

Takeout—From The Freezer



From complete dinners, ready to heat and eat, to side dishes and desserts, frozen foods offer meals in minutes.

(NAPSA)—Many families turn to take-out dinners for busy fall evenings. Another, even more convenient meal option is to stay home for a warm, cozy meal and “takeout” from your freezer.

Now is a great time to check out what’s fresh and new in the frozen food aisles of your grocery store. There’s quality and taste, as well as variety and versatility. From complete dinners ready to heat and eat to side dishes, desserts and key ingredients used in preparing meals, convenient and delicious solutions can be found in frozen foods.

When the National Frozen & Refrigerated Foods Association (NFRA) celebrates its annual October Frozen Food Festival, many stores feature special prices and promotions on America’s favorite frozen food brands.

Stock your freezer with fully prepared entrees that can go from freezer to table in minutes. Keep on hand a selection of frozen fish, frozen chicken breasts, frozen vegetables, frozen potatoes, breads and more—providing you with a variety of meal

solutions at your fingertips in minutes. And don’t forget the appetizers and desserts. You can have complete meals in minutes for family and guests.

Here is a great recipe that can be prepared in minutes.

Chicken and Vegetable Stir-Fry

- 1 Tbsp. oil**
- 1 lb. frozen, boneless, skinless chicken breasts, thawed and cut into strips**
- 2 cups frozen stir-fry vegetables, thawed**
- ½ cup prepared stir-fry sauce**
- 4 cups cooked white rice**

Heat oil in wok or large skillet over medium-high heat. Add chicken, cook and stir 5-7 minutes or until no longer pink. Add vegetables and stir-fry sauce, mix well and cook for an additional 3 minutes, or until heated through, stirring occasionally. Serve over hot rice. Makes 4 servings.

To celebrate the October Frozen Food Festival, NFRA has created a \$7,500 What’s Fresh in Frozen Sweepstakes that runs through the end of November. To enter the Sweepstakes, and for details and rules, visit www.EasyHomeMeals.com.

