

Eat Healthfully On A Budget

by Elizabeth Pivonka,
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(NAPSA)—Here's food for thought: Eating lots of colorful fruits and vegetables can be a sound investment in long-term health. They're loaded with healthy fiber, vitamins and minerals, and eating them helps maintain a healthy weight and may reduce the risk of many diseases.



Pivonka

All forms of fruits and vegetables — fresh, frozen, canned, dried and 100 percent fruit and vegetable juice — can be an affordable part of a healthful lifestyle.

Making produce instead of protein the main focus of a meal can mean less cost, less fat, fewer calories and more vitamins and minerals. Use meat as a side dish rather than the main course. Replace it with extra fruits and vegetables.

For a quick-to-fix dish that offers 1¼ cups of veggies in each serving and is an excellent source of vitamin A and a good source of vitamin C and fiber, try this 10-Minute Veggie Soup.

10-Minute Veggie Soup

*Preparation time: 10 minutes;
allow to rest for 5 minutes before
serving*

- 2 29-oz. cans low-sodium chicken broth**
- 1 14.5-oz. can diced tomatoes — no salt added**
- 1 teaspoon dried basil**
- ½ teaspoon onion powder**
- ¾ cup macaroni, dry**
- 3 cups frozen mixed vegetables**
- ½ teaspoon salt**
- ½ teaspoon pepper**



A hot cup of homemade soup can help your health and brighten your day without wrecking your budget.

Combine chicken broth, diced tomatoes, basil and onion powder. Bring to a simmer and add pasta and frozen vegetable mix (broccoli, cauliflower and carrot mix is great in this recipe). Cook for 6 minutes and remove from heat, adding salt and pepper to taste.

The pasta will not be cooked all the way through. Let soup sit for 5 minutes and pasta will become soft.

Serves: 6

Nutrition Information per serving: calories: 112, total fat: 0.5g, saturated fat: 0.3g, percent calories from fat: 4, percent calories from saturated fat: 3, protein: 6g, carbohydrates: 21g, cholesterol: 3mg, dietary fiber: 4g, sodium: 244mg.

Round out your meal with a slice of whole grain bread, add fresh, canned or frozen fruit for dessert and you've just put a delicious, nutritious dinner on the table in nearly no time.

Learn More

You can find healthful, easy-to-prepare recipes online at www.fruitsandveggiesmorematters.org. There's even an entire section of recipes that can be made in 30 minutes or less. You'll also find a healthful meal-planning guide with advice on making a weekly menu and shopping list.

Note to Editors: Latest in a series of columns by Elizabeth Pivonka, Ph.D., R.D., president and CEO of Produce for Better Health Foundation. More stories at napsnet.com—pdf archive keyword: "Pivonka."