

Healthful Eating

Sealing The Deal On A Healthy Meal

(NAPSA)—With a little planning—and help from a new kitchen tool—you can cook quickly, eat healthily and save on groceries.

The trick is to pick a good recipe, buy in bulk, prepare in advance, divide it into meal-size portions and then vacuum seal it with a vacuum-sealing tool such as Vacu-Seal by PackMate.

The new, small, handheld, cordless vacuum sealer comes with its own reusable, dishwasher-safe, microwavable plastic bags. The device sucks air out of the bag, creating a tighter vacuum than other sealers, similar to the way commercial food processors work.

Vacuum-sealed food lasts five times longer than with other storage methods. The meal packets keep for months in the freezer without freezer burn.

“Having meals ready to cook and the right portion size makes a big difference in sticking to a healthy meal plan,” says chef Vanessa Yeung, co-owner of Aphrodite Cooks. “You’ll be less likely to stop for takeout if there’s something tasty waiting at home.”

You can use herbs and spices or nonfat salad dressing to marinate and the vacuum-sealing process locks in the flavor without oil or fat. The airtight bags prevent food odors from escaping.

Here’s a tasty, healthy and inexpensive recipe to make and freeze. You don’t have to roast the whole loin at once; you can quick broil or sauté it in slices for a speedy meal.

Quick Marinated Pork Loin

Pork tenderloins (buy on sale and prepare a double recipe)

1 bottle ginger diet salad



One handy tool cooks can't live without is a cordless handheld vacuum sealer that fits neatly into a kitchen drawer.

**dressing (or use whatever kind you like)
Vacu-Seal and Vacu-Seal bags**

Cut the loins into slices about 1 inch thick. Put enough slices into the bags for meal-size portions. Pour in only enough dressing to coat the meat. Seal.

Freeze bags (or store in the fridge if you will use within a few days—wait 30 minutes before cooking to marinate). Move a bag from the freezer to the fridge the night before cooking to thaw during the day. Either broil the slices quickly after heating the broiler to the correct temperature, or panfry (after pan is very hot) until sides are slightly brown.

Make enough for lunchbox sandwiches. Arrange slices of pork, low-fat cheese and thin apple slices on crusty baguette bread with mustard. Seal sandwiches to keep them fresh and tasty.

Vacu-Seal is available at Bed Bath & Beyond, Linens 'N Things and Meijer, or online at www.vacu-seal.com.