

# Cooking Corner Tips To Help You

## Seasoned Chicken Strips: Big Taste, Little Time

(NAPS)—Even though life is becoming more hectic, research shows most meals are still prepared and eaten at home—67 percent, according to the 1999 National Panel Diary “Eating Patterns in America” survey.

In most households, however, the amount of time available to prepare home-cooked meals is at a premium, so consumers are increasingly looking for flavorful timesavers to get hearty, nutritious meals on the table.

One such idea is a new line of seasoned chicken strips, which eliminate the need to handle and flavor chicken before cooking it. The strips can be prepared on the stovetop in about five minutes, so cooks can use them as a launching point for wholesome meals—less than 30 minutes to prepare, but still possessing a signature touch.

Perdue Farms’ Simply Sauté™ Seasoned Chicken Strips come in three varieties: Savory Classic, versatile all-breast meat strips; Parmesan Garlic, all-breast strips just right for Italian dishes; and Spicy Fiesta, tasty thigh meat seasoned with a blend of spices, adding heat to Mexican and other



**New pre-seasoned chicken strips can be a tasty way to get a meal on the table in minutes.**

zesty cuisines. Creative serving ideas include:

- Asian Barbecue Salad—Sauté Savory Classic chicken strips, adding a few tablespoons of prepared barbecue sauce. Sprinkle them with toasted sesame seeds, and fan atop Romaine lettuce leaves dressed in a soy-and-sesame vinaigrette.

- Chicken Bruschetta—Sauté Parmesan Garlic chicken strips, then slice each one in half. Separately, sauté some mushrooms until they’re soft; add diced red onion, diced Roma tomatoes, minced fresh basil and a splash of balsamic vinegar, and cook just until hot. Carefully top each chicken piece with the mushroom mixture and serve as an appetizer.

For additional recipe ideas and more information about Simply Sauté™ Seasoned Chicken Strips, visit the Perdue Pantry at [www.Perdue.com](http://www.Perdue.com) or call toll-free 1-800-4PERDUE®.

### Savory Classic

Very versatile, great for stir-fry, chef salad, fried rice, pasta primavera, sandwiches and wraps.

### Parmesan Garlic

Ideal for Italian dishes, including pasta salad, pizza, fettuccine Alfredo, lasagna and spaghetti with marinara sauce.

### Spicy Fiesta

Seasoned with a blend of spices, adds heat and great taste to many dishes, especially Mexican specialties like chili, nachos, soft tacos, fajitas, rice and beans and enchiladas.



**Note to Editor:** Perdue Products are currently only available east of the Mississippi River.