

Keeping Your “Cool” In The Kitchen



This chocolate raspberry dessert can be as easy to make as it is delightful to eat.

(NAPSA)—To make it a little easier on yourself this holiday season, as you prepare for holiday events and family gatherings (and even unexpected guests), you can chill out in the frozen and refrigerated food aisles of the grocery store.

New product introductions and innovations have made the frozen and refrigerated aisles not only convenient but essential for finding time-saving meal solutions with taste and quality. Shop early and stock your refrigerator and freezer with your favorite foods for spur-of-the-moment parties and overnight guests.

To help, the National Frozen & Refrigerated Foods Association (NFRA) offers these suggestions for the upcoming holiday season:

- Delicious breakfast ideas: waffles, pancakes, bagels, breakfast sandwiches, fruits and yogurts can make holiday mornings much more fun.

- Try these easy snacks and appetizer ideas: cheeses, dips, egg rolls, shrimp, pizza, wings and meatballs. Serve on attractive platters and let the party begin.

- Great side-dish ideas: ready-

to-heat-and-eat vegetables, potatoes and breads. They can mean less work in the kitchen and more time with the family.

- Scrumptious dessert ideas: frozen pies, cakes and ice cream. Make them your own by adding special favorite toppings, such as flavored syrups, fruit and whipped cream.

For example, here is an easy, elegant dessert you can definitely claim as your own:

Chocolate Raspberry Delight

- 1 frozen, three-layer chocolate cake, thawed**
- Chocolate syrup**
- Raspberry syrup**
- Frozen raspberries, thawed**

Drizzle both syrups on dessert plates for presentation. Place individual pieces of cake on plates, drizzle with chocolate syrup and top with raspberries. Serves 6-8.

For more delicious recipes, tips and important information on frozen and refrigerated foods, visit www.EasyHomeMeals.com and “like” NFRA on Facebook at www.facebook.com/EasyHomeMeals.