

FLOYD

# WellNow



## MINDFULLY MOTIVATED



Stress is the number one leading health risk indicator and accounts for 80% of primary care visits.



Listen to the signals your body is sending you, don't just keep pushing through.



Live intentionally, don't just complete tasks and check off boxes.

### EATWell

Eat mindfully, chew your food 10-12 times before swallowing.

### MOVEWell

Capture wasted time during your day (screen time). Use that reclaimed time to fit in 3 times for physical activity.

### LIVEWell

Take a purposeful pause at least one time a day. STOP. Inhale for a count of 4, hold for a count of 7, exhale for a count of 8.



# Slow-Cooker Vegetarian Lasagna

## INGREDIENTS

- 1 large egg
- 15 oz. part-skim ricotta cheese
- 5 oz. baby spinach, chopped
- 6-8 oz. Portobello mushroom caps or buttons, sliced
- 1 small zucchini, quartered lengthwise and thinly sliced
- 28 oz. crushed tomatoes, no salt added
- 14.5 oz. diced tomatoes, no salt added
- 3 cloves garlic, minced
- 1 tsp. Italian seasoning
- 1 tsp. onion powder
- ½ tsp. salt
- ⅓ tsp. crushed red pepper (optional)
- Cooking spray
- 8-10 whole grain lasagna noodles, uncooked
- 1 ½ cups shredded part-skim mozzarella, divided

## PREPARATION

1. Combine egg, ricotta, spinach, mushrooms and zucchini in a large bowl.
2. Combine crushed and diced tomatoes and their juice, garlic, Italian seasoning, onion powder, salt, and crushed red pepper (if using) in a medium bowl.
3. Generously coat a 6-quart or larger slow cooker with cooking spray. Spread 1½ cups of the tomato mixture in the slow cooker. Arrange noodles over the sauce, overlapping them slightly and breaking into pieces to cover as much of the sauce as possible. Spread half of the ricotta-vegetable mixture over the noodles and firmly pat down, then spoon on 1½ cups sauce and sprinkle with ½ cup mozzarella.
4. Repeat the layering one more time, starting with noodles. Top with a third layer of noodles. Evenly spread the remaining tomato sauce over the noodles.
5. Set aside the remaining 1/2 cup mozzarella in the refrigerator.
6. Put the lid on the slow cooker and cook on High for 3 hours or on Low for 5 hours. Turn off the slow cooker, sprinkle the reserved ½ cup of mozzarella on the lasagna, cover and let stand for 10 minutes to melt the cheese.