

Kitchen Korner

Recipes That Cut Corners, Not Taste

(NAPSA)—As families are forced to make cutbacks due to the economy, moms are making their way back into the kitchen in hopes of preparing healthful, budget-friendly meals. The only problem is, recent research shows that many lack the basic kitchen know-how and need help in the kitchen.

The Canned Food Alliance (CFA) recently provided consumers with the Essential Kitchen Toolkit, an easy-to-read guide to planning and preparing healthful meals.

Now, the CFA has partnered with chef and cookbook author Andrew Schloss so families can apply the basics of meal preparation to create easy meals at home with much lower costs.

Called “Kitchen Countdown,” this new collection consists of 10 new recipes that all have one thing in common: They each feature 1 pot; 5 ingredients; cost 10 dollars or less; take 15 minutes or less to prepare and have 400 calories or less per serving.

The recipes include dishes such as Chili Stuffed Flank Steak, Smoked Turkey Gazpacho, Salmon Herb Pie, and Corn and Crab Cakes.

By taking advantage of the variety of canned foods available today, which are already cooked and more affordable than their fresh and frozen counterparts, Chef Schloss created nutritious, great-tasting meals for less than \$10.

Visit www.mealtime.org to find “Kitchen Countdown” recipes, such as this one.



A new collection of recipes is designed to help consumers cut costs and calories by preparing meals at home.

Smoked Turkey Gazpacho

Courtesy of Mealtime.org

Preparation time: 10 minutes

Cook time: 0 minutes

Total cost: \$8.31

2 medium cucumbers, peeled and diced, divided

1 quart (32 fl oz) canned low-sodium vegetable juice, divided

8 (1-oz) unsalted tortilla chips

1 can (14.5 oz) no-salt-added diced tomatoes

8 ounces smoked turkey, cut in small dice

Preparation:

In a blender or food processor, combine one cucumber, half the vegetable juice, the tortilla chips, 8 ice cubes, and puree until completely smooth.

Pour the contents into a serving bowl and add the remaining cucumber and vegetable juice, diced tomatoes and the smoked turkey. Serve immediately or refrigerate for up to 24 hours before serving.

Serving Suggestions: Garnish with lime wedges, if desired

Servings: 4 Serving size: 2 cups