

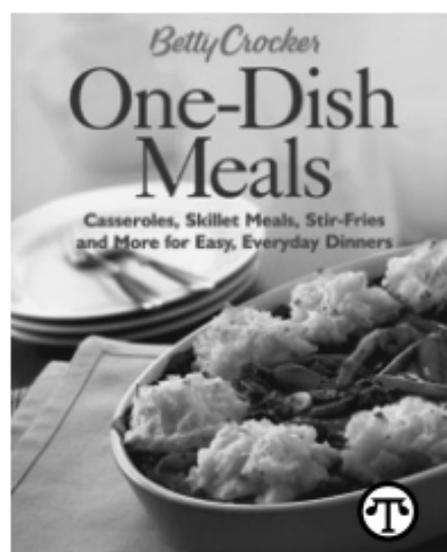
Cooking Corner

Tips To Help You

Delicious One-Dish Meals

(NAPSA)—When is one dish better than two? When it's what you're making for dinner. According to a recent survey, nearly half of all home-cooked meals today are prepared in one dish.

Fortunately, one-dish meals don't have to be boring. A new cookbook



provides 300 deliciously easy recipes for one-dish meals—from skillet dishes to stir-fries to main-dish salads and foil-packed meals. “Betty Crocker® One-

Dish Meals” (Wiley, \$14.95) has a new recipe for practically every day of the year.

The cookbook contains innovative dishes such as Mediterranean Chicken Packets and Skewered Steak Dinner that can be served on weeknights, for weekend meals and casual entertaining. From Classic Chili to Spinach Lasagna Casserole, this collection offers plenty of variety. There are:

- Kid-friendly meals such as Easy Taco Dinner, Texas Tater Casserole or Grilled Italian Pesto Pizza

- Comforting casseroles such as Meatball Sandwich Casserole

- One-Dish Grilling recipes including Paella on the Grill, Spicy Southwest Chicken Kabobs and Lemon and Herb Salmon Packets.

Every recipe is accompanied by a helpful tip to make cooking even easier.