

Get Fired Up With Great Tasting Nutrition

(NAPSA)—With the warmer weather finally here and outdoor fun on the horizon, now's the perfect time to begin a fitter lifestyle.



Ellie Krieger

To ensure a healthier you, the Canned Food Alliance (CFA) is offering nutritious and delicious new recipes along with great tips on how to live well.

“Light and delicious foods are the perfect solution for families on the go,” said Ellie Krieger, registered dietitian, lifestyle counselor and television host of “Living Better.” “Quick and nutritious dishes are an ideal way to get your troops prepared for the fun and healthy season ahead.”

When you'd rather be outside than in the kitchen, Krieger suggests trying these quick and healthy ideas:

- Start your morning off with a refreshing breakfast alternative. In a blender combine one banana, 6-7 frozen whole strawberries, canned pineapple chunks and orange juice for a delicious breakfast smoothie.

- For lunch, keep canned tuna and chicken stocked in your pantry to create easy tuna and chicken salads. Serve in a pita for a unique twist.

- For a simple entrée that really hits the spot, mix cooked penne pasta with canned chicken, canned garbanzo beans and your favorite vegetables. Toss with light Italian dressing and serve with a side salad.



Break out the grill! The Canned Food Alliance's delicious *Pan-Grilled Salmon Steaks with Warm Fruit Sauce* is a nutritious and delicious warm weather favorite. Visit www.mealtime.org for hundreds of recipes.

- To top off your meal, create tasty tropical fruit skewers with canned pineapple and Mandarin oranges. These shish kebabs will cool you off and refresh your spirits.

- While you're spending more time enjoying the outdoors, pack snacks that you can take with you. Canned nuts are a great source of protein when you're on the go.

The CFA's newest recipe, *Pan-Grilled Salmon Steaks with Warm Fruit Sauce*, is a healthy option that will really please the palate. The quick, tangy entrée is high in omega-3 fatty acids and monounsaturated fats and is a great source of protein. This recipe, along with hundreds of others, can be found on the Canned Food Alliance Web site. Visit www.mealtime.org for quick, delicious and nutritious recipes that will have your family begging for seconds.

Pan-Grilled Salmon Steaks with Warm Fruit Sauce *Courtesy of the Canned Food Alliance*

Ingredients:

- 1 can (15½ ounces) sliced peaches, drained and coarsely chopped
- 1 can (8 ounces) pineapple chunks, undrained
- 2 tablespoons sugar
- 1 tablespoon cornstarch
- 1 teaspoon grated fresh ginger
- 2 tablespoons lemon juice
- 4 salmon steaks (about 6 ounces each)
- ¼ cup sliced almonds, toasted (optional)

Preparation:

In medium saucepan, combine peaches, pineapple with juice, sugar, cornstarch and ginger; bring to a boil over medium-high heat. Cook and stir 1 minute or until mixture thickens. Stir in lemon juice; set aside. Meanwhile, grill salmon over medium-hot coals (or broil on rack of broiler pan 3 to 4 inches from heat) 7 to 11 minutes or until fish is cooked to desired doneness, turning once. Serve salmon with sauce and sprinkle with almonds, if desired.

Preparation Time: 10 minutes

Cook Time: 15 minutes

Servings: 4

Nutritional Information Per Serving: 434 calories; 19 g fat; 100 mg cholesterol; 107 mg sodium; 32 g carbohydrate; 2 g fiber; 35 g protein.