

Holiday Cooking

Simple Recipes Balance Holiday Meals

(NAPS)—Families and guests can enjoy great tasting meals and appetizers that are quick to prepare, even during the busy holiday season. Keeping the freezer stocked with frozen vegetables may be the hardest part of preparing a holiday feast thanks to these easy to follow, few-ingredient recipes. Meals can become more appealing just by adding unique vegetable varieties such as Birds Eye® Baby Corn Blend or Gourmet Potato Blend as a side dish or as part of the main course.

For special occasions, the Baby Beans with Walnuts and Craisins recipe can be a colorful addition to the holiday table and offers a great combination of mouthwatering tastes. It's excellent to serve at home or take to holiday parties. Another traditional party favorite is spinach dip and this recipe makes it a great-tasting low-fat appetizer. Turkey with Mustard Sauce is a creative and delicious way to use those holiday leftovers.

For more great-tasting recipes and easy entertaining ideas, visit www.birdseye.com.

Spinach Dip

- 1 box (10 oz.) Birds Eye frozen Chopped Spinach
- 3 tablespoons grated Parmesan cheese
- 3 tablespoons low-fat ranch dressing
- ½ cup light sour cream or plain yogurt
- ½ teaspoon dried basil
- ½ teaspoon garlic powder

Cook spinach according to



package directions; drain well and chill. Combine all ingredients in bowl; mix well. Serve chilled.

Recipe makes about 1¾ cups
Prep Time: 10 minutes

Baby Beans With Walnuts & Craisins

- 1 package Birds Eye Baby Bean and Carrot Blend
- 1 tablespoon butter
- ½ teaspoon salt
- 2 tablespoons craisins
- 2 tablespoons walnuts

Cook vegetables according to package directions and drain. In saucepan, add butter, salt, craisins, and walnuts to cooked vegetables; toss to combine. Serve hot.

Recipe serves 6
Prep Time: 2 minutes
Cooking Time: 5 to 6 minutes

Turkey With Mustard Sauce

- 1 cup Birds Eye Mixed Vegetables
- 1 teaspoon spicy brown mustard
- 1 box Birds Eye Onions with Cream
- 2 cups cooked turkey or cooked turkey cutlets

In a large non-stick skillet, add mixed vegetables, mustard and onions with cream sauce; bring to boil.

Reduce heat to medium-low; cover and simmer 6 to 8 minutes until tender. Add turkey and continue cooking 2 to 3 minutes until heated through. Serve hot as a main course.

Recipe serves 4
Prep Time: 5 minutes
Cooking Time: 10 to 12 minutes