

Smart Shopping

Frozen Foods Provide Value



Using frozen ingredients can cut your food costs.

(NAPSA)—Just because you hit the grocery store aisles with a budget in mind doesn't mean you should sacrifice taste.

Steer your cart toward the frozen food aisles, where you'll find many delicious selections and monstrous values, whether you're looking for fully prepared meals, snacks, side dishes or desserts. With frozen foods, there is no waste or spoilage. Save money by using just what you need and returning the rest to the freezer for another meal.

Planning meals in advance is another way to manage grocery spending. Having frozen foods on hand can be the easiest way to do this without compromising taste, nutrition and convenience. Plan a menu, make a list and create a "go-to" freezer pantry where you can prepare meals in minutes.

Here is a tasty example to whip up for family or guests without spending a bundle:

Penne Shrimp and Broccoli

1 lb. frozen shrimp, thawed, peeled and deveined
½ package (16 oz.) frozen broccoli florets

12 oz. penne pasta
3 garlic cloves, minced
¼ cup chopped onion
2 Tbsp. butter
2 Tbsp. olive oil
¼ tsp. salt
¼ cup grated Parmesan cheese

Cook pasta and drain. In a large skillet, sauté garlic and onion in butter, oil and salt until tender. Add broccoli; cook and stir over medium heat for approx. 6 minutes. Add shrimp; cook additional 4-5 minutes, or until shrimp is pink and broccoli tender. Stir in pasta and sprinkle with cheese. Serves 4.



In celebration of Frozen Food Month, the National Frozen & Refrigerated Foods Association has created a "Frozen Foods—Monstrous Value" \$10,000 sweepstakes that runs through the end of April. To enter and for more details and rules, visit www.EasyHomeMeals.com.