

# Is Your Cooking In A Rut?

## Take The Hassle Out Of Making Dinner Without Forgoing Flavor

(NAPSA)—With today's busy lifestyles, it's easy to get caught in a routine of cooking the same uninspired dishes simply because they're quick to prepare. In fact, 74 percent of Americans would like to spend no more than a half-hour preparing dinner on weeknights, according to a recent survey conducted by Digital Marketing Services. Despite this crunch on time, the survey also reports that the greatest influence on meal planning is taste.

To help you make a quick dish your family will love without sacrificing taste, Tyson Foods, Inc. offers Individually Fresh Frozen (IFF) chicken products, which can go right from the freezer to the oven. Gone are the days of planning meals several hours or days in advance so that poultry has time to thaw. With IFF, the age-old question of "What's for dinner?" doesn't have to be answered until you begin cooking.

Enhanced naturally with chicken broth to increase juiciness and tenderness, each piece of IFF chicken is ice glazed to ensure freshness before freezing and allow for longer storage time. Located in your grocer's freezer, IFF products are available in boneless, skinless chicken breasts and tenderloins, drumsticks, half breasts, thighs and wings.

To get your family begging for seconds without wasting hours in the kitchen, try this tasty recipe.

### **LEMON GARLIC CHICKEN**

*Prep Time: 3 minutes*

*Cook Time: 30 minutes*

*Serves: 4*

**4 Tyson® Individually Fresh Frozen® Boneless, Skinless Chicken Breasts**



- 1** tablespoon margarine or butter
- 3** garlic cloves, minced
- 2** cups water
- 3/4** cup uncooked rice
- 2** chicken bouillon cubes
- 1** lemon, halved
- 1 1/2** cups frozen broccoli, carrots and cauliflower

**CLEAN:** Wash hands. Remove protective ice glaze from frozen chicken by holding under lukewarm running water for 1 to 2 minutes.

**COOK:** Melt margarine in large nonstick skillet. Add frozen chicken; cook over medium-high heat 5 to 7 minutes or until light brown. Add garlic and cook briefly. Add water, rice, bouillon cubes and juice from one lemon half. Bring to a boil. Cover, reduce heat and simmer 20 minutes. Add broccoli, carrots and cauliflower; continue cooking 5 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:** Cut remaining lemon half into slices and use for garnish.

**CHILL:** Refrigerate leftovers immediately.