

# RADIO ROUNDUP

a collection of features, oddities,  
and helpful tips



**NORTH AMERICAN  
PRECIS SYNDICATE, INC.**

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175 WORDS, 60 SECONDS

## MEALTIME SHORTCUTS SAVE TIME AND MONEY

WHEN TIME IS SHORT FOR PREPARING DINNER, A FEW FREEZER STAPLES CAN MAKE ALL THE DIFFERENCE. CANNED BEANS CAN BE USED IN STEWS, SALADS AND DIPS. PREMADE STOCKS AND SOUPS ADD FLAVOR AND COMPLEXITY TO SAUCES OR CASSEROLES. JARRED SAUCES PROVIDE A VERSATILE BASE FOR PASTA OR RICE DISHES. YOU CAN THROW FROZEN CORN INTO TORTILLA SOUP, STIR FROZEN PEAS INTO A CREAMY PASTA DISH OR FOLD FROZEN BROCCOLI INTO A CHEESY RICE CASSEROLE. FROZEN VEGETABLES ARE HARVESTED AT THEIR PEAK AND FLASH FROZEN TO PRESERVE FRESHNESS AND TASTE. THE SAME SYSTEM IS USED FOR TRADITIONAL ITALIAN MEAL STARTERS BY MICHAEL ANGELO'S GOURMET FOODS. THE COMPANY'S CHICKEN PICCATA AND ITALIAN-STYLE SAUSAGE AND MEATBALLS COME FULLY COOKED IN FLAVORFUL LEMON-BUTTER OR TRADITIONAL MARINARA SAUCE, RESPECTIVELY, BUT WITHOUT THE PASTA SO YOU CAN SERVE THEM OVER POTATOES OR STEAMED VEGETABLES INSTEAD. SINCE THE COMPANY PUTS IN NO UNNECESSARY PRESERVATIVES, FILLERS OR CHEMICAL ADDITIVES, YOU CAN BE SURE YOU'RE SERVING A NATURALLY DELICIOUS MEAL WITH A PERSONAL TWIST. MORE INFORMATION IS AVAILABLE AT MICHAEL-ANGELOS--DOT--COM.