

MAY RECIPE



MOTHER'S DAY BREAKFAST TOAST BASKET

Ingredients

Serves 6

- 6 slices, whole wheat bread - thin sliced
- 8 eggs, slightly beaten
- ½ cup diced tomatoes
- ½ cup diced sweet onion
- ½ cup chopped spinach leaves
- 2 ounces Lean Bacon, cooked crispy or Canadian Bacon, cooked and cut into half-inch pieces
- 2 oz unsalted butter or Extra Virgin Olive oil
- 1 oz shredded sharp cheddar cheese
- 1 oz Chopped parsley leaves

MOVE MORE AT WORK

Science shows that being more physically active has many benefits for your heart, brain and overall well-being. Take advantage of all your opportunities to sit less and move more while you work. Every minute you move adds up, so make it count!



- Make it a habit to take the stairs instead of the elevator, for at least a floor or two. Once it gets easier, add another floor.
- Stuck on a long call or need an energizing break? Stand up and do some basic strength and balance exercises, like squats, desk push-ups, wall sits, calf raises, tree pose and chair pose.
- Keep small hand weights or a resistance band at your desk for bicep curls, lateral raises, rows, and overhead presses. Watch demos online or work with a fitness trainer to make sure you're doing exercises correctly to avoid injury.
- Use a farther break room or restroom, maybe even on another floor – and take the stairs each time you go.
- Form a walking club to walk together at work and participate in local walking events as a team.
- If you drive to work, park farther away from the entrance.

Preparation

1. Roll each slice of bread with a rolling pin to flatten. Melt 1 oz of the butter or use the olive oil. Using a pastry brush, lightly moisten each side of the bread.

2. Place one slice of flattened bread into the cup of a muffin tin, pressing the center in and leaving the corners to form a basket. Place in oven or toaster oven at 350 degrees for about 1 minute, or until the bread begins to slightly crisp-up but not fully toasted. Remove from oven and set aside.

3. In a medium skillet, heat the remaining butter or olive oil. Saute the diced onions and tomatoes until onions become translucent in color. Add chopped spinach leaves. Stir well.

4. Add slightly beaten eggs to the vegetable mixture, allow eggs to begin the cooking process for about 1 minute. Stir the eggs and vegetables together to make a soft scramble.

5. Spoon egg mixture into each bread 'basket'. Sprinkle cheese on top. Return to oven and cook until cheese begins to melt (about 1 minute).

6. Remove from oven, sprinkle each with bacon and parsley leaves. Serve hot.

Recipe modified and adapted from Food Network Brunch Recipes.

Tips for Success

- Wear comfortable shoes and clothing you can move in or keep a pair of sneakers at your desk.
- Schedule physical activity breaks and reminders on your work calendar — and treat them like any other important appointment.
- Ask a coworker to be your “work out at work” partner. Remind and support each other to move more throughout the day. You’ll help keep each other accountable and motivated!

Power Up!

While you’re at it, add some intensity for even more health benefits. That means move faster or longer or with more effort so your body has to work a little harder.

Get more tips and motivation at heart.org/movemore

ACTIVITIES FOR A HEALTHY SPRING

Now that we are past the spring equinox and the days are longer, take advantage of warmer weather and go outdoors! Invite a friend or your kids to join you in some of the activities below:

- Take a hike
- Fly a kite
- Lie in a hammock
- Plant something green
- Visit a neighborhood park
- Create your own family scavenger hunt
- Walk the dog (or a friend's dog)
- Visit the local farmers market

Lisa Perry
Senior National Advisor
Healthier Generation