

## How To Get Your Kids To Ask For More Veggies

(NAPSA)—Recipes that generate interest among parents often feature kid-pleasing ways to serve nutritious vegetables.

Whether it's meat loaf laced with carrots or chili made with extra pepper and onions, parents appreciate the idea of their children asking for a second serving of any dish with vegetables—especially if the recipe can be prepared quickly.

Here are two quick-fix recipes that may win fans among parents and children. One is a quick and easy, hearty fried rice and the other is a nutritious broccoli dish that gets its extra dash of flavor from Onion Soup Mix.

### Savory Skillet Broccoli

4 servings

Prep Time: 5 minutes

Cook Time: 10 minutes

- 1 Tbsp. Bertolli Olive Oil
- 6 cups fresh broccoli florets or 1 lb. green beans, trimmed
- 1-½ cups water
- 1 envelope Lipton Recipe Secrets Onion Soup Mix

1. In 12-inch skillet, heat oil over medium-high heat and cook broccoli, stirring occasionally, 2 minutes.

2. Stir in soup mix blended with water; bring to a boil.

3. Reduce heat to medium-low and simmer covered, 6 minutes or until broccoli is tender.

Also terrific with Lipton Recipe Secrets Golden Onion Soup Mix.

### Easy Fried Rice

4 servings

Prep Time: 10 minutes

Cook Time: 10 minutes

- ¼ cup Bertolli Olive Oil



Easy Fried Rice is delicious, nutritious and easy to make.

- 4 cups cooked rice
- 2 cloves garlic, finely chopped
- 1 envelope Lipton Recipe Secrets Onion Soup Mix
- ½ cup water
- 1 Tbsp. soy sauce
- 1 cup frozen peas and carrots, partially thawed
- 2 eggs, slightly beaten

1. In 12-inch nonstick skillet, heat oil over medium-high heat and cook rice and garlic, stirring constantly, 2 minutes or until rice is heated through.

2. Stir in soup mix blended with water and soy sauce and cook 1 minute. Stir in peas and carrots and cook 2 minutes or until heated through.

3. Make a well in center of rice and quickly stir in eggs until set. Stir eggs into rice and cook until done.

Also terrific with Lipton Recipe Secrets Onion Mushroom Soup Mix.

For more recipes, go to [www.recipesecrets.com](http://www.recipesecrets.com).