

Fabulous Food

Peanuts Can Provide The Perfect Lunch

(NAPSA)—Preparing a lunch that's packed with protein, vitamins and minerals, that's economical and also tastes terrific, is not a problem—if you include peanuts.

Peanuts are packed with nutrition, providing more than 30 nutrients and phytonutrients. They are rich in niacin, are a good source of folate and vitamin E, and provide a beneficial balance of fatty acids, containing primarily unsaturated fatty acids, otherwise known as “good” fats. They also have more protein than any nut, an important consideration for children and vegetarians.

Peanuts and peanut butter are among the most affordable sources of quality protein available, an important consideration in challenging economic times.

Peanuts are also versatile, fitting into a classic staple such as PB&J sandwiches and lending exotic flavor to noodles when mixed with sesame oil, garlic and ginger.

Mix them up with dried cranberries, raisins and sunflower seeds and you have a healthy lunch box or party snack.

Because of their versatility, peanuts are a crowd-pleaser, appealing to kids as well as adults.

A study conducted by Weekly Reader showed that 64 percent of kids would eat more produce if it were paired with peanut butter. So you could serve celery sticks, cucumbers or carrots with a dipping sauce of peanut butter.

Here's another delicious way to serve up the nutritional goodness of peanuts: sweet Peanut Butter Quesadillas.



“Peanutty” flavor is a crowd-pleaser, especially when it's found in nutrition-rich Peanut Butter Quesadillas.

Peanut Butter Quesadillas

Ingredients:

- 4 6” whole wheat tortillas**
- 4 tablespoons peanut butter**
- 1 thinly sliced banana**
- Nonstick cooking spray**

Preparation:

Spray saucepan with nonstick cooking spray. Spread peanut butter evenly over 2 of the tortillas. Place thinly sliced bananas over the peanut butter. Cover each tortilla with peanut butter and another tortilla and heat in a skillet until warm on both sides. Cut both quesadillas into quarters and serve hot.

Nutritional information:

Per serving: Calories 113 (39 percent from fat); Fat 5g (sat 1g, mono 3g, poly 1g); Protein 3g; Carb 14g; Fiber 2g; Chol 0mg; Calc 10 mg; Sodium 115mg.

Makes 2 Quesadillas