

Kitchen Korner

Full Meals In Minutes For Families On The Go

(NAPSA)—Soccer practice, French club, PTA meetings and homework—busy families get even busier each fall once school routines reach their full peak. Fortunately, it's also the season of heavenly harvest flavors, and with a little planning and some smart shortcuts it's easy to pull together a quick dinner your family will adore.

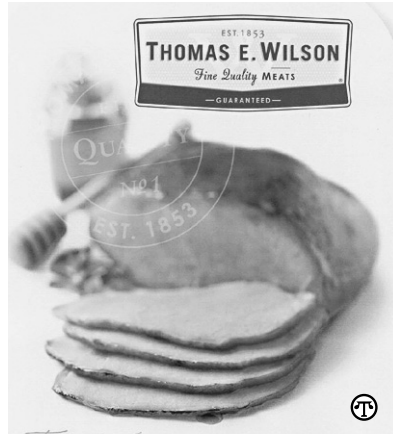
“The key is to pair the best tastes of fall with some of the quick-fix options you find at the grocery store,” said Mary Donkersloot, registered dietitian, mother and author of *The Fast-Food Diet: Quick and Healthy Eating at Home and on the Go*.

When it comes to main dishes, that means checking out the meat case. Tyson Foods' new line of Thomas E. Wilson fully cooked pork tenderloins and hams offers a variety of sumptuous flavors that take only minutes to prepare. Teamed with flavorful fall side dishes, you can have a tasty, nutritious meal for your family in no time. Try these quick sides to add flair to an already fully cooked pork tenderloin or ham tonight:

- Add chopped pears and walnuts to a pre-mixed package of greens for a fast seasonal salad. Crumbled blue cheese and balsamic vinaigrette dressing tops it off for restaurant-quality taste.

- Roasted peppers, whether green, red or yellow, add color and richness to any meal. Try topping Thomas E. Wilson Traditional Roasted Pork Tenderloin with roasted pepper slices. Cut the peppers lengthwise; remove the seeds and stem, brush with olive oil and place under a broiler until the skin turns black. Put the peppers in a paper bag to cool, peel off the skin and presto—gourmet flavor that only took minutes to make.

- Candied acorn squash is a traditional fall favorite for many families, but it doesn't have to take hours in the oven like your mom used to make. Use your



ADDING FLAIR—The right side dish to an already cooked pork tenderloin or ham can result in a dinner your family will adore.

microwave to trim time! Halve the squash and scoop out the seeds, place face down in a shallow dish in a half-inch of water. Cook on high for six to nine minutes. Take out and turn over, adding a pat of butter and a tablespoon of brown sugar to the center. Return to microwave and cook for one minute more, then serve.

- Applesauce is a perfect partner for pork, and it never tastes better than this time of year. Jazz it up with cinnamon and a quick shake of cumin to complement Thomas E. Wilson Fully Cooked Pineapple Glazed or Baked Honey Ham.

“The abundance and variety of fall produce allows home cooks to make favorite family meals special this time of year without spending a lot of extra time,” added Donkersloot. “The trick is to master quick main dishes. Ham is always a crowd pleaser, and it doesn't just have to be for holidays now that you can make it in five minutes. The pork tenderloins make a splendid yet easy to prepare main entrée.”

For more information on fast meals for busy families, visit www.thomasewilson.com.