

Making The Most Of Family Mealtime



This delicious dish is quick and easy with the help of frozen foods.

(NAPSA)—Good news for families dealing with hectic lifestyles: You can spend more precious mealtimes together with the help of frozen foods. From complete dinners ready to heat and eat to side dishes, desserts and key ingredients used in preparing meals, convenient solutions for your family can be found in the frozen aisle at the supermarket.

Frozen vegetables make meal preparation easy as the picking, cleaning and dicing have already been done. The vegetables are full of nutrients because they're picked at the peak of nutrition and flavor and quickly frozen within hours to maintain their quality and vitamin content without chemical preservatives.

Consider keeping a selection of frozen foods on hand such as fish, chicken breasts, vegetables, potatoes and breads to have a variety of meal solutions at your fingertips.

Although March is Frozen Food Month and a time when many stores feature special prices and promotions on tasty freezer favorites, frozen foods can help your family enjoy more meals together in less time at any time of year. For example, you can try this easy, tasty meal.

Tortellini and Shrimp Stir-Fry

1 16-oz. bag frozen cheese tortellini

1 Tbsp. vegetable oil

1 bag frozen stir-fry vegetables

$\frac{3}{4}$ lb. cooked, cleaned medium shrimp

$\frac{1}{2}$ cup store-bought, garlic-flavored stir-fry sauce

2 Tbsp. water

$\frac{1}{2}$ tsp. crushed red pepper

Cook tortellini according to package directions. Heat oil in large skillet over med-high heat. Add vegetables; cook for 7-8 minutes or until crisp-tender, stirring occasionally. Stir in cooked tortellini, shrimp, stir-fry sauce, water and red pepper. Cook for 2-3 minutes or until heated through. Makes 4 servings.



The National Frozen & Refrigerated Foods Association has created a Seven-Day Family Caribbean

Cruise Sweepstakes, valued at \$10,000, that runs through the end of April. To enter and for more details and rules, visit www.EasyHomeMeals.com.