

# Advice For Home Cooks That Makes Healthy Eating Easy

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(NAPSA)—There's been a renewed interest in cooking at home, and getting a home-cooked meal on the table night after night doesn't have to be a challenge, though even experienced cooks need a little help now and then.

People need easy-to-understand, healthy recipes that are quick to fix and that their kids will eat. The good news is that cooking at home can save money and brings the family together for dinner. It can also contribute to healthy eating.



Eating fruits and vegetables matters so much in maintaining a healthy weight and may reduce the risk of many diseases. It's easy to add more fruits and vegetables to your diet when you remember that all forms count; fresh, frozen, canned, dried and 100 percent fruit and vegetable juice.

Keeping a variety of fruits and vegetables on hand makes fixing healthy last-minute meals a breeze. Some of the items I keep on hand include bell peppers, carrots and celery, which can be added to dishes to boost their color, taste and nutrition. Another fun way to boost flavor is to squeeze fresh lime juice over meat or fish on the grill to add flavor without adding salt.

Tuna Pasta Salad with Avocado is a tasty, one-dish meal that can be prepared in minutes, even by a novice cook.

## Tuna Pasta Salad With Avocado

Preparation time: 30-60 minutes

**2 cups pasta shells**

**¼ cup bottled fat-free Italian dressing**

**¼ cup fresh basil, chopped**

**2 cloves garlic, minced**



- ¼ teaspoon red pepper flakes, crushed
- 1 6-oz. can water-packed tuna, drained and flaked
- ¾ cup diced tomato
- ½ ripe avocado, diced
- ¼ cup red onion, thinly sliced
- 2 tablespoons black olives, chopped
- 4 green leaf lettuce leaves

**In a large saucepan, cook the pasta according to the package directions. Drain, then rinse briefly under cold water. Drain. In a small bowl, combine the Italian dressing, basil, garlic and crushed red pepper. In a large bowl, combine the pasta, tuna, tomato, avocado, red onion and olives. Add the dressing and toss until evenly coated. Line plates with the lettuce leaves and spoon the salad on top.**

*Serves: 4, ½ cup of vegetables per serving*

*Nutrition Information per Serving: calories: 295, total fat: 6.4g, saturated fat: 1.1g, % calories from fat: 19%, % calories from saturated fat: 3%, protein: 18g, carbohydrates: 41g, cholesterol: 18mg, dietary fiber: 5g, sodium: 363mg*

You will find several healthful, easy-to-prepare recipes online at [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org). There is even an entire section of recipes that can be made in 30 minutes or less. You'll also find a healthy meal-planning guide with advice on making a weekly menu and shopping list.