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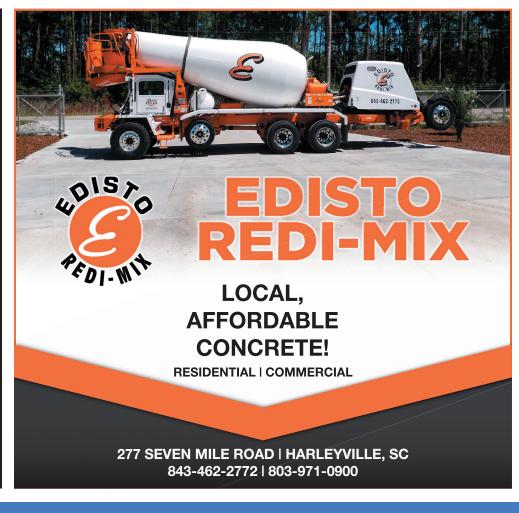
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130 CALLOH DRIVE New metal roof, All new doors & windows neighborhood. The home features 4 bedrooms, throughout. Renovated with a cozy, cabin feel, two full baths, diring room with a fireplace, two Custom cabinest in kitchen. Open floor plan family rooms and much more! A motivated seller. with 3 bedrooms, & 2 baths. Master bedroom \$229,950 has new carpet. Master bath has large garden tub, stand up shower and a double vanity. Sheds

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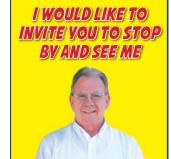
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(1/28)

(2/4)

(2/4)

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Tuesday, January 14, 2020

ips for Adding More Scafood to Nour Family's Menu

(Family Features) Seafood can make for a healthy addition to diets, particularly for children. It improves body and brain function, and studies conducted by "Pediatrics" and the "American Journal of Clinical Nutrition" have linked seafood to reduced risks of heart disease and allergic conditions like asthma.

In fact, the United States Department of Agriculture suggests making seafood part of healthy diets and its 2015-2020 Dietary Guidelines for Americans recommend putting it on menus at least twice a week.

While there are common complaints, such as "my kids won't like it" or "I don't know how to prepare it," these tips can help make it quick, easy and affordable to add nutritious seafood to your family's menu.

- * Start with shrimp. Shrimp is one of the most popular types of seafood in the United States. Try shrimp warm or cold as a snack, appetizer or main course. It's versatile and can be sauteed, broiled, boiled, grilled or baked.
- * Make it fun. Consider putting healthy fish like wild cod, salmon or pollock into fun foods like tacos or
- * Buy frozen. Fish is now flash frozen at sea to lock in freshness. Frozen seafood meals add convenience and help cut down on waste because what you don't use can go back in the freezer.
- * Cook with your kids. If your kids don't think they like seafood, have them help with dinner. Cooking with kids can help develop healthier long-term habits and a more adventurous palate. It also helps improve motor functions and confidence. In fact, a study published in "Pediatrics" shows getting children involved in meal preparation may increase their enjoyment of healthy foods.
- * Pick the right products. To create a family-friendly menu, consider an option like Aqua Star's Cutting Board meal kits, a selection of 10 recipes that include everything a family needs to prepare a tasty, healthy meal. Selections include tacos, flatbreads and comfort favorites. With pre-portioned ingredients for quick preparation and cleanup, they make it easy for parents and kids to create their own restaurantquality meals.

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* Eat at home. Eating out often can drive unhealthy eating habits and strain family budgets. Seafood is easy and convenient to make, whether you use a simple recipe like these Chipotle Shrimp Street Tacos or choose a convenient meal kit, and can help you spend more time together at the dinner table.

Find more tips and recipes to add seafood to your family's table at aquastar.com.

Chipotle Shrimp Street Tacos Total time: 20 minutes Servings: 2

Aqua Star Chipotle Shrimp Street Tacos Meal Kit, including: creamy ancho chili sauce Aqua Star shrimp

chipotle seasoning spinach

corn

roasted tomato white corn tortillas

2 teaspoons cooking oil, divided

Submerge unopened sauce packet in bowl of water to thaw.

In large skillet, heat 1 teaspoon oil; add shrimp and cook 6-8 minutes. Drain excess fluid and add chipotle seasoning.

In medium skillet, heat remaining oil; add spinach, corn and roasted tomato. Cook 4-5 minutes until water is evaporated; set aside.

In microwave, warm tortillas in moist paper towel 30 seconds.

To build tacos, fill two tortillas with shrimp and vegetables then top with sauce.



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1/2



Tuesday, January 14, 2020 www.walterborolive.com

(Family Features) While heart disease is a leading cause of death for both men and women in the United States, many of the risk factors associated with the condition can be controlled with dietary and lifestyle changes. By centering your meals around better-foryou ingredients and recipes, you can show your heart some extra love.

Consider walnuts, which are a heart-healthy food certified by the American Heart Association. More than 25 years of research shows walnuts may play a key role in heart health. In fact, the U.S.

Food and Drug Administration approved one of the first qualified health claims for a whole food, finding that eating 1 1/2 ounces of walnuts per day as part of a low-saturated fat and low-cholesterol diet while not increasing caloric intake may reduce the risk of coronary heart disease. Additionally, walnuts are the only nut significantly high in omega-3s, with 2 1/2 grams of alpha-linolenic acid per ounce. Walnuts

can add this essential nutrient to dishes like these

American Heart Association Heart-Check Mark

certified recipes for Greek Cucumber Walnut

Find more information and hearthealthy recipes at walnuts.org/hearthealth.

Bites and Banana Bread Overnight Oats

Greek Cucumber Walnut Bites Recipe courtesy of Beth Stark, RDN, LDN on behalf of the California Walnut Board Prep time: 25 minutes Servings: 6

1/2 cup walnuts, chopped

English cucumber, ends trimmed (about 14 ounces) 1/2 cup roasted red pepper hummus

Heat oven to 350 F. On small baking sheet, arrange walnuts evenlu. Bake 8 minutes, checking frequently, until

> Slice cucumber crosswise into 3/4-inch thick slices. Using small spoon, gently scoop out and discard center of each cucumber slice, leaving bottom and

In small bowl, stir 6 tablespoons chopped walnuts and hummus. Spoon walnut-hummus mixture into each cucumber slice and top with reserved chopped walnuts, feta cheese and auartered tomatoes.

Banana Bread Overnight Oats

Recipe courtesy of Crowded Kitchen on behalf of the California Walnut Board Prep time: 15 minutes

Servings: 4

- ripe bananas, sliced
- cups old-fashioned oats
- tablespoon ground cinnamon 1/2 teaspoon salt
- teaspoon vanilla
- cup chopped California walnuts,

divided tablespoon maple syrup

3 cups skim milk

In large container with lid, add sliced bananas. Use potato masher or fork to mash bananas until smooth.

Add oats, cinnamon, salt, vanilla, half the chopped walnuts, maple

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cup reduced-fat crumbled feta cheese syrup and milk. Combine thoroughly and refrigerate overnight. cherry tomatoes, quartered

To serve, divide among four canning jars or glass containers with lids. Top each with remaining walnuts before serving.



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