

# NUTRITION IN A NUTSHELL

## Healthful Eating Made Easier

(NAPSA)—When you're looking for an economical, easy and enjoyable food that's both weight-wise and heart-healthy, look to peanuts—especially USA-grown peanuts. Protein-packed peanuts fuel you up without weighing you down or leaving you unsatisfied.

Scientific evidence suggests that eating 1.5 ounces of nuts, such as peanuts, every day as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. In addition, peanuts are a good source of plant-based protein, and plant-based diets are considered a good way to shed unwanted pounds, keep certain types of cancer at bay and reduce the risk of heart disease and diabetes.

What's more, peanut flour is gluten free and can be used as a thickener for soups, in a variety of breads and pastries and as a creative and flavorful coating for meat and fish.

One marvelous meal you can make with peanuts is this:

### Posole-Green Chili Peanut Stew

- 1 can (15½ ounces) golden hominy
- 1 can (14.5 to 15.75 ounces) fat-free, reduced-sodium chicken broth
- 1 cup water
- 1 medium onion, chopped (about 1½ cups)
- 4 medium garlic cloves, peeled and thinly sliced (2 tablespoons)
- 1 can (4 ounces) diced green chilies\*
- 1½ teaspoons ground cumin
- 1 teaspoon chili powder
- ½ cup dry roasted, unsalted peanuts, chopped
- 1 can (10¼ ounces) low-fat, low-sodium cream of mushroom soup



**This hearty stew is fast and easy to make and serves as a satisfying, full-flavored luncheon or light supper.**

**Drain hominy and combine with broth, water, onion, garlic, chilies, cumin and chili powder in large saucepan. Bring to boil and simmer 10 minutes to blend flavors. Add peanuts and mushroom soup and stir until evenly mixed. Return to boil and simmer 5 minutes longer. Garnishes: parsley sprigs, dashes of chili powder or paprika and extra peanuts.**

**\*For a milder stew, use ½ can (4-ounce size) green chilies.**

**Nutrition per serving: 280 calories; 9g protein; 35g carbohydrate; 12g fat (5g monounsaturated; 2g saturated); 2mg cholesterol; 6g fiber; 740mg sodium.**

Peanuts and peanut butter are versatile and fit into almost any eating plan. Whether you are trying to eat gluten-free, vegetarian, vegan or heart-healthy meals or just maintain healthy eating habits, peanuts can be part of your diet and add great flavor to your favorite recipes.

More recipes, tips and information are at [www.nationalpeanutboard.org](http://www.nationalpeanutboard.org).