

HEALTHY ACTS OF KINDNESS
NUTRITION SEGMENT DECEMBER 17, 2007
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In addition to being one of Santa's elves this Holiday, become the healthy messenger in your family. We all need healthy reminders every day to help us navigate through this world of unhealthy reminders.

Base your gifts around those things that keep us healthy - healthy food, meals, exercise, and ways to de-stress. Designate part of this week to perform a healthy act of kindness by using the ideas below:

- *Fancy, Dancy Health Basket:* Fill a re-usable canvas bag with a posh bottle of extra virgin olive oil, dark chocolate with more than 60% cocoa, unsalted almonds and a variety of teas.
- *Cooking Tools:* Pack the ingredients for your favorite heart healthy recipe in a new saute pan or cooking pot.
- *Table Decor with Health Appeal:* Find a nice salad bowl with tongs to promote eating more greens.
- *Exercise:* Give a lift ticket for a free day of skiing or Nordic pass for a day or season of cross-country skiing, or a sled or a friendly invitation for a brisk walk in the foothills.
- *Become the Cook:* Since breakfast is the most important meal of the day, volunteer to cook Holiday breakfast for the family. Use the recipe below:

Holiday Egg Bake

Ingredients:

6 cups frozen hash browns with green pepper and onion (brand with no added oils)
1 cup reduced-fat shredded cheddar cheese
4 oz Canadian bacon or turkey sausage, sliced or cut into chunks
4 whole eggs
8 egg whites
1/4 cup skim milk
1/4 cup Dijon mustard
1/2 t thyme
fresh ground pepper to taste

Directions:

- 1) Spray a 9" x 13" baking dish and pre-heat oven to 375.
- 2) Place the frozen hashbrowns in the bottom of the baking dish.
- 3) Layer the meat and cheese over the hashbrowns.
- 4) In a small bowl, whip the eggs, milk, mustard, and thyme lightly with a fork. Pour over the hashbrown mixture.
- 5) Sprinkle the casserole with pepper. Place in oven uncovered and bake for 45 minutes (8 servings).

Nutrition information for 1 cup: 185 calories, 5 g fat, 2 g saturated fat, 19 g carbohydrates, 2 g fiber, 15 g protein, 460 mg sodium, 117 mg cholesterol.