

Carry On Family Dinner Traditions With Today's Convenience Products

(NAPSA)—Today's families have such busy schedules that sitting down together to enjoy a homemade meal often requires a special occasion. But that doesn't have to be the case, thanks to the countless convenience food options found in grocery stores today. Now home cooks have the option of carrying on family dinner traditions without spending hours in the kitchen.

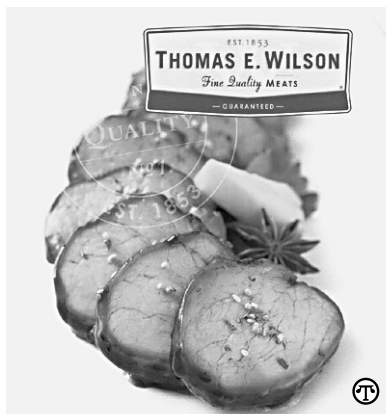
"Family dinners were a nightly tradition in my house growing up and one I try to continue with my family today," said Mary Donkersloot, registered dietitian, mother and author of *The Fast-Food Diet: Quick and Healthy Eating at Home and On the Go*. "The difference is that I rely on a few modern conveniences that my mother didn't have, so I can spend less time in the kitchen and more time enjoying my family's company."

Donkersloot suggests seeking out quick-fix food options, such as Tyson Foods' line of Thomas E. Wilson fully cooked beef and pork roasts, pork tenderloins and hams, that save time without sacrificing flavor. She offers these tips:

- Have fun with a Hawaiian theme. Serve Tyson's Fully Cooked Pineapple Glazed Honey Ham with whole baked sweet potatoes topped with brown sugar, fresh cracked black pepper and butter. Add a Waldorf salad and sautéed spinach.

- Pair the Traditional Hickory Ham Roast with scalloped potatoes, a quick succotash of lima beans, corn and diced red bell pepper, and sautéed apple slices for an easy meal made up of favorite family tastes.

- For a twist on the traditional, try the Teriyaki flavored Fully



Cooked Pork Tenderloin. Pair with long grain steamed rice and a stir-fried vegetable mix of peapods, mushrooms, water chestnuts, carrots and green onions seasoned with ginger, garlic and soy sauce.

- Pair the Fully Cooked Garlic and Herb Pork Tenderloin with roasted new potatoes tossed in olive oil and rosemary, and steamed broccoli seasoned with garlic, lemon juice and red pepper flakes. Add a green salad with balsamic vinaigrette dressing and garlic bread for the finishing touch.

"Bringing back the tradition of the family dinner is easier than ever with convenient, fully cooked meats that you just have to reheat," adds Donkersloot. "Not only do they offer a tasty main entrée, but they also are low in saturated fat and calories—something everyone can appreciate."

Look for the roasts in their new packaging, featuring the Tyson logo, in the grocer's fresh meat case. Suggested retail price is \$6.99 to \$7.99. For more information and tips on fast meals for busy families, visit www.tyson.com.