

Convenient Cooking

Steaming Fresh Veggies In A Snap

(NAPSA)—Steaming fresh vegetables is easier than ever—and that's good news for anyone who wants to include more veggies in his or her diet.

There's no longer a need to cut or clean vegetables, to use a steamer basket, to clean up after steaming or to make sure the vegetables don't end up mushy.

A new package lets you steam fresh vegetables in the microwave. Due to new packaging concepts such as Sealed Air Corporation's Cryovac® Simple Steps™ package, vegetables and entrées can be heated and served in the original packaging, without the need to puncture ventilation holes or remove film before cooking. The film tents up in the microwave and self-vents, allowing steam to escape, resulting in reduced risk of burns or messy spills as the tray is removed.

In a typical household, pounds of fresh vegetables are thrown out because they spoil before anyone gets to cook them.

Food in Simple Steps™ packaging is vacuum sealed for freshness—extending the vegetables' quality of life.

Packaging benefits for refrigerated heat-and-serve vegetables and entrées also include convenient features such as stay-cool



A new package lets you steam fresh vegetables in the microwave, without prep work, mess or having to worry how they'll turn out.

side handles for safe and easy removal from the microwave, and easy-open tabs for quick serving.

With microwavable meals and convenience packaging growing in popularity, today's dinner options are expanding to include vegetables such as asparagus, zucchini, broccoli and coined carrots, as well as meats such as beef tips, chicken breasts, pork, pot roast and turkey.

These foods can be found in the heat-and-serve, produce or fresh meat sections of the grocery store. To make sure you are receiving all the benefits of vacuum packaging, look for the Simple Steps™ logo. For more information, visit www.ezmealprep.com.