

JANUARY

Happy New Year! For many folks, the change to a new calendar means it's time to plan a **resolution** or two. Remember, be realistic, tell others about your resolution (and ask them to help hold you **accountable**), and keep a record of your **progress**. Oh, and don't forget to celebrate your **successes**, too! Those simple steps—plus the tips in this month's newsletter—will help you succeed.

Clear Your Mind With Activity

Mindfulness doesn't always mean stillness – practicing yoga can add calm reflection into your life while challenging your body.

- Yoga is an ancient practice that combines specific postures and movements with mental focus, breathing and meditation or relaxation.

Visit <https://healthyforgood.heart.org/be-well> to learn more.



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Make One Change for the Better

Move More for whole body health. Get started! Just add moderate activity 10 minutes, 2+ times a day, and aim for 150 minutes each week.

Learn more at heart.org/movemore.

Baked Mozzarella Cheese Bites with Easy Marinara Sauce

Serves 6: 4 bites per serving

Ingredients

Marinara Sauce

- 1½ cups coarse-grain, no-salt-added, no-sodium, strained tomatoes OR
- 1½ cups low-sodium, jarred, crushed tomatoes
- 2½ tsp. salt-free Italian seasoning
- ¼ tsp. ground black pepper

Mozzarella Bites

- 2½ tbsp. cornstarch
- 1½ cups whole-wheat panko (Japanese-style bread crumbs)
- 2 large egg whites
- 2 tbsp. water
- ¼ tsp. freshly ground black pepper
- 6 (1-oz.) sticks fat-free mozzarella string cheese (each one cut into 4 pieces)

Directions

For Marinara Sauce

1. Add all the ingredients into a medium heavy-duty pot and stir together to combine.
2. Warm over medium-high heat, stirring occasionally, until marinara is warm, around 5 minutes. Cover and keep on low to keep warm until serving.

For Mozzarella Bites

1. Preheat the oven to 425°F. Prepare a baking sheet by lining with foil and coating with nonstick cooking spray.
2. Add the cornstarch and panko breadcrumbs separately into their own large zip-top bags. In a shallow dish, whisk together egg whites, water, and pepper. Remove each string cheese from its plastic, and cut each one into 4 pieces.
3. To bread the cheese, add a handful of cheese pieces into the bag with cornstarch; shake to coat. Next, transfer the cheese pieces to the egg mixture, coating each one entirely. Last, transfer the cheese to the bag with breadcrumbs, shaking until each cheese piece is fully coated. Place on prepared baking sheet. Repeat until all the pieces are coated.
4. Cook in the oven just until the cheese begins to melt and ooze out, about 5 to 6 minutes.
5. Serve mozzarella bites with marinara sauce to dip.



Nutrition Analysis (per serving)

Calories	104
Total Fat	0.0 g
Saturated Fat	0.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	0.0 g
Monounsaturated Fat	0.0 g
Cholesterol	5 mg
Sodium	240 mg
Carbohydrates	14 g
Fiber	1 g
Sugars	3 g
Protein	11 g
Dietary Exchanges: 1 starch, 1 lean meat	

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