



Time Saving Tips

Americans Share Their Latest Beat-The-Clock Secrets In The Kitchen

(NAPSA)—Would you ever put coffee in your breakfast cereal just to satisfy those morning hunger cravings while at the same time getting your fill of caffeine and calcium? How about passing on sleep just to get those extra eight hours a day to take care of all the things you need to do? It may sound crazy but these are some of the creative ways people are trying to beat the clock, especially when it comes to mealtime preparation.

According to a national survey conducted by Perdue Farms, Americans value convenience, speed and ease above all when considering the answer to the eternal question, "What's for dinner?" Here are some of the things time-pressed people are doing to pack 25 hours of activity into a 24-hour day:

- Wash dishes while waiting for the water to boil or sweep the floor as the meat defrosts in the microwave.

- Cook family meals for the week on Sunday and freeze. While defrosting one night's portion in the oven or microwave, make a small side salad to accompany the main course.

- Make healthy, simple meals that are fresh and don't require a lot of ingredients.

- Keep as much food as possible in the freezer and pantry, saving last minute trips to the store.

A majority of respondents noted that one of the easiest ways to shave a few minutes off meal-making time is to buy products that are already one step closer to done before you've even left the store.

That's why the newest offerings from Perdue, **SHORT CUTS® Entrées**, are really in a class by themselves. This time-saving product pairs Perdue's fully cooked, pre-seasoned carved chicken strips with 4 healthy chef-style sauces:



There are many ways to save time while preparing delicious, healthy meals for the family.

- **Marinara**—97 percent fat free. Chunky marinara sauce with tomatoes, green peppers and onions.

- **Garlic and Herb**—99 percent fat free. Light garlic and herb sauce.

- **Teriyaki**—99 percent fat free. Classic oriental sweet teriyaki sauce.

- **Barbecue**—99 percent fat free. Sweet honey barbecue sauce.

Packaged in a microwaveable tray, **PERDUE® SHORT CUTS® Entrées** provide maximum flexibility in the kitchen. Add your favorite rice, pasta or vegetable and fast as a flash these delicious, low-fat entrées go from package to plate in *under five minutes*. Add chicken strips in marinara sauce to an Italian sandwich roll and top with two slices of mozzarella cheese for a homestyle Chicken Parmesan Sub Sandwich. Or, combine rice and your favorite frozen vegetables with chicken strips in teriyaki sauce for an Asian-inspired stir-fry.

So, in the same time it takes to order take-out from your favorite neighborhood hang-out, you can make your own healthy "fast food" in the comfort of your own home. For more delectable recipe ideas, please call Perdue toll-free at 1-800-4PERDUE® or simply visit www.perdue.com™.