



Food Ideas



A Time & Cost Effective Lifestyle

(NAPSA)—With all the different hats people wear today—chauffeur, chef, parent, spouse, and co-worker—Americans are stretched pretty thin. Chances are if the adult population was to be surveyed on the things they would like to have more of, the answer would most likely be more time and more money. In one way or another, it seems we all wish we had more of both. But short of adding a 25th hour to the day or inheriting a large sum of money, what's a person to do?

For starters, why spend precious time in the kitchen or money at the newest restaurant when you can create a gourmet-style meal at home? A quick trip to the grocery store is all that is needed to discover numerous, time-saving and cost-effective products to help prepare delicious meals in no time. Create a restaurant-worthy Cobb Salad or Caesar Chicken Salad in a few minutes with *Tyson*® canned and pouch chunk chicken breast. Use this premium-quality oven-roasted chunk chicken to have an appetizing meal that won't put a strain on your watch or pocket.

There are a variety of tasty uses for products like these so be imaginative! Because your time and money are worth it. Visit www.tyson.com for more meal ideas.

Classic Cobb Salad

- 1 can *Tyson* Premium Chunk Chicken Breast (12.5oz), drained or 1 *Tyson* Premium Chunk Chicken Breast Pouch, 7oz
- 2 slices *Tyson* Fully Cooked Hickory Bacon, crumbled
- 2 cups torn lettuce leaves
- 1 medium tomato, chopped
- 1 avocado, pitted and diced
- ½ cup crumbled blue cheese
- ½ cup black olives

Cooking Instructions

1. Wash hands. Place lettuce on a large plate.
2. Arrange chicken chunks,



There are quick and inexpensive ways to make delicious and healthful dishes.

bacon, tomato, avocado, cheese and olives on top of lettuce.

Serving Suggestion: Serve with bottled dressing and crackers or soft breadsticks. Refrigerate leftovers.

Caesar Chicken Salad

- 3 cups *Tyson* Premium Chunk Chicken Breast (12.5oz) or 3 cups *Tyson* Premium Chunk Chicken Breast Pouch
- ½ cup Caesar salad dressing
- 8 cups Romaine lettuce, torn
- ½ cup thin red onion slices, cut in half
- 2 tomatoes, each cut into 12 wedges
- 1 tablespoon freshly grated Parmesan cheese
- ½ cup seasoned croutons

Cooking Instructions:

1. Wash hands. Place chicken in medium glass bowl. Pour dressing over chicken; toss to coat. Set aside.
2. Divide lettuce among four salad plates. Top with equal amounts of chicken, onion slices and tomato wedges. Sprinkle with Parmesan and croutons.

Serving Suggestion: Serve as a main dish salad with thin Italian breadsticks. Serve with additional Caesar dressing. Refrigerate leftovers.