

School Days Don't Have To Mean Eating On The Run

(NAPSA)—For many families, busy schedules filled with homework, sports, plays, band, dance, often mean eating on the run. Fortunately, after-school snacks and dinner time do not have to revolve around quick-fix salts and sweets, such as potato chips, cookies, or peanut butter and jelly.

There are a variety of recipes and meals that are well-rounded, providing on-the-go kids and families with the nutrients they need for lunch, dinner and the snacks in between.

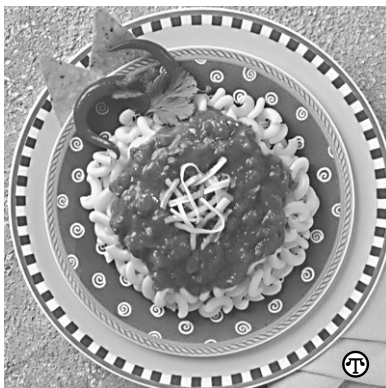
For example, chili is a quick and easy meal for parents to prepare as they shuttle kids to sports practices, music lessons, PTA meetings and football games. It is a versatile and hearty option that comes in several different varieties and flavors that are quick and easy to prepare in different ways.

Try serving a Turkey Skillet Dinner made with Hormel® turkey chili with beans, or Spaghetti Olé made with Hormel chili no beans. With prep time less than 20 minutes, you will be ready to serve a hearty snack or meal to your kids as they come home from school and daily extracurricular activities. Perhaps best of all, you can serve snacks and meals that will give them the energy they need before heading back out to their soccer game or play practice.

Try a new twist on an old favorite with Chili Mac Olé that kids are likely to ask for again and again!

Chili Mac Olé

1 (7-ounce) package elbow macaroni



- ½ cup chopped green bell pepper**
- ¼ cup sliced green onion**
- 1 (15-ounce) can HORMEL chili no beans**
- 1 (10-ounce) can CHI-CHI'S diced tomatoes with green chilies, drained**
- 1 teaspoon seasoned salt**
- ¾ cup shredded Monterey Jack, divided**

Prepare macaroni according to package directions. Drain. In saucepan, heat remaining ingredients except ¼ cup cheese until cheese melts, stirring frequently. Spoon the macaroni onto serving platter. Pour hot chili mixture over macaroni. Sprinkle remaining ¼ cup cheese over chili. Serves 6.

Hormel Foods has been making its chili for more than 50 years and maintains an extensive online database, which includes a variety of recipes from appetizers and hors d'oeuvres to dinner and other delights. For more easy-to-make recipes for your busy, active family, visit www.hormel.com.