

Making Better Dinner Decisions

By *Brianna Jordan*

We've all been there before. After a tremendously long day at work, deciding on what to eat for dinner can be one of the hardest decisions ever! It's always so easy to make a run to the closest fast food res-

and tastes good, but the negative effects on physical health last much longer than these immediate concerns," Clarke wrote. "With the high-calorie meals come more fat, cholesterol, salt and sugar --- and therefore fewer vitamins, minerals and other nutrients --- than in healthier foods.

The USDA Dietary Guidelines for Americans reports that these eating habits create nutritional deficiencies along with weight gain. The health problems that stem from overweight and obesity alone can severely limit lifestyles and shorten life spans."

Many of you are probably wondering which foods are good substitutes for the meals you eat on the run. Don't worry. You can find lots of healthy, easy-to-prepare recipes online, in your favorite cookbook or in magazines solely focused on the importance of food and nutrition.

Remember, you should not take your health for granted. By limiting the consumption of fast foods, you are improving your health physically, emotionally and mentally. There are so many diseases and conditions that can be prevented by simply paying more attention to the food that you consume.

To help you get started, here is a delicious recipe that takes no more than 30 minutes to prepare from www.foodnetwork.com.

Enjoy!



TASTE OF ASIA: Spicy Turkey and Green Bean Stir-Fry

restaurant near your home and order a \$5 meal, which usually includes a cheese burger, greasy fries, and a fruit punch. Needless to say, fast food restaurants have always been an easy convenience; however, for most Americans these restaurants are slowly, but surely, ruining our physical, emotional, and mental health.

Nancy Clarke, a contributor to www.Livestrong.com, discussed the dangers of fast food in her October 2013 article "Negative Effects of Fast Food."

"Fast food costs relatively little

Spicy Turkey and Green Bean Stir-Fry

Prep and Cook Time: 30 minutes

Yields: 4 servings

Difficulty Level: Easy

Ingredients:

1 1/2 cups basmati rice
1 1/2 pounds green beans, trimmed
3 tablespoons vegetable oil
1/2 teaspoon sugar
1 glove garlic, minced
1 small half-sour pickle, finely chopped
2 teaspoons Asian chile paste, such as sambal oelek
1 cup fat-free, low-sodium chicken broth
2 tablespoons low-sodium soy sauce
1 tablespoon dry sherry or rice vinegar (not seasoned)

2 teaspoon corn starch
3/4 pound lean ground turkey

Directions:

Bring a large pot of water to a boil. Stir in the rice, cover and boil until tender, about 18 minutes; drain well and keep warm.

Meanwhile, preheat the broiler. Toss the green beans, 1 1/2 tablespoons vegetable oil and the sugar on a rimmed baking sheet.

Broil, stirring once, until the beans are tender and charred, about 8 minutes.

Heat the remaining 1 1/2 tablespoons vegetable oil in a large skillet over high heat.

Add the turkey and cook, breaking it up with a wooden spoon, until browned, 3 minutes.

Add the garlic, pickle and chile paste and cook until the garlic is slightly golden, about 3 minutes.

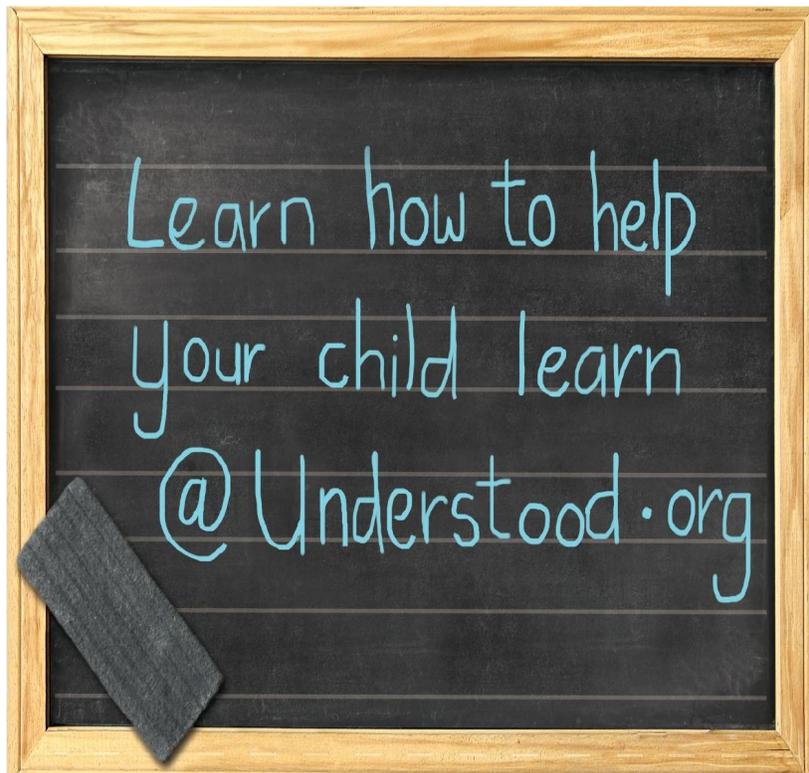
Whisk the chicken broth, soy sauce, sherry and cornstarch in a bowl.

Add the green beans to the skillet with the turkey mixture and cook, stirring, 1 minute.

Add the soy sauce and cook, stirring occasionally, until the sauce thickens slightly, about 3 minutes.

Serve with the rice.

Photo courtesy of foodnetwork.com



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for learning & attention issues

