



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



THINKING OUTSIDE THE BOX

Heart-Healthy Pasta & Tuna!

The Centers for Disease Control and Prevention estimates that nearly 1 in 3 adults have high blood pressure (hypertension), which greatly increases the risk for heart disease, heart attack and stroke if left uncontrolled. Although blood pressure is a modifiable risk factor, the number of Americans diagnosed with high blood pressure continues to rise while the average age of diagnosis is getting younger.

A healthy diet, being physically active and abstaining from tobacco are great defenses that greatly "modify" (lower) the risk of developing high blood pressure. A heart-healthy diet is not only recommended to manage blood pressure for those who have high blood pressure, it is a great lifestyle choice to help prevent high blood pressure, heart disease, stroke and other diseases. To promote optimal health, the American Heart Association recommends striving to achieve the dietary goals as listed in the sidebar.

Along with reading the Nutrition Facts Label, other great habits to adopt are cooking more meals at home, limiting processed foods, and building your grocery cart to be mostly filled with items that are closest to the farm. This means your cart, and ultimately foods in your home, should be mostly fresh and/or frozen produce and items that are the least processed and made of ingredients that you know and can pronounce.

This meal features heart-healthy fish, whole grain pasta, and veggies that are flavored with just a touch of dressing to offer a bit of zing and served with a little something sweet to show that eating healthy doesn't have to be boring and tasteless.



Aim to eat a diet that's rich in:

- Fish (eat at least twice a week); especially fatty fish that contains omega 3 fatty acids such as salmon, trout, herring and tuna
- Fruits, vegetables and legumes (beans)
- Whole-grain, high-fiber foods and fat-free and low-fat or 1% dairy products
- Skinless poultry and lean meats

Aim to keep a diet that's low in:

- Saturated, trans fats and sodium

Limit the intake of:

- Sugar

Directions

1. While the oven is preheating, prepare four separate tuna steak parcels by placing one frozen tuna steak on a piece of aluminum foil and seasoning each tuna steak with a little garlic powder and pepper, and then loosely wrap each steak.
2. Fill a pot with water and bring it to a boil for the pasta.
3. While the water is coming to a boil, place the tuna steak parcels in the middle of the oven directly on the shelf, and bake until the flesh of the steak flakes easily and looks opaque (about 18 minutes).
4. Cook 8 oz. of whole wheat pasta according to package directions and drain when cooked.
5. While the pasta and fish parcels finish cooking, heat 2 tbsp. of at-free Italian dressing in a frying pan, add one 14 oz. package classic coleslaw mix (shredded cabbage and carrots), and sauté over medium-high heat until the mix is soft-tender (about five minutes) being sure to stir constantly.

Preheat oven to 350 degrees Serves: 4

6. Add the cooked pasta to the coleslaw along with $\frac{1}{4}$ cup of your favorite unsalted nuts, crushed, and 2 tbsp. of Italian dressing. Then toss to mix well and heat through.
7. Serve each plate with $\frac{1}{4}$ of the pasta mixture topped with one piece of baked tuna.
8. For dessert, serve a pudding cup mixed with a handful of sliced strawberries and/or raspberries.

NOTES:

- For fresh or thawed steaks, cut down on the cooking time.
- If using bottled salad dressing isn't your thing, then make your own by mixing equal parts of olive oil and balsamic vinegar, then add some garlic powder and dried Italian seasoning.
- Try broccoli slaw mix instead of coleslaw mix, and salmon steaks instead of tuna.

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.

FOR ADDITIONAL MEAL SOLUTIONS, PLEASE [CLICK HERE](#) OR VISIT [COMMISSARIES.COM/HEALTHY-LIVING/HEALTHY-EATS.CFM](https://www.commissaries.com/healthy-living/healthy-eats.cfm).