

# Fabulous Food



## Fast, Fresh And Delicious

(NAPSA)—Busy moms are always looking for healthy ways to feed their families in a hurry.

Moms wanting to keep their families' hunger at bay in between mealtime often turn to finger foods they can feel good about serving—like fruit, cut-up veggies, hummus for dipping, and low-fat yogurts. But what quick and easy meals can busy moms serve that they don't have to feel guilty about? The answer—frozen pizza.

Pizza is a tried-and-true family favorite, and many pizzas now offer plenty of nutrients. In fact, select frozen pizzas are made with high-quality ingredients such as real cheeses, which are high in calcium; tomatoes, a powerful antioxidant; basil and oregano, which are high in vitamin K; and garlic, which contains trace minerals and vitamin C.

### Fresh Flavor

Moms may want to shop around before stocking up on frozen pizzas and be sure to read the labels. Some brands of pizza may offer fresher ingredients and more flavor. For example, the makers of **Freschetta Brick Oven**® Pizzas now use sea salt and olive oil to deliver an extra serving of fresh flavor.

Sea salt is produced through the evaporation of seawater, typically with little processing, leaving trace minerals behind and offering a more flavorful alternative to table salt, which is processed to remove these trace minerals.



**Keeping frozen pizza in the freezer can be a great way to have a nutritious meal on hand when you need it.**

### Health Benefits

Olive oil also offers a flavorful solution as a fresh ingredient, and according to a recent study by Johns Hopkins University School of Medicine, may have heart health benefits associated with it.

In addition to the new sea salt and olive oil ingredients, **Freschetta**® pizzas offer flash-frozen vegetables picked at the peak of freshness and unique blends of real cheeses and premium meats, for a deliciously fresh-taste experience.

And moms can find flavors to suit everyone in their family—from 5 Italian Cheese, Pepperoni and Italian Style Cheese, Zesty Italian Style Supreme, Roasted Portabella Mushrooms & Spinach, and Three Meat Medley. Pizzas with sauce made with sea salt and olive oil will also expand to the Naturally Rising line of pizza in the fall of 2012.

### For More Information

For more information on these family-friendly frozen pizzas, visit [www.Freschetta.com](http://www.Freschetta.com).