

Frozen Foods Getting A Warm Welcome



Asian Chicken Stir-Fry—from freezer to table in minutes.

(NAPSA)—Getting a warm welcome in many kitchens these days is the great taste, quality and convenience of frozen foods—and a good time to enjoy these delicious foods is March—National Frozen Food Month.

A few cold facts about frozen foods may warm your heart.

- **Freshness**—Foods destined for the freezer are selected at the peak of nutrition and flavor, and quickly frozen within hours.

- **Nutrition**—The rapid freezing process maintains nutritional qualities in foods without chemical preservatives.

- **Quality**—Frozen foods meet high industry standards of quality and guarantee consistency. Only the best ingredients are used.

- **Taste**—Frozen foods lock in “just picked” flavor and can pass the most discriminating taste test.

- **Convenience**—Frozen foods provide the variety and versatility busy families need. And they’re easy to prepare—the cleaning, picking, dicing, and squeezing have already been done!

Take advantage of National Frozen Food Month by checking for

special prices and promotions on favorite frozen foods. And, visit www.easyhomemeals.com for frozen food tips and recipes, such as this delicious family favorite:

Asian Chicken Stir-Fry

- 1 package (9 oz. or 2 cups) Frozen Chicken Breast Strips
- 1 can mushroom soup
- 2 Tbsp. soy sauce
- 1 tsp. garlic powder
- 1 bag (16 oz.) any Frozen Vegetable combination
- 4 c. hot cooked instant rice

Mix chicken, soup, soy sauce and garlic in skillet. Heat to a boil. Add vegetables; cover and cook over medium heat until tender-crisp, stirring occasionally. Serve over hot rice. Serves 4.

The National Frozen & Refrigerated Foods Association has created a \$10,000 Bring Us To Your Table! Freezer Favorites sweepstakes that runs through the end of April. To enter, and for more details, visit www.easyhomemeals.com.