

# Trimming Prep Time From Family Meals

(NAPSA)—When it comes to family dinner, home cooks rank quick meals that please a variety of palates as more important than nutrition. But experts say it's easy to have it all: Just divide the dinner plate into three parts made up of simple, fast and tasty foods that take advantage of time-saving products.

“For the time-pressed, the time-honored formula for planning dinner—a meat, a starch and a vegetable—still works,” said Mary Donkersloot, registered dietitian and author of *The Fast-Food Diet: Quick and Healthy Eating at Home and On the Go*. Donkersloot recommends quick combinations of some of the latest convenience products that let home cooks prepare nutritious meals in minutes.

Such speedy shortcuts are nothing new to many home cooks. A recent survey found that people use pre-packaged items at least four times per week in their dinner preparations.

Among her list of must-haves, Donkersloot includes Thomas E. Wilson® fully cooked beef and pork roasts. The seven varieties—including Beef Pot Roast, Seasoned Beef Sirloin Roast and Lemon Pepper Pork Roast—offer nutritious main courses that can be ready to serve in as little as five minutes.

In addition, Donkersloot recommends creating simple side dishes made from convenience products found in the produce and

<b>Meals in Minutes</b> <i>Each meal serves 4</i>	
<i>Thomas E. Wilson Beef Pot Roast with Steamed Broccoli and Crushed Garlicky New Potatoes</i>	
<b>STARCH:</b> Cook 1 pound red new potatoes in large pot of boiling water until tender. Drain and return to pot. Stir in 2 cloves crushed garlic and 2 tablespoons olive oil. Cover until ready to serve.	<b>VEGETABLE:</b> In covered skillet or pot, steam 2-3 cups broccoli flowerets in 1 inch boiling salted water, stirring once, until bright green and crisp tender (about 4 minutes). Drain.
<i>Thomas E. Wilson Lemon Pepper Pork Roast over Sautéed Spinach with Sesame Scallion Rice</i>	
<b>STARCH:</b> Cook 2 cups Basmati or other rice in rice steamer or on stovetop according to package directions. Stir in 1/2 to 1 cup sliced scallions to taste, 2 tablespoons toasted sesame seeds and juice of one lemon.	<b>VEGETABLE:</b> In large skillet or pot, heat 1 tablespoon sesame or olive oil. Sauté 2-3 cloves minced garlic until soft. Add a dash of soy sauce and 2 bags salad spinach. Sauté, stirring, until spinach is wilted (about 2 minutes).
<i>Thomas E. Wilson Seasoned Beef Sirloin Roast with Spicy Southwestern Pasta and Cumin Corn-Zucchini</i>	
<b>STARCH:</b> Cook 1/2 pound dry penne or rotini pasta in large pot of boiling salted water. Drain and return to pot. Stir in 1 can chopped green chilies, 1 small can sliced black olives, drained, and 1 teaspoon ground red pepper. Let rest, covered, until ready to serve.	<b>VEGETABLE:</b> In large skillet, heat 1 tablespoon oil and sauté 2-3 zucchini, sliced, for 1 minute. Stir in 1 can sweet corn, drained, 1/4 cup salsa, and 1 teaspoon cumin. Sauté until hot and zucchini is just tender.
<i>Note: Heat Thomas E. Wilson roasts according to package directions.</i>	

frozen foods aisles—such as bagged baby-new potatoes; pre-washed, bagged salad greens; and frozen peas and corn. She also advocates using prepared foods

like salsa, chopped Mexican chiles and roasted red peppers as quick flavor enhancers.

For more information and tips, visit [www.thomasewilson.com](http://www.thomasewilson.com).

