

“Thanks, Mom”

By Sharon Lee Riguzzi

As has happened so many times in my life, a call from my mother turned things around for me a few years ago. Mom casually mentioned during one of our daily phone conversations that she had come across her list of goals for the year 1999. She proceeded to read from this list of about ten, and as she did, I was saying “bravo!” after each item. We talked about how terrific it was that she could give each one a big checkmark and exclaim “ta-day!” (This is just our way of doing a high-five on the phone.)

So let me list my learnings that my wonderful mother taught me:
Her list was written down; mine was in my head.
I used to write mine down but
got too discouraged when I’d look back and see that I once again had failed to do what I set out to do. So, evasive lists have become the rule. I may not remember everything that I wanted to accomplish, but, hey, how upset can I get when I’m dealing with the intangible?

Her list was a mix of some toughies and some “hey, I can accomplish that if I put my mind to it” goals. Her list did not contain one “if I have enough time, then I’ll...”
The number of items on her list was not overwhelming.
She was able to locate her list so she could do some reflection.
Her list was from 1999! What, you may ask, makes this a good thing?
So many of us are guilty of giving up when we see we haven’t accomplished what we set out to do. Fact: some of the items on Mom’s list she hadn’t been able to check off right away.
Instead of giving up, she continued.
If she hadn’t, she wouldn’t have been able to give a final “ta-dah!”
Now who would like to join me?

I am making my list.
I am writing it down.
I am putting on it a mix of goals so that it won’t seem overwhelming.
I am limiting the list to approximately ten (some people like to-do lists of one hundred – I’m starting small, but feel free to do what works for you).

I will put this list in a safe place. Uh-oh, those words scare my kids, since I am always looking for things that I put in a safe place. Let me rephrase that. I will put a copy of my lists of goals for the year in a variety of places (in my date book, by my office desk, on my car

visor, and so on) so I can refer to it before next year.

I will continually use mental rehearsing and motivating strategy to help egg me on.

I will use empowering beliefs on a daily basis. (If you don't believe you can do it, you won't succeed

If I were really brave, I would share my list with you now.

Once again, "Thanks, Mom! It is amazing to me

how you never stop teaching me things by example. One of my perennial goals is that I have as much of an impact on my children as you have had on yours." (Obviously that isn't one that you can check off and say you're done!)

Asparagus, Bacon and Cheese Strata

PointsPlus Value 5

Prep time: 15 min

Cook time: 20 min

Serves: 6

Stratas make an excellent breakfast or brunch, and they give you the perfect opportunity to use up leftover vegetables, lean meats and day-old bread.

Ingredients

2 tsp olive oil, or vegetable oil
4 slice(s) uncooked turkey bacon, diced
1/2 cup(s) uncooked onion(s), diced
2 cup(s) uncooked asparagus, fresh, or frozen and thawed, cut into 1-inch pieces
1 spray(s) cooking spray
6 slice(s) reduced-calorie whole wheat bread
4 large egg(s)
5 large egg white(s)
3/4 cup(s) fat free skim milk
2 tsp Dijon mustard
1/2 tsp table salt
1/4 tsp black pepper, freshly ground
2 Tbsp grated Parmesan cheese, divided
1 cup(s) low fat shredded cheddar cheese,
about 4 oz

Instructions

- Heat oil in a large ovenproof skillet over medium heat. Add bacon and cook stirring, until golden brown, about 4 minutes.
- Add onion and asparagus; sauté until vegetable are soft, about 3 to 5 minutes. Remove vegetable from pan and set aside.
- Preheat broiler.
- Off heat, coat same skillet with cooking spray. Arrange bread slices tightly in bottom of skillet.
- In a large bowl, whisk together eggs, egg whites, milk, mustard, salt and pepper; pour over bread and allow milk mixture to soak in entirely (like when you make French toast).
- Sprinkle bread with 1 tablespoon of Parmesan cheese.
- Place skillet over medium to medium-high heat. Cook, shaking pan frequently to promote even cooking, until almost cooked through to the top, about 4 or 5 minutes.
- Place skillet under broiler to set eggs, about 2 minutes. Remove skillet from broiler; top with bacon-vegetable mixture, cheddar cheese and remaining tablespoon of Parmesan

cheese. Place skillet under broiler again until cheese melts, about 1 to 2 minutes. Slice into 6 pieces and serve. Yields 1 piece per serving.

Notes

- If you don't have an oven-proof skillet, cover the handle with aluminum foil before broiling.