

More Americans Enjoying A Hearty Breakfast—Fast



A SIZZLING IDEA that brings the full breakfast back into American kitchens is premium precooked bacon that tastes skillet fresh and can be prepared in seconds in the microwave.

(NAPSA)—America's desire for the traditional breakfast is increasing. Foods such as eggs, toast, sausage, and bacon are making a comeback, according to the NPD Group Inc.'s 2002 "Eating Patterns in America" survey. Perhaps we want hearty breakfast foods because they remind us of the "good old days" or maybe it's just the taste we crave.

Whatever the reason, the time families have to prepare a full breakfast is limited. The NPD survey also shows that more Americans today—25 percent—are skipping breakfast, compared with 30 years ago.

With the pace of life accelerating daily, many families find it harder to fit in breakfast. Fortunately, there are now ways to make breakfast fast and satisfying. An added bonus is minimal clean-up since there are no skillets to scrub.

Preparing breakfast in minutes on busy weekday mornings begins at the supermarket, where you can stock up on time-saving shortcuts to get your day off to a quick start:

- Buy pre-sliced bagels (or slice them the night before) to save time—and cut fingers—in the morning.

- Wash fruit such as grapes or berries and place in a bowl on the table the night before.

- For a quick egg in the morning with no skillet clean-up, simply crack an egg into a microwave-safe cereal bowl, cover the top, and microwave on high for about a minute. You'll have a perfectly cooked egg you can eat right out of the bowl. Rinse the bowl before adding the egg and it will ensure a no-stick clean-up.

- To complement your egg or toast, try new, convenient breakfast products such as precooked breakfast sausage or bacon that you can heat in the microwave in less than a minute with no mess.

One delicious example is Jimmy Dean® Fresh Taste. *Fast!*® precooked bacon. Heated in the microwave, three strips are ready to eat in 30 seconds and there is no frying pan to clean. Best of all, this bacon tastes like you cooked it in a frying pan. It's available in three varieties, Hickory Smoked (like regular flavor bacon), Harvest Maple (for a sweeter taste), and a Seasoned Black Pepper (very flavorful).

By trying some of these shortcuts, families who like to start their day with a full, hearty breakfast will find it easier to do.