

Making Life Easier

Quick And Easy Family Dinners

(NAPSA)—Running short on time doesn't have to mean sacrificing nutrition in the kitchen for family dinners.

According to a recent survey conducted by Kelton Research, 57 percent of moms said it's difficult to find a meal for their family that is both nutritious and convenient to prepare in under 30 minutes. Here are five quick tips from TV Food Network's Robin Miller to get dinner on the table and still get everyone to their activities on time:

1. Allow kids to help with dinner by setting the table and cleaning up afterwards.

2. Plan ahead. Devise a meal plan for the entire week that takes into account the children's activities.

3. Practice "meal morphing"—transform your leftovers from yesterday into an entirely different meal today by simply adding a few ingredients.

4. Prepare ingredients the night before—cut up veggies, cook meats and prepare other foods ahead of time.

5. Look for "fast foods" at the grocery store—pick up foods ahead of time that are quick and easy to prepare like Ragú Fresh & Simple. Packaged in a 90-second microwavable pouch, it's all-natural with no artificial additives, preservatives or added sugar and kids still get a full serving of veggies in every ½ cup of sauce.

"We all lead frantic lives, but we shouldn't forgo nutritious, home-cooked meals because of it," says TV Food Network's Robin Miller. "Until now, quick and healthy were mutually exclusive mealtime goals. With Ragú Fresh & Simple, moms like myself are provided an easier way to make



A few time-saving tips can help moms get a healthy dinner on the table in a matter of minutes.

smaller meals faster without sacrificing the great taste kids want with the nutrients they need."

You can use the Ragú Fresh & Simple pouch in such fun and tasty meals as:

- Italian-Style Tacos:

Microwave the pouch according to package directions and toss with sliced leftover chicken or beef, then serve in warmed taco shells (soft or hard) with your favorite Italian-style toppings, such as shredded mozzarella cheese, roasted red peppers and lettuce.

- Instant Chicken/Turkey Parmigiana:

Microwave the pouch according to package directions and pour over sandwich roll topped with sliced chicken or turkey and cheese.

Free Booklet

For a free "Feed Our Kids Well" recipe booklet, with time-saving tips, meal-planning suggestions and delicious recipes from TV Food Network's Robin Miller, celebrity fitness trainer Kathy Kaehler, parenting guru Stacy DeBroff and nutritionists from across the U.S., go to www.FeedOurKidsWell.com.