

Quick Food Tips

Easy Holiday Meals In A Dash

(NAPSA)—A new magazine aims to help you get simple, fast, delicious meals on the table every day. In many daily newspapers or online at www.dashrecipes.com, **dash** blends original content with some of the most popular features from four of America's most trusted food sources: Bon Appétit, Gourmet, Epicurious.com and PARADE.

In a recent special issue, **dash** delivers recipes for great side dishes that will save you time—and stress—around the holidays. Here's one for a delicious one-dish stuffing that you can make days ahead:

ONE-DISH STUFFING

Hands-on: 10 mins.

Total: 50 mins. Serves: 8

- 8 Tbsp (1 stick) salted butter
- 1 yellow onion, diced (about 2 cups)
- 4 ribs celery, sliced on the diagonal (about 2 cups)
- 15 oz. seasoned croutons
- 2 Tbsp parsley flakes or ½ cup fresh
- 1 Tbsp poultry seasoning
- 4 cups low-sodium chicken stock



Optional add-ons:

- 1 lb. diced smoked ham or kielbasa
- 1 cup mixed dried fruit (cranberries, apples, apricots and prunes)
- 1 cup toasted nuts (walnuts and pecans)

Heat a large cast-iron skillet on medium-high. Melt butter; add onion and celery. Cook, stirring occasionally, until soft, 6–7 minutes. Transfer mixture to a large bowl but do not clean sauté pan. Add croutons and remaining ingredients—including any (or all) of the optional ones—to mixture in bowl, and toss very gently to combine. Return stuffing to skillet. Refrigerate, uncovered, until cool; then cover with foil and refrigerate until 1 hour before serving. Day of: Preheat oven to 375° F. Place covered stuffing on the lower rack; bake 25 minutes. Remove foil from stuffing and continue to bake until top is crisp and golden. Remove from oven. Serve immediately.

Per serving (without add-ons): 370 calories, 39g carbs, 7g protein, 21g fat, 35mg cholesterol.

For more recipes and the latest food trends, products and cooking tips, go to www.dashrecipes.com.

FEATURING FAVORITE RECIPES FROM **bon appétit** • **epicurious.com** • **Gourmet** • **PARADE**

NOVEMBER 2010

dash

simple • fast • delicious

BREAKFAST PRETZELS
Bake them with your kids

OUR FAVORITE
HOLIDAY COOKIES

3 STEPS TO
PERFECT PASTA

**YOUR EASIEST
THANKSGIVING EVER!**
Five make-ahead dishes you'll love

A SPECIAL
HOLIDAY RECIPE
from **Post**
Fruity and
Cocoa Pebbles

SEE PAGE 36