



Week 9 Participant Manual:
Handling Summer Stressors



Week 9 Contents

- Recipes that can be Made Ahead of Time
- The Three Part Breath

Journaling

- What do you currently feel are some of the biggest stressors in your life? What is in your control and what you can do to manage these situations?
- What is a hobby that you enjoy that you have not practiced for quite some time? How can you reorganize your schedule to make this hobby fit into your life?



Recipes that can be Made Ahead of Time

Make Ahead French Toast

You'll Need

- 12 eggs
- 2 cups milk
- 1 teaspoon lemon rind
- 1 teaspoon sugar
- 1 teaspoon vanilla
- ½ teaspoon salt
- ¼ teaspoon cinnamon
- 8 slices of bread, cut on the diagonal

Directions

- Grease 9 x 13" shallow baking dish; set aside.
- In large bowl, beat together all ingredients except bread.
- Arrange bread slices in baking dish so they overlap.
- Pour egg mixture over the bread.
- Cover; refrigerate overnight.
- When ready to serve, preheat oven to 350 degrees.
- Bake for 30 to 35 minutes, until golden and fluffy.
- Serve with syrup, whipped cream or fruit preserves.



Crackers

You'll Need

- 2 ½ cups flour
- 3 teaspoon dried herbs/seasonings*
- 1 teaspoon salt
- 4 Tablespoons olive oil
- ¾ cup cold water
- Coarse salt for sprinkling on top

*Suggestions: Cracked pepper, oregano, parmesan, basil, rosemary, cumin, cayenne, garlic, and onion powder, sesame seeds. Make a mixture if you would like.

Directions

- Preheat oven to 400 F.
- Mix dry ingredients together in a medium bowl being sure to get everything well blended.
- Add the oil and half of the water and begin mixing.
- Add more water as necessary to form a rough and dry dough.
- Turn dough out onto a lightly floured surface and knead just until it comes together into a cohesive ball.
- Divide dough into even quarters. On a piece of parchment paper, roll dough as thin as possible until it's nearly the size of a baking sheet. Cut the dough into squares or other desired shape and use a fork to prick each square two or three times. Sprinkle with course sea salt.
- Bake for 12 to 15 minutes, or until golden brown, turning the sheet once half way through. While the first batch is baking, roll out another quarter of dough. Let baked crackers cool before breaking apart.
- Store in an airtight container or a zip lock bag.

Play with Your Food

Switch up the herbs you use and try various combinations.



The Last Lasagna

For the Sauce You'll Need

- 1 pound spicy Italian sausage
- 1 onion, chopped
- 4 garlic cloves, minced
- 1 large can whole tomatoes (approximately 28 ounces)
- 1 medium can tomato sauce (approximately 15 ounces)
- Salt and pepper to taste
- 1 to 2 bay leaves
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 pinch cayenne
- ½ cup red wine

For the Ricotta Cheese Mix You'll Need

- 1, 16-ounce container of ricotta cheese
- 1 large egg
- ¼ cup Parmesan cheese, grated
- Salt and pepper to taste
- 1 teaspoon dried oregano
- 12 lasagna noodles
- 1 pound whole milk Mozzarella cheese, grated

Directions

Preheat the Oven to 350F

- Place the pasta on the bottom layer.
- Spread a third of the ricotta mix onto the pasta. Spread a third of the sauce on the ricotta mix.
- Sprinkle a third of the mozzarella onto the sauce.
- Repeat the process for the remaining ingredients.

Tips

- This meal is perfect with salad, fresh bread, and some red wine – the whole package. You'll notice that this ends up being a lot of food. So it's a great example of a meal that needs small portions. Serve yourself on smaller plates to help with the amount you initially serve yourself.
- This lasagna can be prepared ahead of time and can be frozen into individual portions so that you can have a quickly prepared dinner or lunch when needed.

Continued on next page



Make the Sauce

- In a large frying pan, cook the Italian sausage over medium heat with the chopped onions and minced garlic.
- After it's browned, add the whole tomatoes and tomato sauce right into the frying pan. Cut up the whole tomatoes into bite sized pieces. Add the bay leaves, oregano, basil, and cayenne. Throw in a half-cup of red wine. Simmer for at least 10 minutes. Taste and adjust seasonings.
- When you think you've got it, let it sit and simmer on low heat for a while, because it only gets better as it cooks.
- While the sauce is bubbling its way into its various stages of perfection, continue below.

Make the Ricotta Mix

- In a large bowl, mix the ricotta, egg, Parmesan, salt, pepper, and oregano.

Prepare Noodles

- Boil 12 lasagna noodles in a pan of salty water and a splash of olive oil.

In a Standard Lasagna Pan

- Place the pasta on the bottom layer.
- Spread a third of the ricotta mix onto the pasta. Spread a third of the sauce on the ricotta mix.
- Sprinkle a third of the mozzarella onto the sauce.
- Repeat the process for the remaining ingredients.

Into the Oven

- Bake for 45 minutes – you'll smell it when it is getting close.
- When it's crisping a bit on the top and bubbling up on the sides pull it out.
- Allow another 30 minutes for it to cool and set.

Play with Your Food

Try using a red onion or a sweet onion.



Sundried Tomato and Zucchini Frittata

You'll Need

- 2 Tablespoons olive oil
- 1 small yellow onion, finely chopped
- 1 clove garlic, crushed
- 3 sundried tomatoes, finely chopped
- 1 medium zucchini, chopped
- 6 eggs
- 1/8 teaspoon black pepper
- 1/2 teaspoon salt
- 1/4 teaspoon dried basil
- 1/4 teaspoon dried oregano
- 1/3 cup grated Parmesan cheese

Tips

- You can easily double this recipe and then bake it in a 9x13 baking dish.
- Try also baking the frittata in muffin tins and provide people with individual servings.

Directions

- Preheat oven to 350.
- In a frying pan, heat the oil over medium heat.
- Add onion, garlic, and zucchini; cook, stirring occasionally, until vegetables are soft (about 5 minutes).
- Remove from heat and mix in sundried tomatoes and let cool slightly.
- In a bowl, beat eggs lightly with, salt, pepper, basil, and oregano.
- Stir in cheese and vegetables.
- Pour into a greased 9-inch pie pan.
- Bake for 25 to 30 minutes or until puffed and brown.
- Serve hot or at room temperature.

Play with Your Food

- These vegetables are just suggestions to use. Alter the use of vegetables based upon what is available to you and what's in season. For example try broccoli or spinach.
- Substitute with fresh herbs when you can.
- Switch up or leave out the cheese.



The Three Part Breath

- If possible dim or shut off the lights.
- Set an alarm for the amount of time you will be able to do the breathing practice.

Preparing for the Breathing Practice

- Sit comfortably, in a chair, feet resting on the ground and relaxing the shoulders (letting them drop).
- Close your eyes and focus on the breath.
- Focus on only breathing in and out of the nose.
- The breath should be broken up into three parts:
 - On the inhale fill the belly with air, then fill the chest, then fill the throat.
 - On the exhale empty the air from the throat, then the chest, and then the belly.
 - Continue to repeat the three part breath developing a rhythm.
- You may want to initially place your hands on your belly to feel the proper breathing technique (the filling of the belly with the inhale and then the belly contracting on the exhale).

Active Breathing Practice (Refer to picture below)

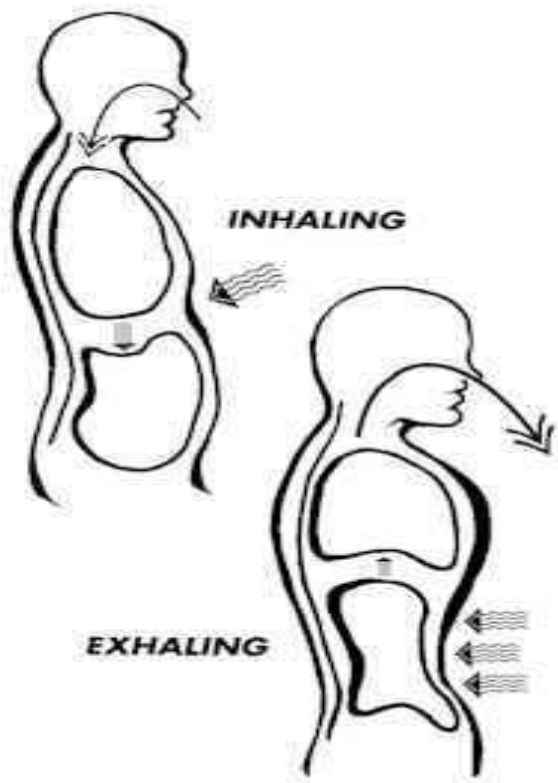
- When you inhale visualize your stomach filling with air like a balloon.
- When you exhale squeeze all the air out of your stomach (emptying the balloon).
- Remember to only breathe in and out through your nose.
- Breathe in belly goes out.
- Breathe out belly button moves back towards the spine.
- Breathe in fill the belly with air.
- Breathe out empty the air from the belly.
- Remind yourself silently:
 - Inhale, fill the belly, then the chest, then the throat.
 - Exhale from the throat, then the chest, then the belly.
 - Inhale belly goes out.
 - Exhale belly moves in.



- Once the alarm sounds allow yourself just a minute or so to adjust to having your eyes open and then turn on the lights.

Note: If you do not have the option of practicing this in a place where you can shut your eyes try to do it in the car on the way to work or on the bus. Still focus on practicing the technique. Even if you can only do this for 3 to 5 minutes a day, you will notice helpful results. Soon you will be breathing like this on a consistent basis without having to consciously think about it.

But when you can create a break in the day and close your eyes and sit silently, do it! It will do wonders for your health.



Picture Ref. <http://www.think-aboutit.com/health/Thinkyouknowhowtobreathe.htm>