



Baked Mac & Cheese

Enjoy a healthy version of this comfort food made

with cottage cheese, spinach and whole-wheat pasta.

Ingredients:

- 3 tbsp. plain dry breadcrumbs
- 1 tsp. extra-virgin olive oil
- 1/4 tsp. paprika
- 1 16-oz. or 10-oz. package frozen spinach, thawed
- 1 3/4 cups low-fat milk, divided
- 3 tbsp. all-purpose flour
- 2 cups shredded extra-sharp, low-fat Cheddar cheese
- 1 cup low-fat cottage cheese
- 1/8 tsp. ground nutmeg
- 1/4 tsp. salt
- Freshly ground pepper, to taste
- 8 oz. whole-wheat elbow macaroni or penne

Directions:

Boil water in large pan. Preheat oven to 450°F. Coat an 8-inch-square (2-quart) baking dish with cooking spray. Mix breadcrumbs, oil and paprika in a small bowl. Place spinach in a fine-mesh strainer and press out excess moisture. Heat 1 1/2 cups milk in a large heavy saucepan over medium-high heat until steaming. Whisk remaining 1/4 cup milk and flour in a small bowl until smooth; add to the hot milk and cook, whisking constantly, until the sauce simmers and thickens, 2 to 3 minutes. Remove from heat

FitCity Focus: Whole Foods Market

Shopping at Whole Foods Jan. 13 Benefits FitCity



FitCity is excited to be selected as one of four Whole Foods Market's Community Support Day recipients in 2010. Perfect timing too! If one of your New Year's Resolutions is to eat healthier, you can do your grocery shopping at [Whole Foods Market](#) on Wednesday, Jan. 13 and 5% of the day's net sales will be donated to FitCity.

"This partnership is a natural fit for us," said Sarah Smith, community relations and marketing specialist, Whole Foods Market. "FitCity and Whole Foods Market have similar missions and a shared interest in helping Hoosiers eat healthier,"

Visit one of the two Whole Foods Market locations between 8 a.m. - 10 p.m. on Jan. 13 to benefit FitCity.

- 1300 E. 86th St., Indianapolis
- 14598 Clay Terrace Blvd., Carmel

Meet the FitCity Moms

One of more of the FitCity Moms will be on-hand from 11 a.m. - 1 p.m. and again from 5 - 7 p.m. at both stores to hand out healthy snacks and share helpful tips with shoppers. Be sure to take our short quiz to find out if you are a FitCity Mom (or dad).

For more information visit www.fitcityindy.org or www.wholefoodsmarket.com.

Food for Thought

Did you know? The [Indiana Humanities Council](#) is planning a two-year program devoted to a topic Hoosiers know well - food. Featuring programs focused on issues ranging from local to global and slow food to fast food,

"Food for Thought" will address issues of hunger, nutrition, food production, obesity, food security and safety.

Program highlights include:



and stir in Cheddar until melted. Stir in cottage cheese, nutmeg, salt and pepper.

Cook pasta for 4 minutes, or until not quite tender. (It continues to cook during baking.) Drain and add to the cheese sauce; mix well. Spread half the pasta mixture in the prepared baking dish. Spoon the spinach on top. Top with the remaining pasta; sprinkle with the breadcrumb mixture. Bake the casserole until bubbly and golden, 25 to 30 minutes.

Rate this Recipe: FitCity invites you to [submit your review](#) of this recipe - or choose from one of the nearly 100 tasty, healthy - and easy - recipes in our FitCity [Recipe Archive](#).

FitCity Mom Starts 12-Week Challenge

Amy Magan, 39-year-old mother of three, was one of four Central



Indiana women selected to participate in the Go Red BetterU Heart Healthy Makeover Challenge *presented by St. Vincent Heart Center of Indiana*. Follow her success and see how she works to accomplish her goal of losing 78 pounds. [Go Red makeover Challenge blog](#).

Eat. Log. Lose.

If 2010 is your year to change your eating habits, try writing down what you eat. A food log helps you see how often you eat, what kinds of food you eat every day, and where you can improve your choices about what you eat. FitCity wants to help by providing these easy to use [food logs](#).



Fruit of the Month: Dried Fruit

January is the month for dried fruits, according to [The Centers](#)

- a conversation with celebrity chefs Anthony Bourdain and Eric Ripert
- an exhibit that will travel the state beginning in late spring
- a partnership with Spirit & Festival for 2010
- a digital statewide calendar of events.

For more information on how you or your organization can get involved or become a program partner, visit www.indianahumanities.org. Limited funds are available to partners.

Win Health Expo Tickets with Twitter Trivia

The [Indy Health Expo](#) is coming to the Indiana State Fairgrounds Jan. 23 & 24 and FitCity is giving away tickets. Watch for daily Twitter trivia questions Jan. 7-15. The first person to correctly answer the questions from [@fitcityindy](#) will win two tickets. On Jan. 15, the trivia winner also will receive an autographed book from Dr. James Sears, celebrity pediatrician from the hit television show [The Doctors](#) and Indy Health Expo keynote speaker.

Your Questions Answered by Our Experts

Ask us your fitness and nutrition questions and we'll work to get you the answer. Questions and answers will be shared monthly in this e-newsletter and featured on our [Web site](#). Submit your questions to FitCity, comments@fitcityindy.org.

FitCity Calendar

- Fridays in Jan.: New School and Old School Line Dancing, 6:30-8:30 p.m., Washington Park, 3130 E. 30th St. A fun cardio workout to your favorite songs. For ages 18 and older. For more information call (317) 327-7473.
- Saturday, Jan. 23: [Bop to the Top](#), 8 a.m., OneAmerica Building. A 36-floor stairclimb, 780 steps, 500 feet straight up - all to benefit Riley Hospital for Children. For more information visit www.tuxbro.com.
- Tuesday, Jan. 26/Wednesday, Jan. 27: [The 32nd Annual Bricks to Bricks Training Program](#), sponsored by St. Francis, kicks off in Jan. and runs through May. This training program prepares participants for the OneAmerica 500 Festival Mini-Marathon. Visit www.kenlongassoc.com for locations and times.
- Sunday, Jan. 31: [JCC Indoor Triathlon](#), 8 a.m. - noon, Arthur M. Glick JCC, 6701 Hoover Rd. A 20 minute swim, 20 minute bike and 20 minute run. For more information call (317) 251-9467.

For more events and FitCity resources visit www.fitcityindy.org or call 2-1-1.

FitCity is a community-wide childhood obesity fighting campaign of [Learning Well, Inc.](#), with support from [The Health Foundation of Greater Indianapolis](#), the [City of Indianapolis](#), [United Way of Central Indiana](#), [Marion County Health Department](#) and [Connect2Help 2-1-1](#).

[for Disease Control](#). Dried fruits and vegetables are high in fiber and carbohydrates and low in fat. However, they tend to have more calories, so the recommended serving size is half that of fresh fruits and vegetables.

Make a healthy move and share the FitCity News!

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429 East Vermont Street Indianapolis, IN 46202 USA



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