

Healthy Eating

Healthy Eating Solutions From Mayo Clinic

(NAPSA)—Don't be the victim of another fad diet. Set realistic goals and shed pounds for good with The Mayo Clinic Plan, a healthy lifestyle approach to weight loss. eDiets.com®, a leading online diet, fitness, and healthy living destination, has teamed with Mayo Clinic to make The Mayo Clinic Plan available online. Now, people seeking to lose weight can reap the benefits of Mayo Clinic's expertise with a click of the mouse.

Subscribers to The Mayo Clinic Plan on eDiets.com will receive tools for success, including:

- Weight Loss Dos and Don'ts
- Editorial Content by Mayo Clinic's Medical Staff
- Weekly personalized menus with recipes
- "Print and go" shopping lists
- Dining-out tips
- Charting and results reports

The Mayo Clinic Plan rests on a foundation of fruits, vegetables, and whole grains, which eliminates the restrictions dieters detest. Log on to eDiets.com, where you'll find tasty recipes like this one to start your journey to overall better health.

Spinach Lasagna with Sun-Dried Tomato Sauce (serves 8)

Adapted from *The New Mayo Clinic Cookbook*

- 2 tablespoons plus 2 teaspoons olive oil
- 1½ tablespoons all purpose flour
- 2 cloves garlic, minced
- 1 cup plain soy milk
- 1 cup vegetable stock or chicken stock
- 2 green (spring) onions, including tender green tops, sliced



Luscious lasagna like this one can actually be good for you.

- ½ cup dry-packed sun-dried tomatoes, soaked in water to rehydrate, drained and chopped
- 10 oz fresh cremini or shiitake mushrooms, sliced
- 1 shallot, minced
- 1 tablespoon chopped flat-leaf (Italian) parsley
- ¼ teaspoon salt
- 6 cups baby spinach leaves, chopped
- 2 cups nonfat ricotta cheese
- ¾ cup grated Parmesan cheese
- 1 egg white
- 12 no-boil spinach lasagna sheets, about 7 by 3½ inches
- 1 tablespoon fresh basil, chopped

In a saucepan, heat the 2 tablespoons olive oil over medium-high heat. Whisk in the flour and cook for 1-2 minutes, stirring constantly. Add the garlic and continue to whisk until the garlic is fragrant, about 30 seconds. Whisk in the soy milk and stock all at once. Cook and stir until slightly thickened. Remove from the heat and stir in the green onions and sun-dried tomatoes. Set the sauce aside.

In a large non-stick frying pan, heat 1 teaspoon of the olive oil over medium-high heat. Add the mushrooms and shallot and sauté until lightly browned about 10 minutes. Stir in the parsley and salt. Transfer to a bowl and set aside to cool.

In the same pan, heat the remaining 1 teaspoon olive oil over medium-high heat. Add the spinach and stir quickly until the spinach is wilted but still bright green. Remove from the heat. Let cool slightly.

In a large bowl, beat together the ricotta, ½ cup of the Parmesan, and the egg white. Stir in the spinach and set aside.

Preheat the oven to 375°F. Lightly coat a 9-by-13-inch baking dish with cooking spray. Spread ½ cup of the sauce in the dish and cover with 3 sheets of pasta. Spoon half of the spinach mixture onto the pasta and spread gently. Cover with 3 more pasta sheets. Top with another ½ cup of the sauce. Spread the mushroom mixture on top and cover with another ½ cup of sauce, then another layer of pasta. Spoon in the remaining spinach filling and top with the last 3 pasta sheets. Add the remaining sauce and the remaining ¼ cup Parmesan. Cover loosely with foil and bake for 25 minutes. Remove the foil and bake until golden, about 10 minutes longer. Let stand for 10 minutes before serving. Garnish with the basil.

Nutrition Information Per Serving: Total Calories 288; Protein 17 g; Carbohydrates 39 g; Total Fat 8 g; Saturated Fat 2 g; Monounsaturated Fat 4 g; Cholesterol 6 mg; Sodium 526 mg; Fiber 4 g.

Mayo Clinic is a charitable, not-for-profit health care organization dating back to 1907. Mayo Clinic has locations in Minnesota, Florida and Arizona and is visited by more than half a million patients each year.