

FROM THE MARCH COVER

PENNE & MEATBALLS...Mealtime Togetherness And More

Win up to \$10,000 in "Easy Home Meals Sweepstakes"

You can save time, trouble and a pretty "penne" when you create great family meals with such convenient ingredients as frozen meatballs.

Many busy families have found that spending their evening meal together can mean better nutrition and a happier home. A big help in getting it all on the table in time to suit everyone's schedule can be frozen food.

There are many delicious, convenient options in the frozen food aisles. For example, create great family meals in minutes using these frozen meatball ideas:

Penne Arrabiata: Heat a jar of prepared Arrabiata or spicy sauce and a package of frozen Italian-style meatballs, toss with cooked penne or other pasta. Serve generously with Parmesan cheese and fresh basil.

Alfredo Delight: Heat a jar of Alfredo sauce, a bag of frozen mixed veggies and frozen meatballs. Spoon over baked potatoes or cooked pasta.

Meatball Sub: Combine jarred spaghetti sauce with frozen meatballs. Heat and spoon into Italian bread rolls. Top with mozzarella cheese and broil until bubbly.

Zesty Party Meatballs: Heat frozen meatballs in barbecue sauce, teriyaki sauce or spaghetti sauce, stick a toothpick in each and serve as a quick appetizer.



Frozen foods are excellent to work into your home-cooking routine because:

- The picking, cleaning, slicing and dicing are done.
- There are no chemical preservatives—flash freezing technology maintains optimal freshness, quality, taste and vitamin content.
- There's no spoilage or waste...they're always ready to cook.
- Portion control is already complete.
- Favorite foods are always in season.

A great time to try the many new frozen food products is during March National Frozen Food Month when many stores will be featuring special prices and promotions. One is the National Frozen & Refrigerated Foods Association's \$10,000 Easy Home Meals Sweepstakes that runs through the end of April. To enter and for more details and rules, visit www.EasyHomeMeals.com.

—NAPS