

NUTRITION CORNER

February is American Heart Health Month

The best gift anyone could give for Valentine's Day is the gift of heart health.

Along with Valentine's Day, February is also American Heart Month, a good time to commit to a healthy lifestyle and make small changes that can result in a lifetime of heart health.

A heart healthy diet and lifestyle is your best weapon in the fight against heart disease. An overall healthy dietary meal plan focuses on:

- variety of fruits and vegetables
- skinless poultry and fish
- whole grains
- low fat dairy products
- nuts and legumes
- non- tropical vegetable oils

Healthy eating begins with choosing healthy foods and creating nutritious meals.

Broccoli and Cheese Egg White Scramble on Whole-wheat English Muffin

Ingredients:

- 1 ½ cup chopped broccoli (fresh or frozen thawed)
- 8 extra large eggs or 1 ¼ cup egg white substitute
- ¼ cup shredded, fat free cheddar cheese
- 2 whole wheat English muffins split and toasted
- ¼ cup water
- ½ cup skim milk
- ¼ teaspoon black pepper

Directions:

Cook broccoli until heated, add the other ingredients and heat thoroughly.
Serve on toasted whole wheat English muffins

Nutritionals: 4 servings

- 139 calories
 - 338 mg Sodium
 - 0.1gm Saturated Fat
 - 1.9 mg Cholesterol
 - 15.3gm Protein
 - 18 gm Total Carbohydrate
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