

Questions from the Kitchen

Tips from Pat and Betty,
Reynolds Kitchens Home Economists



(NAPSA)—*Dear Pat and Betty:*
Any ideas for fun indoor activities to do with my kids on rainy days?

A. Baking is a fantastic way to have fun with your kids. And, cupcakes are everyone's "favorite", so make them extra special with Reynolds® Baking Cups. Available in various colors and designs, they're perfect for any occasion, and your kids will love choosing patterns and colors that complement their unique personalities. Satisfy animal lovers and sports fans with our Barnyard and Sports motifs. For classroom parties, School design baking cups rate an A+, while Party Baking Cups add pizzazz to any celebration! Moreover, baking cups are fun for you too because they line your muffin pan, making cleanup easy! Visit reynoldskitchens.com for great recipe ideas that are sure to make every day "sunny"!

Dear Pat and Betty:
I like to prepare home-cooked meals for my family, but always hate the cleanup. Help!

A. Cleaning up after a home-cooked meal doesn't have to be a time-consuming, stressful experience. That's because you can prevent cleanup by lining your pans with Reynolds Wrap® Release® Non-Stick Foil. You'll have no more pans to scrub or soak, so you can get out of the kitchen lickety split. When preparing sticky entrees, line your pans with the non-stick (dull) side toward the food. Release Foil is the best way to line pans to keep food from sticking, ensuring you enjoy every bite. Try this "worry-free" Pecan Coconut Crusted Fish recipe, and for other tasty recipes, visit reynoldskitchens.com.

PECAN COCONUT CRUSTED FISH

Reynolds Wrap® Release®
Non-Stick Foil

PECAN COATING:

- 4 (4 to 6 oz. *each*) fish fillets (fresh or thawed)
- ¼ cup butter, melted
- ½ teaspoon salt
- ¼ to ½ teaspoon cayenne pepper
- ½ cup finely chopped pecans
- ½ cup shredded coconut
- 2 tablespoons plain dry bread crumbs

PINEAPPLE MANGO SALSA:

- 2 cans (8 oz. *each*) pineapple tidbits, drained
- 1 large mango, diced
- ½ medium red pepper, diced
- 2 green onions, chopped
- 1 tablespoon red wine vinegar
- 2 tablespoons chopped cilantro
- ¼ teaspoon salt

PREHEAT oven to 400°F. Line a 15x10x1-inch baking pan with Reynolds Wrap Release Non-Stick Foil with non-stick (dull) side toward food; set aside.

COMBINE butter, salt and cayenne pepper in a large bowl. Add fish and stir to coat; set aside. Combine pecans, coconut and bread crumbs. Spread mixture on a sheet of wax paper. Roll fish in coconut mixture, turning to coat evenly. Press on additional mixture, if necessary. Place in a single layer in foil-lined pan.

BAKE 15 to 20 minutes or just until fish is opaque throughout.

FOR SALSA: Combine pineapple, mango, red pepper, green onions, red wine vinegar, cilantro and salt. Chill; serve with fish.

Makes: 4 servings