

Eating Healthy While On A Budget

(NAPSA)—Earlier this year, the U.S. Department of Labor said nationwide food costs made their biggest price increase in 18 years—and there is no sign of relief, leaving families in the U.S. looking to save.



Eating fish twice a week is good for your health and doesn't have to break your family's budget.

Registered dietitian Sharon McNerney said you don't have to sacrifice your health while watching your pocketbook.

"Canned fruits packed in their own juices or frozen vegetables are just as nutritious as their fresh counterparts," said McNerney. "And when it comes to poultry, try buying the whole chicken versus precut parts."

McNerney also stresses not to forget seafood in the diet. While leading health authorities recommend eating two 6-ounce servings of fish weekly, or 39 pounds annually, the average American eats less than 17 pounds.

"The American medical, heart and diabetes associations all recommend people eat fish twice a week because it provides health benefits, such as omega-3 fatty acids, not found in other protein sources," said McNerney. "Products such as Chicken of the Sea's Healthy Selections Tuna offer the health benefits of fish at a much lower cost than fresh seafood."

A fresh tuna steak will cost about \$10 per pound, while tuna in pouches range between \$4 and

\$6 per pound. Healthy Selections—which are available in 3- and 7.1-ounce pouches in light and white albacore tuna varieties—range between \$.99 and \$2.79 per pouch.

Try this cost-effective recipe. For other recipe ideas, visit ChickenOfTheSea.com.

Saucy Tuna Vegetable Potato Topper

Ingredients:

- 2 tablespoons unsalted butter OR margarine
- ¼ cup chopped onion
- ¼ cup chopped green pepper
- 1½ tablespoons all-purpose flour
- 1 teaspoon seasoned salt OR salt-free seasoning
- Dash ground marjoram
- 1 cup milk
- 2 tablespoons sour cream
- 1 tablespoon fresh-squeezed lemon juice
- 1 (8½-oz.) can peas and carrots, drained
- 1 (7.1-oz.) Chicken of the Sea® Healthy Selections Light Tuna Pouch
- 4 to 6 medium baking potatoes; scrubbed, washed and baked OR microwaved

Directions:

In medium saucepan, over medium-high heat, melt butter. Saute onion and bell pepper until vegetables are crisp-tender (about 5 minutes). Combine the flour, seasoned salt and marjoram; stir into vegetables. Stir and heat until bubbly; remove from heat. In small bowl, whisk together milk and sour cream and slowly stir into vegetables. Heat and stir until sauce just comes to a boil and is thickened. Gently fold in lemon juice, carrots and Chicken of the Sea® Tuna; heat through. Serve over hot split potatoes. Makes four to six servings.