

Olympian Offers “Gold Medal” Health Tips And Recipes

(NAPS)—Four-time Olympic gold medalist Janet Evans is no stranger to nutrition and fitness. She’s been swimming since she was two years old and is one of the greatest swimmers in U.S. history.

Now a mother, Evans is dedicated to promoting a healthy lifestyle for the whole family. She offers “gold medal” tips and recipes to help you be the champion of your kitchen and health.

Eat Smart

- Think of your heart when you go grocery shopping, choosing whole grains, beans, fruits and vegetables. Use a cooking oil that is low in saturated fat, such as canola oil.

- Read labels and nutritional information. Consume reasonable portion sizes and note serving sizes on food labels.

Be Active

- Swim, bike, run, whatever you enjoy. Vary your activities and add strength training to your routine. Set small goals each week to improve performance.

- Explore other activities that improve strength and flexibility, such as yoga or Pilates. Work exercise into your everyday schedule, such as walking to work.

Live Well

- If you smoke, quit. If your loved ones smoke, encourage them to break the habit.

- Get plenty of sleep, seek balance in your life, and try not to stress about things you can’t control.

This taco salad is Evans’ signature dish. Using canola oil in the dressing makes it low in saturated fat and trans fat-free and allows the savory and sweet flavors to shine through.

Taco Salad With Homemade Pita Wedges

Dressing:

- 1 cup canola oil
- ¼ cup white vinegar
- 2 Tbsp lime juice
- 1 garlic clove, minced



- ¼ tsp dry mustard
- 2 Tbsp sweet pickle relish
- 2 Tbsp ketchup
- ½ tsp salt
- ¼ tsp pepper

Salad:

- 1 head romaine lettuce, washed and torn
- 1 (15-oz) can red kidney beans, drained and rinsed
- ½ cup low-fat cheddar cheese
- ¼ cup red onion, sliced
- 1 tomato, diced
- 2 small whole wheat pitas, split in half and quartered

In a bowl, whisk together canola oil, vinegar, lime juice, garlic, mustard, relish, ketchup, salt and pepper. Refrigerate until ready to use. Dressing will keep for 3-4 days in the refrigerator.

Heat oven to 350° F. Brush each pita quarter with ½ tsp of dressing. Place on baking sheet and bake for 8-10 minutes or until crisp.

In a large bowl, combine lettuce, beans, cheese, onion and tomato. Divide salad into 8 servings. Add 2 Tbsp dressing to each serving and toss. Serve with baked pita wedges. Serves 6-8.

For more recipes and information, go to www.canolainfo.org.

Food Ideas

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1

2

3

4

5

6

7

8

9

10