

# Holiday Hints

## Beating Seasonal Stress

(NAPSA)—The best gift you can give yourself is to follow these simple entertaining tips for a less stressful holiday season.

A whopping 68 percent of Americans say the holidays—namely Christmas and Thanksgiving—are the most stressful time of the year. Why all the worry? It might be that Americans typically expect an average of 14 guests over the course of the winter holiday season. That's a lot of mouths to feed.



**Chef Houk**

Americans admit that a little help in the kitchen would go a long way toward encouraging holiday cheer. Sixty-one per-

cent of Americans either strongly or somewhat agree that simplifying all holiday meals would help them spend more time with their family and reduce stress.

Try these tips from Sara Lee Executive Chef Jill Houk. They could help ease holiday stress and help you enjoy the season's festivities:

- **One-pot meals are easy:** Take advantage of your slow cooker as much as possible during the holiday season. Just add your ingredients to the pot and enjoy the holidays while your meal cooks without you.

- **Organization is key:** Plan ahead. Shopping can be the most stressful activity, so shop ahead of time for anything you can, such as bread and frozen desserts.

- **Stick with tried and true:** The holidays are not the time to try something new. Stick with family favorites such as a delicious sandwich and simply add a festive, homemade flair. See my recipe for a delicious Grilled Turkey and



**Festive desserts can help you entertain guests and unwind during the holidays.**

Cheese with Cranberry Mustard, along with many more meal ideas, tips and video demonstrations, at [www.TotalMealsOnline.com](http://www.TotalMealsOnline.com).

- Get guests in the mood with a festive drink: Seasonal drinks, warm or cold, offer a guest something to enjoy right when they walk in the door. The Senseo coffee system and pods are easy to use and can be served alone or with some festive toppings. Here's an easy pairing suggestion for one of my favorites:

### Eggnog Coffee

**Shop:** 1 package of Senseo Medium Roast Blend single-serve coffee pods, eggnog, whipped cream and favorite candy bar.

**Prepare:** Brew a single cup of coffee according to directions. Add eggnog to coffee and top with a dollop of whipped cream. Sprinkle with crushed candy pieces.

**Serve:** Alongside a slice of Sara Lee All Butter Pound Cake, Original Cream Cheesecake or Premium Pumpkin Pie.