

Food News And Notes

Money-Making Meals

(NAPSA)—Thousands of budget-conscious Americans are discovering that you can find more green in some frozen meals—and we're not just referring to your veggies.

Consumers don't need to skimp on quality to get convenient, flavorful food at a low price. A top-quality frozen dinner, lunch or breakfast costs less than eating out at a restaurant—even a fast food place—and may even cost less than creating the dish from scratch. Frozen meals also require less mealtime preparation, leaving you more time to spend with your family.

Frozen meals offer convenience and cost savings, but one brand is actually putting more "green" in your wallet. Banquet, a company known for making familiar foods that families love, is giving away more than 16,000 redeemable cash prizes totaling \$1 million from February through April 2010.

The prizes range from \$10 to \$100,000, and redeemable game pieces can be found inside 17 varieties of single-serve dinner meals. Consumers should look for packages that say "Thanks a Million" on the front panel. Non-winning promotional packages include a Banquet coupon instead for other cost savings. More information, rules and deadlines can be found at www.BanquetThanksAMillion.com.

The company also offers multi-serve dinners, potpies and prepared poultry products such as fried chicken, chicken nuggets and wings. For over 50 years, Banquet has provided good-quality food for families to enjoy at a great value.

Finally, to further stretch your food dollars, the experts at Con-Agra Foods, which makes Banquet meals, suggest you stock up on frozen foods. They last longer, reducing the number of trips to the grocery store, which puts the



Rich food: Some frozen food retailers are awarding loyal customers with redeemable cash prizes totaling \$1 million.

savings back into your wallet.

For example, a few frozen ingredients can help you put together a palate-pleasing meal such as this:

Cheesy Chicken Quesadillas

Time: 20 minutes; Servings: 4

20 frozen Banquet Buffalo Style Chicken Breast Tenders

- 4 flour tortillas (8 inch)**
- 2 cups (8 oz.) shredded cheddar or Monterey Jack cheese**
- Nonstick cooking spray**
- Blue cheese dressing, optional**

Prepare chicken tenders according to package directions. Prepare quesadillas by laying 1 tortilla on work surface. Sprinkle half of tortilla with $\frac{1}{4}$ cup of cheese. Top with 5 hot tenders and another $\frac{1}{4}$ cup of cheese. Fold tortilla in half over filling. Repeat with remaining ingredients. Spray large skillet with cooking spray; heat over medium heat. When hot, add each quesadilla and heat both sides until tortilla is golden brown, about 1 minute per side. Can serve with blue cheese dressing.