray a 9-inch pie pan with cooking spray. Set aside.

**2** In a large nonstick skillet, heat the oil over medium heat, swirling to coat the bottom. Cook the green onions for 2 minutes, or until softened, stirring frequently.

**3** Stir in the zucchini. Cook for 4 minutes, or until beginning to brown, stirring frequently.

**4** Stir in the spinach, parsley, mint, and garlic. Cook for 2 minutes, stirring frequently.

**5** In a small bowl, whisk together the evaporated milk, egg substitute, pepper, and nutmeg. Set aside.

**6** Working quickly and keeping the unused phyllo covered with damp paper towels to prevent drying, place one sheet of phyllo in the pie pan,

gently pressing on the bottom and side of the pan, letting the ends overhang the pan. Repeat with the remaining phyllo, placing the sheets in a crisscross pattern.

- **7** Spoon the green onion mixture over the phyllo. Pour in the milk mixture, swirling if needed to cover the surface. Dot with the cheese.
- **8** Fold the ends of the phyllo toward the center of the pan, leaving a circle of the filling showing. Lightly spray the phyllo with cooking spray. Gently press the phyllo on the filling so the phyllo will hold its shape.
- **9** Bake for 30 to 40 minutes, or until golden. Transfer to a cooling rack and let cool for 15 minutes. Cut into wedges. Serve warm.

*This recipe is brought to you by the American Heart Association's Go Red For Women movement. Recipe copyright © 2016 by the American Heart Association. Look for other delicious recipes in American Heart Association cookbooks, available from booksellers everywhere or online at [heart.org/cookbooks](http://heart.org/cookbooks).*

### **12 New Monthly Health Habits for 2018**

**January** Eat vegetables with your snack or meal at least 3 times per day.

**February** Cut your processed sugar in ½ or out all together.

**March** Drink your water! 64-oz every single day.

**April** Get your sweat on most days of the week. Just 20 minutes a day will count.

**May** Stop eating foods with hydrogenated oils, trans fats, high fructose corn syrup.

**June** Get at least 8- hours sleep every day.

**July** Go meatless at least one day per week. Eat more vegetarian sources of protein.

**August** Meditate or sit in silence 10 minutes every day.

**September** Eat more fiber filling foods. Raw carrots, sweet potatoes, avocado, rolled oats, apples, oranges, air popped popcorn to name a few.

**October** Eat good fats! Get your Omega 3's with foods like salmon, sardines, walnuts, peanut butter, pumpkin seeds, and yogurt.

**November** Stretch your muscles and do Yoga.

**December** Be grateful. Gratitude is good for your health. Practice it daily.

Let us encourage and inspire one another for strength, health, happiness, and determination for the coming year. Don't just go through this next year, grow through it!

Try applying these habits into your daily routine and you will see how a lot of small changes add up!

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