

Eating Well, Feeling Good

(NAPSA)—You can have it all! Yes, great food AND great health. Fact is, many of us are watching what we eat.

The trick, says Dr. Steven Pratt, nutrition expert and co-author of the best-selling book “SuperFoods Rx: Fourteen Foods That Will Change Your Life,” is cutting down the fat and calories while still enjoying tasty meals. To do so, try turkey, the only meat named as a SuperFood in Dr. Pratt’s book. “Turkey is one of the leanest meat sources on the planet,” says Dr. Pratt, “while also being tasty, easy to prepare and fun to serve.”

His research shows that a four-ounce serving of skinless turkey breast provides up to half the daily requirement for protein yet less than 0.2 grams of saturated fat. He adds that turkey is rich in nutrients such as selenium, niacin, vitamins B6 and B12 and zinc.

Judie Byrd, founder of Super Suppers, recommends turkey in everyday entrees such as spaghetti, chili and tacos.

For flavorful turkey recipes, visit the Web sites of two leading brands, www.honeysucklewhite.com or www.shadybrookfarms.com. There, you can download a free SuperFoods booklet. Meanwhile, try this savory meal:

Oatmeal Nut Crusted Tenderloin with Mushroom-Cranberry Sauce

Servings: 4 to 6
Prep Time: 15 minutes
Total Time: 50 minutes

Ingredients

- 1 package Honeysuckle White® or Shady Brook Farms™ Turkey Breast Tenderloins
- 1 cup old-fashioned oats
- ½ cup walnuts
- ½ teaspoon salt
- ½ teaspoon black pepper
- ½ teaspoon ground ginger



Oatmeal Nut Crusted Tenderloin with Mushroom-Cranberry Sauce

2 large egg whites

Instructions

Preheat oven to 400°F. Line baking sheet with parchment paper. Place oats and walnuts in food processor; pulse until finely chopped. Add salt, black pepper and ginger; pulse two more times to mix well. Remove from food processor; place in pie plate. Place egg whites in another pie plate. Dip turkey in egg, then in oat mixture. Place turkey on baking sheet a few inches apart, rounded side up. Bake 20 to 25 minutes or until internal temperature reaches 170°F. Remove from oven; let cool 5 to 10 minutes. Slice turkey about ¼-inch thick. Place 4 to 5 slices on plate in fan shape; top with Mushroom-Cranberry Sauce and serve.

Mushroom-Cranberry Sauce

Ingredients

- 1 tablespoon olive oil
- 1 package (10 ounce) fresh mushrooms, sliced
- 1 cup dried cranberries
- 1 rib celery, finely diced
- 1 tablespoon all-purpose flour
- 1 cup chicken or turkey broth

Instructions

Heat oil in a medium nonstick skillet over medium heat. Cook mushrooms until browned, about 5 minutes. Add cranberries and celery. Sprinkle with flour; stir well. Add broth; cook 3 minutes until sauce thickens slightly.