

Healthy Eating



Kitchen Must-Haves Make For Healthier Eating

(NAPS)—Cooking healthier meals does not have to be difficult or time consuming.

The first step is to stock your kitchen with equipment that promotes healthier eating—products that are versatile and easy to use.

For example, must-haves for the healthier kitchen are T-fal's Non-Stick Cookware Sets and its ActiFry Low-Fat Multi-Cooker.

T-fal's patented Thermo-Spot technology alerts users when the pan reaches the preheated temperature so you can achieve the perfect sear, and keeps dishes healthier as they're not sitting in oil. As an added bonus, these pans provide fast and easy cleanup with nonstick and dishwasher-safe interior and exterior coating.

T-fal ActiFry creates healthier versions of the foods we all love, ranging from vegetables, seafood, meats, french fries and even desserts. Through its unique patented hot-air circulation technology and stirring paddle, dishes are healthier due to little to no oil required. Simply put in the ingredients, turn on the machine and let it go. When it's time to clean up, simply put the cooking surface and lid in the dishwasher.

Chef Danny Boome, correspondent on ABC's "The Chew" and also "Rescue Chef," on The Food Network, offers the below recipe that can be prepared in the ActiFry or skillet:

Healthy Side Veggies

Total Time: 11 min; Prep: 6 min;



The Multi-Cooker can create low-fat versions of the foods we love with little to no oil.

*Cook: 6 min; Yield: 4 servings;
Level: Easy*

Ingredients:

- 1 shallot, thinly sliced
- 1 pound asparagus, thinly sliced on a bias
- 1 large leek, thinly sliced
- ½ pound fava beans
- ½ tablespoon unsalted butter (for ActiFry: ½ Tbsp. olive oil)
- Coarse salt and freshly ground black pepper

Directions:

In a large skillet or ActiFry, melt butter over medium-high heat. Add the shallot and cook for 1 minute, then add the asparagus, leeks and fava beans. Cook for 6 minutes and season with a little salt and pepper. Serve warm.

For more information, visit www.t-falusa.com and www.t-falactifry.com.