



Your Commissary... It's Worth the Trip!

THINKING OUTSIDE THE BOX

One Pot-Quick Shrimp "Lo-Mein"

A diet rich in whole grains reduces the risk of heart disease, obesity, Type 2 diabetes and some types of cancer. Studies show that consuming whole grains assists with lowering cholesterol and blood pressure and helps with weight loss. Even when weight loss isn't a goal or does not occur, whole grains assist with reducing body fat, especially in the midsection.

Unless you have celiac disease, non-celiac gluten sensitivity or another reason, eating more whole grains is an easy way to make your diet healthier and assists with making your body leaner. The Dietary Guidelines for Americans recommend that a diet should include grain foods but at least half of the grain choices should be whole grains. Meeting this goal is easy because many staples such as cereals, pastas and breads now offer numerous whole grain varieties.

During your next shopping trip, set a goal to have more than half of the grain staples (pasta, cereal, rice, crackers) in your cart be whole-grain items. Be sure to check the ingredients list for the word "whole" preceding the grain ("whole wheat flour"). Use the following list to guide you in choosing products made of whole grains:

- **Whole oats/oatmeal, whole wheat flour, whole-grain barley, and/or whole rye**
- **Popcorn**
- **Brown rice or wild rice**
- **Buckwheat**
- **Quinoa, millet, bulgur (cracked wheat), and or sorghum**

Who says spaghetti noodles need to only be used for spaghetti? A great way to increase whole-grains is to use an item in a different way than what is "usual." Try this "Lo-Mein" using whole grain spaghetti noodles.



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Directions

1. Begin cooking, in a large pot, 3/4 of a 16 oz. box of whole-grain (wheat) spaghetti noodles according to directions.
2. After the noodles have cooked for about 5 minutes, add the entire 12 oz. bag of uncooked, shrimp (heads removed) and 12 oz. bag of frozen broccoli, carrots, and snap peas blend.
3. Bring mixture to a boil and cook until shrimp and vegetables are cooked and tender (about 6-8 minutes).
4. Drain mixture in a colander and return to the pot being sure the heat on the stove is off.
5. Gently mix in 1/3 cup of a low-fat Asian blend salad dressing.
6. Divide the "Lo-Mein" equally between 4 plates and then top the "Lo-Mein" with 2 oz. of shredded Gouda cheese.
7. Serve with a side of fresh, sliced apples.

NOTES:

- If shrimp isn't your thing, use 8-10 oz. of cooked chicken. Just add it in step 5 with the Asian dressing.

Serves: 4

DISCLAIMER: YOU MAY USE ANY LIKE PRODUCTS OF ANY BRAND IN MAKING THIS HEALTHY CHOICE MEAL. THE PICTURES HERE ARE NOT AN ENDORSEMENT OF THESE PRODUCTS.

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