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Go for the good stuff: nutritious food that tastes great

By Kay Blakely,
DeCA home economist

FORT LEE, Va. – The Dietary Guidelines for Americans tell us to focus on fruits, vary our veggies and make half our grains whole. But, when it comes to making smart choices from every food group, I say add one more easy reminder – go for the good stuff.

Food that's good for you should look appealing, taste great and leave you feeling satisfied. That's the goal for all the recipes in this week's collection. You can ramp up your consumption of Omega-3s and lignans by sprinkling flaxseed over your morning cereal, but I've got a much tastier way to get it done. Transform a little whole wheat flour, ground flaxseed, rolled oats and dark chocolate chips, which are all "good stuff," into a batch of Thin and Chewy Oatmeal-Flax Cookies. Hmmm, hmm! Healthy eating never tasted so good!

Whole wheat pasta tastes okay with a traditional tomato-based sauce, but when paired with complimentary ingredients that highlight its nutty taste and chewy texture, it becomes a dish to make again and again. The Whole-Wheat Spaghetti with Zucchini and Sun-Dried Tomatoes is just such a dish. Try it once and you'll be convinced it's a keeper.

Papayas, which are loaded with plenty of good nutrients, may be one of the first fresh fruits to reach your commissary this spring. Just two papayas, plus a few ingredients you probably already have on hand, come together in delicious fashion to produce Hot Papaya Sundaes.

If a vegetarian burger holds appeal try the Wheat Germ Burger recipe. It's vastly superior to any ready-made version available. And, if all you need is a really tasty side dish go for the

Tricolor Pepper Sauté. All necessary ingredients are ready and waiting for you at your local commissary. So let's get cooking!

Come to Kay's Kitchen at http://www.commissaries.com and check out our featured recipes for Hot Papaya Sundaes, Tricolor Pepper Sauté, Wheat Germ Burgers, Thin and Chewy Oatmeal-Flax Cookies, and Whole Wheat Spaghetti with Zucchini and Sun-Dried Tomatoes.

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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 $3,300 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.*