

Take 5 for your health

**3 RECIPES. 5 HEALTH FACTS.
1 QUICK READ FOR YOUR COFFEE BREAK.**

Healthy fast food?

Typically, fast food is high in fat and calories and low in healthful nutrients (see “The Secret to Eating Better” in alive@work online for the low-down). Not so when you make your own “fast food” at home—dishes that can be made in a flash and easily eaten on the go. Each fast food recipe in this issue of *Take 5* has a hidden health gem essential for maintaining good health.

FOOD	NUTRIENT	BENEFITS
sweet potatoes (in Bread-Free Tuna Melt)	vitamin C	<ul style="list-style-type: none"> • helps fight cell-damaging free radicals • naturally anti-inflammatory
almonds (in Layered Curried Lentil Salad)	vitamin E	<ul style="list-style-type: none"> • battles free radicals • protects the heart by reducing artery-clogging plaque and improving blood flow
mushrooms (in Polenta Pizza Squares)	potassium	<ul style="list-style-type: none"> • keeps blood pressure in check • maintains digestive and muscular function

Just remember: even home-cooked, healthy fast food isn’t great for you if you eat too much of it. Check out our *Take 5* health facts for a clever way to control portion size.

BREAD-FREE TUNA MELT

SERVES 2 TO 4

Vibrant sweet potatoes add a fun and healthy twist to this take on the classic tuna melt. You can bake the potatoes ahead of time. Be sure to eat the skin too—that's where most of the fiber is. Plus, the sweet potato doubles as an edible bowl if you're eating on the go.

2 sweet potatoes, scrubbed
6 oz (170 g) can tuna, drained
1 celery stalk, finely chopped
1 green onion, chopped
1 Tbsp (15 mL) extra-virgin olive oil
1 tsp (5 mL) fresh thyme, chopped, or
1/2 tsp (2 mL) dried thyme
Salt and pepper, to taste
4 slices Swiss cheese

Preheat oven to 400 F (200 C).

Pierce sweet potatoes with fork, then place directly on oven rack. Bake for 45 minutes, or until soft when pierced with fork.

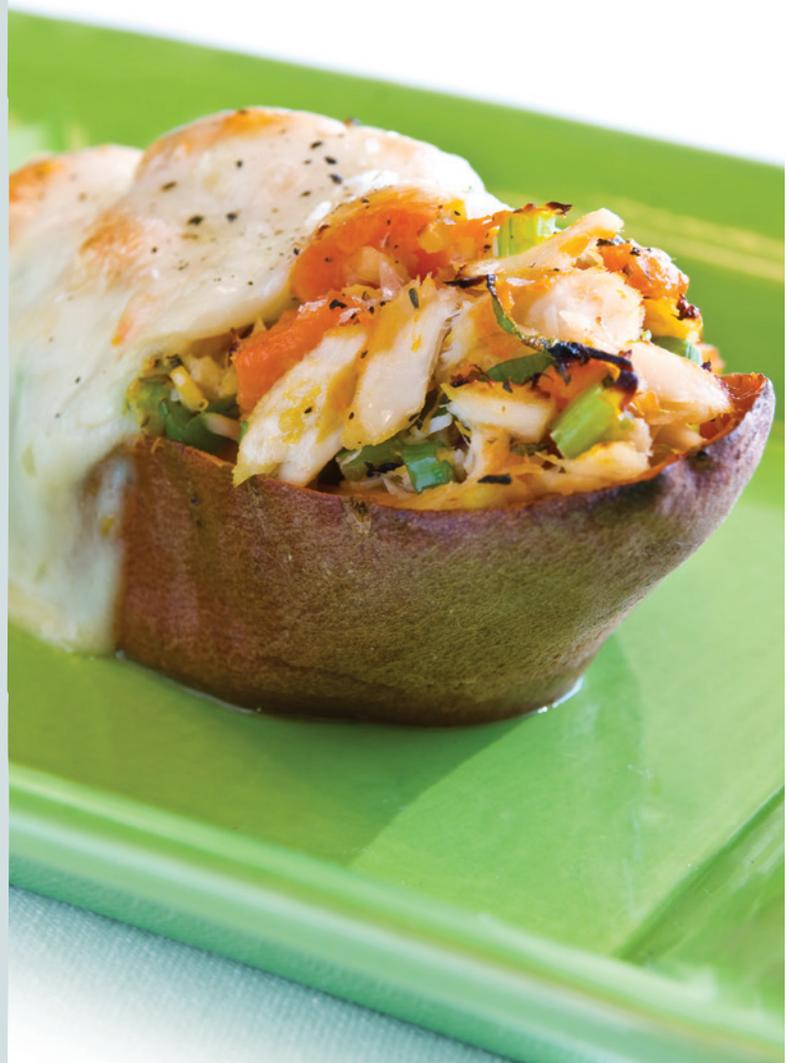
Cut sweet potatoes in half lengthwise. Scoop out flesh and reserve, leaving a 1/4 in (0.5 cm) thick shell.

Coarsely mash reserved sweet potato flesh; mix with tuna, celery, green onion, olive oil and thyme. Season with salt and pepper to taste.

Spoon mixture back into sweet potato shells. Top each with a piece of cheese and broil until melted. Great served warm or at room temperature.

EACH HALF-POTATO SERVING CONTAINS:

181 calories; 20 g protein; 5 g total fat (2 g sat. fat, 0 trans fat); 13 g total carbohydrates (4 sugars, 2 g fiber); 233 mg sodium





LAYERED CURRIED LENTIL SALAD

SERVES 6

Assemble this salad in Mason jars or reusable containers for easy on-the-go packing and eating. Bring a spoon and eat right from the jar.

- 1 cup (250 mL) yogurt
- 1 to 2 Tbsp (15 to 30 mL) curry paste
- 1 tsp (5 mL) honey
- 1/2 tsp (2 mL) ground cumin
- Salt and pepper, to taste
- 14 oz (398 mL) can lentils, rinsed and drained
- 1/3 English cucumber, chopped
- 2 roasted red pepper halves, chopped
- 2 green onions, chopped
- 2 cups (500 mL) grapes
- 6 Tbsp (90 mL) roasted pumpkin seeds (pepitas)
- 6 Tbsp (90 mL) chopped almonds

Stir yogurt with curry paste, honey and cumin. Taste and season with salt and pepper. Divide mixture between 6 medium-sized Mason jars or reusable containers.

Stir lentils with cucumbers, then divide and spoon into each jar. Top each with roasted pepper, green onion, grapes, pumpkin seeds and almonds. Screw lids on and refrigerate until ready to eat. Salad will keep well overnight, but dressing will water out slightly.

EACH SERVING CONTAINS: 268 calories; 15 g protein; 12 g total fat (2 g sat. fat, 0 trans fat); 27 g total carbohydrates (11 g sugars, 8 g fiber); 79 mg sodium



POLENTA PIZZA SQUARES

SERVES 8

This is a good dish to prep ahead and eat cold. Once chilled, it sets to firm pieces that can easily be wrapped and eaten right out of your hand without a lot of mess. If you aren't eating on the go, warm squares, then spoon tomato sauce over top for a hot meal.

6 cups (1.5 L) button mushrooms, sliced
1 Tbsp (15 mL) extra-virgin olive oil
1/4 red onion, thinly sliced
1/2 cup (125 mL) fresh basil, shredded
3 cups (750 mL) water
1/2 tsp (2 mL) salt
1 1/2 cups (350 mL) instant polenta
(use dry grains, not the tube)
1 cup (250 mL) milk
2 large tomatoes, chopped
1 cup (250 mL) grated mozzarella

In large frying pan, fry mushrooms in olive oil over medium-high heat until tender, then stir in onion and basil. Turn into bowl.

Pour water into frying pan (no need to wash it). Bring to a boil, then add salt. Slowly add polenta, stirring constantly. Continue stirring until all water is absorbed, about 3 minutes. Add milk and stir until absorbed. Stir in mushrooms, tomatoes and cheese.

Turn into 13 x 9 x 2 in (3.5 L) baking pan lined with parchment paper. Lay another piece of parchment over top and press down to smooth surface. Refrigerate until firm, at least 3 hours or overnight. Cut into squares.

EACH SERVING CONTAINS: 210 calories; 11 g protein; 2 g total fat (0 g sat. fat, 0 trans fat); 38 g total carbohydrates (4 g sugars, 5 g fiber); 269 mg sodium

60 to 70%

of women who took part in a US study had permanent changes to their foot size and shape after pregnancy. The women were measured while pregnant and five months after giving birth. Their feet grew longer and wider due to a change in arch height and rigidity. Researchers believe that these changes only take place during a woman's first pregnancy.



79

minutes watching television and 48 minutes surfing the internet are the average times pet owners spend on these activities on a typical weekday. When surveyed, pet owners said they believe exercise is the most important thing their pets need for a long, healthy life. Yet, on average, pet owners spend only 25 minutes walking, exercising or playing with their pets on a weekday. Moving more with your pet is a great way to get fit in the new year.



or around 85 roasted unsalted pumpkin seeds provide about 19 percent of your daily values of magnesium and zinc. Zinc supports your immune system and muscles; magnesium also helps with muscle health, as well as your metabolism and your ability to sleep. Try upping your pumpkin seed intake with our recipe for Layered Curried Lentil Salad in this issue of *Take 5*.

21%

less food was served in a study of people who used a plate color that contrasted with their food color (for example, serving pasta in a red sauce on a white plate). We tend to serve portions according to plate size, not appropriate portion size—and dinner plates are 23 percent larger than they were in 1900. Consider buying smaller plates of varying colors to help you reduce portion size.



one

source of protein should be part of your breakfast every morning to help you feel fuller longer during the day. Although eggs were long believed to contribute to high cholesterol levels, research shows that eating an egg a day doesn't increase the risk of heart disease. If, however, you have heart disease or diabetes, speak to your doctor about the right egg intake for you. And remember to try to include veggies with your breakfast, too; see "Veggies for Breakfast?" in alive@work online for great ideas.