

# Why Frozen Food Is So Cool

(NAPSA)—Families dealing with a hectic lifestyle can get a taste of freedom when it comes to food. They can visit the grocery's frozen-food aisles and stock the freezer with convenient, tasty, nutritious options.

Frozen foods can provide the variety and versatility busy families need. From complete dinners ready to heat and eat, to side dishes, desserts and key ingredients used in preparing meals, convenient solutions can be found in frozen foods.

Frozen vegetables, for example, make meal preparation easy as the picking, cleaning and dicing have already been done. They're full of nutrients: Vegetables are picked at the peak of nutrition and flavor and quickly frozen within hours and maintain their quality and vitamin content without chemical preservatives.

There may be no better time to enjoy these delicious foods than during March National Frozen Food Month, when many stores will be featuring special prices and promotions on tasty freezer favorites.



To celebrate March National Frozen Food Month, the National Frozen & Refrigerated Foods Association (NFRA) has created a \$10,000 Bring Us To Your Table! Freezer Favorites Sweepstakes that runs through the end of April. For dates, official rules and entry form, visit [www.BringUsToYourTable.com](http://www.BringUsToYourTable.com).



With a well-stocked freezer, families can have a home-cooked meal like this one in minutes.

## Healthy Chicken Pasta Primavera

- 1 lb. boneless, skinless, frozen chicken breast, thawed, cut into bite-sized pieces**
- 1 Tbsp. olive oil**
- 8 oz. pasta**
- 1 bag (16 oz) frozen mixed vegetables**
- 1/3 cup reduced-fat Italian salad dressing**
- 1/2 cup fat-free sour cream**
- 1/3 cup grated Parmesan cheese**
- 2 Tbsp. skim milk**

**In skillet, cook chicken in olive oil over medium-high heat, stirring frequently, 5 minutes or until done. Cook pasta as directed in large pot, adding frozen vegetables during last 5 minutes of cooking time; drain; keep hot.**

**Blend Italian dressing, sour cream, Parmesan cheese and milk in large bowl. Add chicken, pasta and vegetables; toss to coat. Serves 4.**