

No Time To Cook?

Quick, Tasty Dishes Make Dinner Hassle-Free

(NAPSA)—If your hectic schedule makes it hard to find the time to plan and prepare quality family meals, you're not alone. Eighty-two percent of Americans report their biggest cooking challenge to be either deciding what to make for dinner or finding the time to make it, according to a recent survey conducted by Digital Marketing Services.

Fortunately, companies such as Tyson Foods, Inc., offer Individually Fresh Frozen (IFF) chicken products to help you quickly prepare scrumptious meals the whole family can find time to enjoy. Because IFF products can go right from the freezer into your recipes without needing to thaw, you can wait to decide what to make for dinner after everyone gets home for the evening, instead of hours or days beforehand.

IFF chicken is enhanced naturally with chicken broth to increase juiciness and tenderness. That means it won't dry out or lose flavor while cooking. Additionally, each piece of IFF chicken is ice glazed to ensure freshness before freezing and allow for longer storage time in your freezer. Available in boneless, skinless chicken breasts and tenderloins, half-breasts, drumsticks, thighs and wings, IFF products are located in your grocer's freezer.

Try this tantalizing recipe and watch as your family makes time to enjoy it:



BROCCOLI, CHICKEN AND RICE CASSEROLE

Prep Time: none

Cook Time: 40 minutes

Servings: 4

4 Tyson Individually Fresh Frozen Boneless, Skinless Chicken Breasts

1 box broccoli rice au gratin

2 cups boiling water

¼ teaspoon garlic powder

2 cups frozen broccoli

1 cup shredded Cheddar cheese

COOK: Preheat oven to 425°F. In 13 x 9-inch baking pan, combine rice and contents of seasoning packet. Add boiling water; mix well.

CLEAN: Wash hands. Add chicken, sprinkle with garlic powder, cover and bake 30 minutes. Add broccoli and cheese, continue to bake, covered, 8 to 10 minutes or until internal juices of chicken run clear. (Or insert instant-read meat thermometer in thickest part of chicken. Temperature should read 170°F.)

SERVE: Serve hot out of the oven with yeast rolls, if desired.

CHILL: Refrigerate leftovers immediately.