

Healthy Eating Simplified

(NAPSA)—When it comes to food and nutrition, it's understandable to be confused about what's really good for you. If you're like millions of others who feel that way, "The Truly Healthy Family Cookbook" is for you.

In her new book, Tina Ruggiero, M.S., R.D., delivers mega-nutritious recipes that focus on tasty, fresh ingredients, simple preparation and proven nutrition. The book is about real food with big benefits; it's a must-have in every kitchen.



Tasty, fresh, real food and proven nutrition are in a new cookbook.

Confetti Farfalle

4 servings

30 minutes

- 1/3 c. finely chopped shallots**
- 2 tsp. grainy Dijon mustard**
- 1 Tbsp. red wine vinegar**
- 3 Tbsp. extra-virgin olive oil**
- 2 ears corn or 1 cup/5 oz. fresh corn kernels**
- 4 oz. cooked whole wheat farfalle**
- 1 c. shelled edamame**
- 3/4 c. finely diced red pepper**
- 1/4 tightly packed c. basil leaves, roughly chopped**

In a bowl, whisk shallots, mustard, vinegar and olive oil. Set aside. Place ears of corn in a pot of salted boiling water. Cook for 3 minutes. Drain and cool. Using a chef's knife, strip the kernels from the ears of corn. Place in bowl with the farfalle, edamame, red pepper and basil. Toss ingredients together with 1/4 cup of the reserved vinaigrette.