

Questions from the Kitchen

Tips from Pat and Betty,
Reynolds Kitchens Home Economists



(NAPSA)—*Dear Pat & Betty,*
Any suggestions for quick and easy homemade meals?

A. Making homemade family dinners during the week can be a time challenge. Oven bags are a simple way to prepare delicious meals with less stress and mess. Just put your favorite meat in a Reynolds® Oven Bag, along with vegetables, sauces or spices and pop it in the oven. The oven bag keeps meat tender by holding in moisture and the meat's natural juices. Since no tending is necessary, you have time to spend with your family while dinner cooks! Best of all, cleanup is a snap—just throw the mess away. Try this delicious recipe for Shortcut Salsa Chicken from our new cookbook, *Pat and Betty's No Fuss Cooking*. Homemade has never been easier!

I often prepare and freeze meals ahead to eat later in the week. How can I keep them fresh and prevent freezer burn?

A. Use non-stick aluminum foil to seal in freshness and guard against freezer burn. Reynolds Wrap® Release® Non-Stick Foil is a heavy duty foil that creates a barrier to air and moisture, protecting food quality, flavor and nutrition during freezing. Plus, food won't stick to the foil's non-stick surface. So, foods like stacked burgers, with Release Foil in between, separate easily with no prying. You can also wrap and freeze ahead single servings of recipes to have on hand. Visit reynoldskitchens.com for more time saving ideas.

SHORTCUT SALSA CHICKEN

- 1 Reynolds® Oven Bag, Large Size
- 2 tablespoons flour
- 1 jar (16 oz.) chunky style salsa
- 4 skinless, boneless chicken breast halves
- 1 medium green bell pepper, cut in rings
- Flour tortillas or tortilla chips

PREHEAT oven to 350°F.

SHAKE flour in Reynolds Oven Bag; place in 13 x 9 x 2-inch baking pan.

ADD salsa to oven bag. Squeeze bag to blend in flour. Add chicken to bag; turn bag to coat chicken with sauce. Arrange chicken in an even layer in bag. Place pepper rings over chicken.

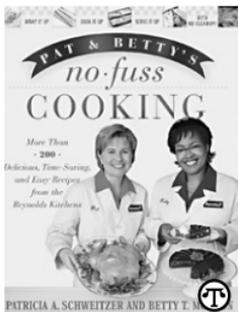
CLOSE oven bag with nylon tie; cut six 1/2-inch slits in top.

Tuck ends of bag in pan.

BAKE 25 to 30 minutes until chicken is tender and meat thermometer reads 170°F.

Serve with flour tortillas or tortilla chips.

Makes: 4 servings



Look for our new cookbook, *Pat and Betty's No Fuss Cooking*, with more than 200 delicious and time-saving recipes. These recipes are quick

and easy to make, and taste and look great too! Now available in book stores nationwide.