



American
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FEBRUARY

Even though February is the shortest month of the year, it's filled with all sorts of holidays and observances—Groundhog Day, Valentine's Day, Presidents' Day, and more. And of course February is **American Heart Month**. What a great time to make small changes that can lead to a lifetime of heart health. Read on!



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Make One Change for the Better

Too much sodium in the body can lead to high blood pressure. So now's the time to **reduce your sodium intake**. To cut back, choose packaged foods that are low in sodium; drain and rinse canned beans and vegetables; and cook without adding salt.

Did You Know?

- ✓ Heart disease is the leading cause of death for men and women—about one death every 39 seconds.
- ✓ On average, someone in the United States suffers a stroke every 40 seconds, and a stroke-related death occurs about every four minutes.
- ✓ Sixty-four percent of women who die suddenly of coronary heart disease had no prior symptoms.

Take a simple online assessment to learn more about your own cardiovascular health. Go to tools.bigbeelabs.com/aha/tools/mlc/.

National Wear Red Day, Friday, February 2, 2018.

Egg, Avocado, and Black Bean Breakfast Burrito

Serves 4; 1 burrito per serving

Ingredients

Cooking spray
1½ cups liquid egg whites
1 15.5-ounce can no-salt-added black beans, rinsed and drained
4 6-inch whole-wheat tortillas (lowest sodium available)

2 medium avocados, sliced
¼ cup hot sauce or salsa (lowest sodium available) (optional)
cut into quarters

Directions

1. Lightly spray a large skillet with cooking spray. Heat over medium heat. Pour the egg whites into the skillet, stirring constantly with a rubber spatula to scramble. Cook until the egg whites are almost set. Add the beans, stirring gently until combined and heated through.
2. Microwave the tortillas on 100% power (high) for 45 seconds. (This makes them pliable and easier to roll.) Transfer to a work surface.
3. Spread the egg white mixture in the center of each tortilla. Top with the avocados and hot sauce.
4. For each burrito, fold two sides of the tortilla toward the center. Starting from the unfolded side closest to you, roll the burrito toward the remaining unfolded side to enclose the filling. Transfer with the seam side down to plates.

Cook's Tip: For a quick grab-and-go breakfast, make the burritos the night before and wrap them in parchment paper. When you're ready to eat the burritos, microwave them on 100 percent power (high) for 2 to 3 minutes.

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