

A New Taste For Great Nutrition

(NAPSA)—With healthier eating on many Americans' minds, it might surprise people to find out the foods they love, such as beef, are good for them too! Nutrient-rich lean beef is a complete recipe for better health: 29 lean cuts, essential vitamins and minerals and great taste. To help people prepare lean beef they'll love, *The Healthy Beef Cookbook* (Wiley, \$21.95) is now available in bookstores and on Web sites such as www.amazon.com and www.BeeftsWhatsForDinner.com.

The Healthy Beef Cookbook is authored by chef Richard Chamberlain and registered dietitian Betsy Hornick, who combined their culinary and nutrition expertise to bring great-tasting lean beef to the table.

The cookbook is a collection of more than 130 lean beef recipes, nutrition tips and culinary techniques. The delicious recipes are satisfying for people watching their weight and contain many essential nutrients in fewer calories. In fact, nearly 75 percent have less than 400 calories per serving and more than 50 percent incorporate all food groups.

Total preparation and cooking time for the following nutrient-rich recipe is 1¼ hours and makes 6-8 servings.

Beef, Arugula and Spinach Lasagna

1½ pounds ground beef (95% lean)

2 teaspoons minced garlic

1¼ teaspoons salt, divided

¾ teaspoon pepper, divided

4 cups prepared pasta or spaghetti sauce

2 cups loosely packed fresh baby arugula

2 cups loosely packed fresh baby spinach

1 15-ounce container of fat-free ricotta cheese

2 egg whites

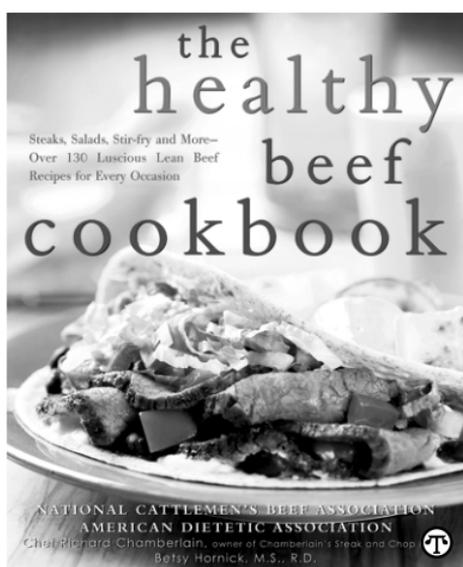
2 tablespoons chopped fresh basil

2 tablespoons chopped fresh oregano

9 uncooked oven-ready (no boil) lasagna noodles

1½ cups reduced-fat shredded mozzarella cheese

1. Heat oven to 375° F. Brown ground beef with garlic in large nonstick skillet over



medium heat 8 to 10 minutes or until beef is no longer pink, breaking into ¾-inch crumbles. Pour off drippings; season with ¾ teaspoon salt and ½ teaspoon pepper. Stir in pasta sauce. Set aside.

2. Combine arugula and spinach. Set aside. Combine ricotta cheese, egg whites, basil, oregano, remaining ½ teaspoon salt and ¼ teaspoon pepper in small bowl.

3. Spread 1 cup meat sauce over bottom of 11¾ x 7½-inch glass baking dish. Top with 3 noodles, ½ ricotta mixture, ½ spinach mixture, ½ cup mozzarella and 1½ cups meat sauce. Repeat layers. Top with remaining 3 noodles and meat sauce.

4. Cover with aluminum foil. Bake in oven 45 to 50 minutes or until noodles are tender and sauce is bubbly. Remove foil; sprinkle with remaining ½ cup mozzarella. Bake, uncovered, 5 minutes or until cheese is melted. Let stand, loosely covered, 10 minutes before serving.

Nutrition information per serving: 520 calories; 12 g fat (5 g saturated fat; 3 g monounsaturated fat); 127 mg cholesterol; 1260 mg sodium; 49 g carbohydrate; 5.1 g fiber; 47 g protein; 8.1 mg niacin; 0.4 mg vitamin B6; 2.3 mcg vitamin B12; 6.0 mg iron; 20.3 mcg selenium; 6.1 mg zinc.

This recipe, as seen in *The Healthy Beef Cookbook*, published by John Wiley & Sons, Inc., is an excellent source of fiber, protein, niacin, vitamin B6, vitamin B12, iron, selenium and zinc.