

Kitchen Corner

Solutions For Homemade Meals Made With Ease

(NAPSA)—Today's multitasking lifestyle has led to an evolution of how we think of "cooking from scratch." While 96 percent of respondents to a recent national survey conducted by Greenfield Online believe that a meal cooked entirely from scratch at home is healthy, nearly a third of employed survey respondents report never having the time to do so. However, 90 percent of Americans are in agreement that a meal prepared using a mix of fresh and refrigerated foods is also healthy.

Tina Wesson, a busy mother of two who juggles her roles as winner of *Survivor: the Australian Outback* and health care professional, uses convenient products from the grocery store to help create delicious meals she can feel good about, with ease.

Tyson® refrigerated fully cooked chicken and steak strips, for example, are convenient ingredients to have in the refrigerator—they make it easy to prepare delicious meals with less effort.

"I've survived some pretty tough stuff, but one of my biggest challenges is fitting mealtime into the broader chaos of my family's routine," notes Wesson. "It's important to me to create wholesome meals I can feel good about."

To power up your next family mealtime, Wesson recommends meals such as Fiesta Chicken Salad and Simple Steak Sandwiches.

FIESTA CHICKEN SALAD

- 1 package Tyson® Refrigerated Fully Cooked Fajita Chicken Breast Strips**
- 4 cups shredded lettuce**
- ½ cup canned corn kernels, drained**
- 2 tablespoons sliced olives**



Prepared, refrigerated foods make it simple to cook "from scratch."

¼ cup canned red kidney beans, drained
Ranch dressing

1. Divide lettuce between 4 plates.
2. Top lettuce with corn, olives, beans, chicken and dressing to taste.

Serving Suggestion: Serve with salsa and crispy tortilla chips on the side. Refrigerate leftovers.

SIMPLE STEAK SANDWICHES

1 package Tyson® Refrigerated Fully Cooked Seasoned Steak Strips
Olive oil flavored cooking spray
½ cup sliced onion
½ cup sliced green pepper
4 slices mozzarella cheese
2 hoagie buns, split

1. Spray medium skillet with cooking spray. Heat to medium. Add onions and peppers. Cook 3-5 minutes, stirring occasionally.

2. Add steak strips. Cook another 2-3 minutes, until meat is warm.

3. Place 2 cheese slices on each bun and top with steak mixture.

Serving Suggestion: Serve with pickle spears and chips. Refrigerate leftovers.

For more convenient recipes like these, visit www.tyson.com.