

Bring Families Together With Easy Home Meals



Easy chicken and peppers fajitas can be a great meal for the whole family.

(NAPSA)—Mealtime is a great time to relax and enjoy the family. And frozen foods can save you precious time in gathering everyone together for a home-cooked meal.

Many parents have discovered how simple meals can be when they stock up on what's new in the frozen food aisles. The nutritious, delicious, convenient options there can provide great meal ideas, whether you choose fully prepared entrées to heat and eat or frozen ingredients, side dishes, appetizers or desserts to blend into meal planning.

Why are frozen foods great to work into your home-cooking routine? The picking, cleaning, slicing and dicing are already done. Your favorite foods are always in season. There's no spoilage, no waste, no chemical preservatives. And flash-freezing maintains optimal freshness, quality, taste and vitamin content.

During March Frozen Food Month, or any time of the year, you may care to try the many new, delicious, time-saving solutions available in the frozen food aisles. Try this easy, tasty family meal idea:

Chicken and Peppers Fajitas

- 1½ lbs. frozen, boneless, skinless chicken breasts, thawed and cut into strips**
- ¼ cup favorite store-bought fajita marinade**
- 1 16-oz. pkg. frozen pepper stir-fry vegetable combination**
- 8 flour tortillas, warmed**
- Salsa, cheddar cheese, sour cream (optional)**

Marinate chicken in fajita marinade for approx. 30 minutes. In a skillet, cook mixture over medium-high heat for 5-6 minutes (or until chicken is no longer pink). Stir in vegetables and continue cooking approx. 5-6 minutes (stirring occasionally), until vegetables are cooked, hot and crisply tender. Serve in warm tortillas, topped with salsa, cheddar cheese and/or sour cream. Serves 4 to 6.

To celebrate March Frozen Food Month, the National Frozen & Refrigerated Foods Association has an Easy Home Meals \$10,000 Sweepstakes through April. To enter and for more details and rules, visit www.EasyHomeMeals.com.