

## Healthy Living, Healthy Eating

In the previous newsletters, we discussed the importance, as well as the benefits, of exercise. Healthy eating is also vital in improving your quality of life. Some of the benefits include:

1. Lowering your risk of illness like heart disease and diabetes.
2. Meeting your daily nutritional needs.
3. Increasing energy levels and decreasing daily stress.
4. Sleeping better and feeling more rested and ready to start your day.
5. Assisting in the ability to lose weight easier - and keep it off.

Combine your healthy eating with an exercise program and you will be amazed at how fast you will start reaping the benefits! With a healthy diet that you maintain for life, you will feel better and be able to maintain a healthy body weight for the long term.

Below is a healthy yet yummy recipe to kick off your new and improved life:

### Spinach Lasagna for Two

3 uncooked lasagna noodles, preferably whole-wheat

5 oz. frozen chopped spinach leaves, thawed and squeezed dry

¾ c. jarred spaghetti sauce

2 tsp. dried basil leaves

2/3 c. low-fat cottage cheese

1 ½ oz. mozzarella cheese, shredded

2 tsp. grated parmesan cheese

Preheat oven to 350°F. Cook noodles according to directions on package, omitting any salt or fats. Drain noodles. Run cold water over noodles to slightly cool for easier handling. Drain on paper towels and cut in half crosswise, making 6 pieces. Place 2 noodle halves ½ inch apart from each other on bottom of 8 X 8-inch nonstick baking pan. Spread ¼ cup of spaghetti sauce evenly over noodles. Top with 1/3 cup of cottage cheese and ½ of spinach, pinched off in small pieces. Repeat layers. Place third layer of noodles on top, spoon remaining ¼ cup of sauce evenly over noodles and sprinkle mozzarella evenly over all. Bake, uncovered, 22 to 25 minutes or until cheese melts and is golden. Sprinkle with parmesan cheese and let stand 10 minutes to absorb flavors. Yield: 2 servings.

*Good Luck and Bon Appetit!!*

*This recipe is from Diabetic Cooking.*

<http://ezinearticles.com> Diabetic Cooking: June 2002

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**The health information contained herein is provided for educational purposes only and is not intended to replace discussions with a healthcare provider. Decisions regarding patient care must be made with a healthcare provider, considering the unique characteristics of the patient.**

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