



# NEWS RELEASE

## Defense Commissary Agency

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## Easy, healthier, summer meals

*By Kay Blakley,  
DeCA home economist*

**FORT LEE, Va.** – When it's too hot to cook, the drive-through window accessed from your air-conditioned car starts to look pretty good. But then, all those fat- and salt-laden calories leave you feeling bloated and fat, on top of being too hot!

This week's collection of recipes gives you plenty of easy, and healthier, alternatives. Add some freshly sliced bread from your commissary bakery to a bowl of cool Southwest Tomato Soup and dinner is served, in 15 minutes or less. Whip up some Easy Herb Dressing to drizzle over a simple green salad and dinner is done! Add a bit of frozen fully cooked shrimp, thawed under cold running water, to give your salad a little substance, if you like.

You'll love both the satisfying flavor and the simplicity of Pasta Salad with Chicken, Green Beans, and Sun-Dried Tomato Vinaigrette. And, even though the Herb Grilled Turkey Cutlets with Seasoned Bulgur requires a bit of cooking, the result is well worth the slight effort required.

Save 30 percent or more by purchasing your ingredients at the commissary, save a lot of effort with these easy recipes, and save a lot calories by preparing it yourself and eating healthy meals at home.

Go to [http://www.commissaries.com/kays\\_kitchen.cfm](http://www.commissaries.com/kays_kitchen.cfm) to access the recipes mentioned in this article or click on the following links:

- Herb Grilled Turkey Cutlets with Seasoned Bulgur: <http://tinyurl.com/nhcq5g>
- Pasta Salad with Chicken, Green Beans, and Sun-Dried Tomato Vinaigrette: <http://tinyurl.com/l3bvyx>
- Southwest Tomato Soup: <http://tinyurl.com/mgv4wq>

- Easy Herb Dressing: <http://tinyurl.com/l2taod>

**- DeCA-**

**About DeCA:** *The Defense Commissary Agency operates a worldwide chain of commissaries providing groceries to military personnel, retirees and their families in a safe and secure shopping environment. Authorized patrons purchase items at cost plus a 5-percent surcharge, which covers the costs of building new commissaries and modernizing existing ones. Shoppers save an average of more than 30 percent on their purchases compared to commercial prices – savings worth about \$3,400 annually for a family of four. A core military family support element, and a valued part of military pay and benefits, commissaries contribute to family readiness, enhance the quality of life for America’s military and their families, and help recruit and retain the best and brightest men and women to serve their country.*