

# Warm Up With The Comfort Of One-Dish Meals

(NAPSA)—One-dish meals such as hearty soups, stews, pasta and rice bowls are becoming popular dinnertime favorites for time-crunched Americans seeking satisfying and easy-to-prepare meal solutions.

Busy home cooks don't always have time to make traditional meals complete with a main course, side dish, vegetable and salad. By combining the best of all ingredients, one-dish meals are a terrific alternative because of the minimal prep time and variety of dishes that can result. These tasty meals also offer an excellent way to incorporate minimally processed, healthful ingredients—whole grains, fiber-rich vegetables and protein from meats and cheeses—into the diet.

"Americans are seeking a new style of comfort food with recipes that are hearty, wholesome and full of fresh ingredients," said Philip Jones, a professionally trained chef and president of Jones Dairy Farm. "One-dish meals have appeal because they're easy, fresh-from-scratch dishes the entire family can enjoy."

A number of one-dish meal recipes, such as this one, are at [www.jonesdairyfarm.com](http://www.jonesdairyfarm.com).

## **Sausage, Spinach and Brown Rice with Toasted Cumin Makes 5 (1¼ cup) servings**

- 1 teaspoon cumin seeds**
- 1 (7 oz.) package Jones All Natural Golden Brown sausage links, cut into ½-inch thick slices**
- ⅓ cup salsa of choice**
- 2 tablespoons light vinaigrette salad dressing**
- 1 (5 oz.) package fresh baby spinach (5 cups packed)**
- 1 (8.8 ounce) package fully cooked brown rice (2 cups)**



**All natural sausage, fresh spinach and brown rice combine to make this one-dish meal a delicious, satisfying suppertime treat.**

- 2 cups halved cherry tomatoes**
- ¾ cup reduced fat shredded sharp Cheddar cheese**
- 1 ripe avocado, peeled, seeded and thinly sliced**
- ¼ cup chopped cilantro or thinly sliced green onions**

**Heat large nonstick skillet over medium heat. Add cumin seeds; cook 2 to 3 minutes, stirring occasionally, until seeds are fragrant and toasted. Transfer seeds to large bowl; set aside. Add sausage slices to same skillet; cook 4 to 5 minutes, stirring occasionally, until sausage is heated through. Meanwhile, add salsa and salad dressing to cumin seeds in bowl; mix well. Add spinach; toss until spinach is coated. Heat rice in microwave oven according to package directions. Add hot rice to bowl; toss with spinach until spinach is slightly wilted. Add sausage; toss well. Stir in tomatoes and cheese; transfer to serving plates. Top with avocado slices and cilantro. Serve warm or at room temperature.**