

# A Healthier Life Begins In The Kitchen

by Chef Nikki Shaw

(NAPSI)—Chefs and parents are joining forces in the fight against obesity. Good health depends on the support of both professional kitchens, where we create healthy menu options, and in homes, where we put healthy food on the table for our families.

For the past couple of years, I have partnered with the *Network for a Healthy California* to help improve the health of families, especially those that are at greater risk of obesity and suffer from serious health problems. With the help of the *Network*, I want to empower parents to make healthy changes for their families with the same tips and recipes that have helped me be a successful chef and mom.

To fight obesity, we have to make healthy changes in our kitchens, in our neighborhoods as well as in grocery stores, schools, places of worship and in workplaces. You can start today by joining the movement and liking the *Network for a Healthy California* on Facebook.

## Small Steps Can Make a Big Difference

- **Cook as a family.** Involve your kids in picking recipes and choosing healthy fruits and vegetables for every meal. Show them how to prepare healthy dishes and snacks so they can feel they're helping.
- **Keep moving.** Set an example and make time every day to enjoy activities like walking, biking or dancing.
- **Make it fun!** Prepare snacks or meals that kids will want by choosing colorful combinations, putting fruits or vegetables onto a stick or cutting them into fun shapes.

One of my favorite dishes for fall is the Easy Turkey Skillet Dinner.



**Keep your family healthy with this Easy Turkey Skillet Dinner.**

# Easy Turkey Skillet Dinner

Nonstick cooking spray

$\frac{3}{4}$  pound lean ground turkey

1 medium onion, peeled and chopped

3 tomatoes, chopped

3 tablespoons tomato paste

1 teaspoon each dried basil, oregano and garlic powder

$\frac{1}{2}$  teaspoon salt

$\frac{1}{4}$  teaspoon ground black pepper

2 medium zucchini, sliced

**Spray nonstick cooking spray in a large skillet.**

**Brown turkey and onion over medium heat until turkey is cooked through and onion is soft, about 10 minutes.**

**Add tomatoes, tomato paste and seasonings. Simmer over medium heat for 10 minutes.**

**Add zucchini and cook for 5 minutes more. Serve while hot.**

*• Celebrity Chef Nikki Shaw hosts “Today’s Flavor” on Sirius XM and was a finalist on the Food Network’s search for “The Next Food Network Star.”*

*For more information on the Network for a Healthy California, visit [www.facebook.com/networkforahealthycalifornia](http://www.facebook.com/networkforahealthycalifornia).*

