

Healthful Eating



Keeping Your Health In Check Starts With Lunch

(NAPSA)—Taking control of your midday meal can benefit both your health and your wallet. One of the easiest ways to reach your wellness goals is by taking charge of your lunch with simple, flavorful ingredients you can stock in your pantry or desk drawer.

When you just have a few minutes for lunch, Minute® Ready to Serve Rice can be a wholesome solution. In just 60 seconds and with nothing to add, you have delicious, fully cooked rice. Plus, there are a variety of options to change up your midday meal or on-the-go snack. Packaged in individual, single-serve cups, the rice makes portion control simple, too. With whole-grain options such as Brown Rice, Multi-Grain Medley, and Brown & Wild Rice and flavors including Black Beans & Rice and Fried Rice Mix, you can revamp last night's leftovers, jazz up a boring salad or turn your favorite ingredients into a tasty and filling wrap.

Packing your lunch doesn't have to be drab or time consuming when you plan ahead and use common ingredients from your fridge or pantry. Try this delicious, satisfying Provençal Rice Salad recipe and challenge yourself to create other healthful lunch options a few days a week.

Provençal Rice Salad

1 container Minute® Ready to Serve—any whole grain variety such as Multi-Grain Medley, Brown &



If you're looking for a quick and easy way to take charge of your health, try packing your lunch. By stocking up on key pantry staples and fresh fruits and vegetables, you can have healthful options all week long.

Wild Rice, or Whole Grain Brown Rice

- 1 can (6 ounces) canned tuna, drained**
- 4 cherry tomatoes, halved**
- 4 black olives, sliced**
- 2 tablespoons red wine vinaigrette**
- 1 cup salad greens**

Prepare rice according to package directions. In a medium bowl, combine rice, tuna, tomatoes, olives and vinaigrette; mix well. Serve over greens and/or with pita chips.

Serves: 2 (about 1 cup each)

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