

## Family Meals For Less Than \$3 A Serving

(NAPSA)—Here's news to savor: Eating at home can be good for you and good for your pocketbook.

A recent Nielsen study shows 93 percent of American shoppers worry about rising food prices. Even with rising food costs, families are still looking for ways to serve meals that are delicious and nutritious.

Fortunately, by using a few fresh ingredients paired with some familiar pantry staples, it can be easy to prepare a dinner for four for less than \$3 a serving.\*

Here are some simple recipes your family can enjoy:

### No-Frying Chicken Parm

*This easy-to-make classic Italian favorite is light on labor and packs a nutritional punch with a ½ cup of Ragu Old World Style Traditional Pasta Sauce providing a full serving of vegetables.*

- 4 boneless, skinless chicken breast halves
- 1 egg, beaten
- ¾ cup Italian seasoned dry bread crumbs
- 1 jar (1 lb., 10 oz.) Ragu Old World Style Traditional Pasta Sauce
- 1 cup shredded mozzarella cheese (about 4 oz.)

Preheat oven to 400° F. Dip chicken in egg, then bread crumbs. In 13 x 9-inch baking dish, arrange chicken. Bake 20 minutes. Pour Pasta Sauce over chicken; top with cheese. Bake an additional 10 minutes or until chicken is thoroughly cooked. Serve with hot cooked pasta.

### Cheddar Chicken & Vegetable Skillet Dinner

*You can create a quick-and-easy, one-pot meal using Knorr Pasta Sides Plus Veggies. Two*



**A delicious, nutritious dinner for four can be easy to make and inexpensive to put together.**

*servings of veggies may never have tasted so good.*

- 1 lb. boneless, skinless chicken breasts, cut into thin strips
- 2 Tbsp. I Can't Believe It's Not Butter! spread
- 1 small tomato, chopped
- 1 clove garlic, finely chopped
- 1½ cups water
- ½ cup milk
- 1 package Knorr Sides Plus Veggies—Cheddar Cheese Pasta with Broccoli & Carrots

Melt spread in 12-inch non-stick skillet over medium-high heat and cook chicken 5 minutes or until thoroughly cooked; remove. Stir in tomato and cook 3 minutes. Stir in garlic and cook 30 seconds. Stir in water and milk; bring to a boil. Stir in Knorr Pasta Sides Plus Veggies and continue boiling over medium heat, stirring occasionally, 9 minutes or until pasta is tender. Stir in chicken; heat through.

### Free Recipes

For more wholesome and economical recipe ideas, go to [www.letsmakeknorr.com](http://www.letsmakeknorr.com) and [www.Ragu.com](http://www.Ragu.com).

\*Prices are based on a major retail chain's prices and may vary.