

Healthy Eating

Delicious AntioxiNUT Boosts Nutrition

(NAPSA)—It's not a nutty idea to boost your antioxidant intake by eating pecans. In fact, Georgia pecans have been called the AntioxiNUT.

"The health-promoting antioxidant power is the highest of any nut," said Carolyn O'Neil, M.S., R.D., co-author of "The Dish on Eating Healthy and Being Fabulous!"

Research shows that eating just a handful of antioxidant-rich nuts—like pecans—every day may help prevent the oxidation of fats in the blood, a process that can lead to clogged arteries.

Eating more of this tasty nut is easy. Because pecans are versatile, it's easy to use them in a variety of sweet and savory recipes. Because they are portable, they are ideal for snacking.

The recipe below is a delicious, antioxidant-rich way to start your day.

For more healthy-living recipes, visit www.antioxiNUT.org and follow the Georgia Pecan Commission on Twitter and Facebook.

Toasted Georgia Pecan-Quinoa Breakfast Bowl

Serves: 4

Prep: 15 min.

Cook: 20 min.

Ingredients:

2 cups 1% reduced-fat milk

1 cup quinoa

½ cup dried cranberries or raisins

1 tablespoon butter

½ cup chopped Georgia pecans, toasted

1 tablespoon honey (or brown sugar)



This crunchy, tasty breakfast bowl gives you a head start on your daily nutrition.

¼ teaspoon cinnamon

½ teaspoon freshly grated nutmeg

Toppings: Chopped toasted Georgia pecans, milk, honey (or brown sugar)

Directions:

Bring milk to a boil in a medium saucepan. Stir in quinoa, cranberries and butter. Cover, reduce heat and simmer 15 minutes or until quinoa is tender and liquid is absorbed. Remove from heat. Stir in ½ cup chopped toasted Georgia pecans and next three ingredients.

Spoon quinoa mixture evenly into four bowls. Top each serving with additional chopped toasted Georgia pecans, milk and honey (or brown sugar), as desired.

Nutrition Profile (without toppings): 350 calories, 14 g total fat, 3.5 g saturated fat, 15 mg cholesterol, 70 mg sodium, 48 g carbohydrates, 4 g fiber, 12 g protein.