

Take A Fresh Look At Frozen Food



Shrimp and vegetable stir-fry made easy with frozen foods could become a big favorite with your family.

(NAPSA)—The frozen aisles of the grocery store offer more nutritious, delicious, convenient options than ever. From fully prepared entrées to heat-and-eat frozen ingredients, side dishes, appetizers and desserts, they can easily be incorporated into your meal preparation routine.

The Benefits of Frozen Food

- The picking, cleaning, slicing and dicing are already done.
- Your favorite foods are always in season.
- Easy, quick preparation and cooking. Easy, quick cleanup.
- No spoilage or waste. Always ready to cook.
- No chemical preservatives—flash-freezing technology maintains optimal freshness, quality, taste and vitamin content.

• Many stores feature special prices and promotions on tasty frozen favorites. In celebration of March National Frozen Food Month, the National Frozen & Refrigerated Foods Association

(NFRA) has created a \$10,000 Sweepstakes that runs through the end of April. To enter and

visit www.EasyHomeMeals.com.

To take a fresh look at frozen food, try this easy, tasty meal—and enjoy more time with your family and less time in the kitchen.

Shrimp and Vegetable Stir-Fry

- 24 large frozen shrimp (thawed, shelled and deveined)**
- 2 Tbsp. vegetable oil**
- 2 tsp. chopped garlic**
- 2 16-oz. bags frozen stir-fry vegetables**
- 1 cup stir-fry sauce**
- Tomato wedges**
- Salt and pepper to taste**

Heat 1 Tbsp. oil in a large skillet over medium heat; add shrimp and stir-fry 3 minutes or until done. Remove shrimp from pan and set aside. Add remaining 1 Tbsp. oil to pan and heat; add garlic and cook for 30 seconds, then add frozen vegetables and cook for 4 minutes. Add stir-fry sauce and cook until vegetables are tender (about 6 minutes). Add cooked shrimp to pan; stir and heat together. Plate and garnish with tomato wedges. Serves 4.

