



American
Heart
Association.

JANUARY

PLANNING YOUR NEW YEAR'S RESOLUTIONS?

Polls show that while 41% of Americans make resolutions, only 9% feel they were successful.¹ Start the New Year right by building yourself up. Acknowledge everything you can be proud of and what you've already accomplished. Take time to appreciate the people who helped you get here.

Practicing gratitude can help set you on a path of success in creating real, lasting health changes. When you have a positive attitude and outlook, you'll be way more primed for overcoming challenges later on as you make changes throughout the upcoming year.

**SO, DITCH THE RESOLUTIONS AND
JOIN US FOR 21 DAYS OF GRATITUDE.**



Greek Frittata with Spinach Goat Cheese and Roasted Red Bell Peppers

INGREDIENTS

Serves 6 (1 wedge per serving)

- Cooking spray
- 4 large eggs
- 4 large egg whites
- 1/3 cup low-fat milk
- 1/2 teaspoon dried oregano (crumbled)
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 10 ounces frozen chopped spinach, thawed, drained, and squeezed until very dry
- 1/2 cup bottled roasted red bell peppers, drained, patted dry, and chopped
- 3 ounces soft goat cheese, crumbled
- 2 small thinly sliced green onions

DIRECTIONS

1. Lightly spray the slow cooker with cooking spray.
2. In a large bowl, whisk together the eggs, egg whites, milk, oregano, salt, and pepper. Stir in the remaining ingredients. Pour into the slow cooker.
3. Cook, covered, on low for 2 1/2 to 3 hours, or until set (the frittata doesn't jiggle when the slow cooker is gently shaken). Using a wide spatula, gently lift the frittata out of the slow cooker. Transfer to a cutting board. Let stand for 5 minutes before slicing.

Cooking Tip: Don't be alarmed by the liquid in the slow cooker when the frittata is done—and don't drain it off. By letting it stand, you give the liquid time to absorb into the frittata, preserving its moisture and flavor.

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Nutritional Facts

Calories	121	Cholesterol	131 mg
Total Fat	6.5 g	Sodium	286 mg
Saturated Fat	3.0 g	Total Carbohydrate	4 g
Trans Fat	0.0 g	Dietary Fiber	2 g
Polyunsaturated Fat	1.0 g	Sugars	11 g
Monounsaturated Fat	2.0 g	Protein	11 g

Dietary Exchanges: 2 lean meat