

# MAKING LIFE MORE FUN

## Make Picnics More Memorable



(NAPSA)—With no space restrictions, picnics can be ideal for bringing families, neighborhoods, alumni and other friends together. Regardless of whether the gathering is formal or informal, large or small, planned or impromptu, a picnic often ranks as one of the best parties of the season.

Picnic foods? Everyone has his or her favorite. Usually, the picnic menu includes dishes that are easy to make and safe to transport in hot weather. Here's a cool idea: Try salads that start with frozen vegetables.

You can buy them in advance and have them on hand whenever you need them. They're convenient, ready to serve in minutes, colorful and flavorful. They're fresh-tasting, and many varieties actually may have more vitamins and other nutrients than some bulk vegetables.

Nutritionists say everyone should eat at least five servings of fruits and vegetables every day for better health. So why not get some of those servings in at the picnic? Most vegetables are low in fat and calories, and they're full of vitamins and fiber. Plus they taste great!

For your next picnic, how about offering your guests a Mexican Bean Salad, a recipe created by Birds Eye? It takes just minutes to prepare.

### **Mexican Bean Salad**

**Prep Time: 15 minutes**

**Cooking Time: 10 minutes**

**2-3 corn tortillas**

**Cooking spray**

**2 tablespoons olive oil**

**1 tablespoon lime juice**

**$\frac{3}{4}$  teaspoon salt**

**2 tablespoons coriander**

**1 can (14 $\frac{1}{2}$  ounce) Mexican-style tomatoes with liquid**

**1 can (15 ounce) black beans, drained and rinsed**

**2 tablespoons canned jalapeño peppers**

**$\frac{1}{2}$  cup diced red onion**

**1 package (10 ounce) Birds Eye Cut Corn, cooked according to package directions**

**1 package (10 ounce) Birds Eye Baby Lima Beans, cooked according to package directions**

Spray tortilla strips lightly with cooking spray; cut into thin strips about 3 x  $\frac{1}{4}$ -inches. Place on cookie sheet; bake in pre-heated 350 degree F oven about 10 minutes or until lightly browned; cool and set aside. In large bowl, whisk together oil, lime juice, salt, and coriander. Add tomatoes, black beans, jalapeño peppers, onion, corn, and lima beans; toss to coat. Cover and refrigerate 3 to 4 hours. Pour in larger salad bowl and sprinkle with tortilla strips. Makes 8 servings.

For more great-tasting recipes and easy entertaining ideas, visit [www.birdseye.com](http://www.birdseye.com).