

Stash And Save: Canned Ideas To Bank More Money, Time And Energy Start In The Kitchen

(NAPSA)—With the economy causing families to cut daily spending, Americans can turn to the kitchen pantry to slash food bills and provide stockpiled security for the family. Save time and money and still turn out healthy, delicious meals at home by following these helpful hints from Glory Foods:

- **Think Green**—Stock up on canned vegetables in one big shopping trip to save fuel. Fresh from the field to sealed in 24 hours, canned food will remain fresh in the pantry for up to three years.

- **Go Green**—Recycle leftovers. Research shows American households toss out up to 30 percent of their food products bought every year. Avoid throwing money (and rotten produce) into the garbage by opting for nonperishable goods versus fresh items that could spoil faster.

- **Save Green**—Maximize savings when it comes to food prep. Heat-and-eat meals can be ready in under five minutes—saving hours of cooktop space and reducing energy costs.

- **Eat Greens**—Don't sacrifice health and nutrition to cut grocery bills. Canned Southern-style greens are rich in antioxidants, calcium and vitamin E—key nutrients that help fight viruses, enhance lung health, offer heart protection and increase brain function.

For per-person savings at the dinner table, try this nutritious and delicious recipe with an average cost of about \$1.75 per serving.

Mixed Greens with Fettuccine

Serves 4-6

$\frac{1}{4}$ cup extra virgin olive oil
 $\frac{1}{2}$ lb. mushrooms, sliced $\frac{1}{8}$ " thick



Create quick, delicious, nutritious main course meals for under \$2 per serving.

2 Tbsp. fresh garlic, minced
 $\frac{1}{2}$ tsp. thyme leaves, dried
 $\frac{1}{2}$ tsp. fennel seeds, dried
 $\frac{1}{2}$ tsp. red pepper flakes
1 qt. chicken broth
1 27-oz. can Glory Foods Mixed Greens
 $\frac{3}{4}$ lb. fettuccine noodles, dried
2 tsp. salt, grated or shredded
Parmesan cheese to taste

Bring a large pot of water to a boil. Add a little salt and the fettuccine noodles. Cook the noodles for 12-15 minutes until they are done, stirring occasionally to prevent them from sticking. Heat oil in a large sauté pan. Add the mushrooms and sauté, stirring occasionally until the mushrooms are slightly browned and softened. Stir in all the dry spices and immediately add the chicken broth. Stir in the mixed greens until the mushrooms and garlic are evenly mixed. Heat until the greens are simmering. Drain the noodles in a colander. Add noodles to the greens mixture and stir until well blended. Divide the noodles and greens into serving bowls. Top with Parmesan cheese if desired.

For more recipes and information, visit www.GloryFoods.com.