

Frozen Foods Provide Fresh Ideas



The cool aisles of your grocery store offer many great-tasting meal solutions, such as this Grilled Rosemary Salmon.

(NAPSA)—If you need convenient, great-tasting meal solutions, try some of the appealing, new frozen food selections in the “cool” aisles of your local grocery store.

Frozen foods have come a long way in providing not only convenience but variety, quality, nutrition and great-tasting choices—from complete dinners ready to heat and eat, to side dishes, snacks, juices and desserts.

Foods destined for the freezer are selected at the peak of freshness and flavor and quickly frozen, maintaining their quality and vitamin content without chemical preservatives.

March is National Frozen Food Month and a great time to try these delicious, nutritious foods. Also, try this scrumptious meal—easy enough to prepare for a family midweek meal; elegant enough for weekend dinner guests.

Grilled Rosemary Salmon With Vegetables

**4 frozen salmon fillets
(approx. 6 oz. each)**

**1 Tbsp. fresh rosemary
1 Tbsp. chopped garlic
 $\frac{3}{4}$ cup oil
 $\frac{3}{4}$ cup orange juice
1 pkg. frozen mixed
vegetables
Salt and pepper to taste**

Thaw salmon according to package directions. Place in marinade of rosemary, garlic, oil and orange juice for 2 hours before grilling.

Prepare vegetables according to package directions.

Prepare barbecue (medium-high heat). Sprinkle salmon with salt and pepper. Grill approximately 5 minutes per side (until opaque in center).

Serve on bed of vegetables.

In celebration of March National Frozen Food Month, the National Frozen & Refrigerated Foods Association has created a Tap into Frozen \$10,000 Sweepstakes that runs through the end of April.

To enter, visit www.BringUsToYourTable.com.