

# Fun Facts and Quick Tips to Share at Shows

## Did you know ...

- Chicken is currently the most popular main dish meat in America. That's because it's easy to prepare, inexpensive and generally leaner than other meats. (Source: c-storedecisions.com)
- Preparing meals in less time is a hot trend. Half of American meals made at home take less than 30 minutes to put together. (Source: NPDFoodworld)
- Eating with family is healthier? Those who enjoy seven meals with family each week snacked less than those who had fewer family meals. (Source: *Journal of the American Dietetic Association*)

## Shortcuts for Preparing Family Meals

- Make a quick marinade by adding 2 tablespoons of Pantry Italian Seasoning Mix or Rosemary Herb Seasoning Mix to ½ cup of prepared balsamic vinaigrette dressing. Then, pour marinade into a resealable plastic food storage bag, add meat and seal bag. Refrigerate for up to 2 hours for tender cuts of meat or up to 24 hours for less tender cuts of meat.
- When every minute counts in getting dinner on the table, consider a quick sauté or stir-fry as opposed to dishes requiring larger cuts of meat. Cutting foods into smaller pieces ensures a short cooking time.
- With a little bit of extra preparation on less hectic nights, you can create meals that will get you through a busy week — and beyond. For example, it takes little effort to roast an extra chicken. Serve one, and shred or dice the meat from the other to freeze for future meals.
- Keep kitchen staples on hand so you can assemble great-tasting meals in a pinch. Good dry staples include: pasta, jarred sauces, Lipton® Recipe Secrets® Soup mixes, chicken broth and bread crumbs. Useful fresh and frozen foods to keep available include vegetables, chicken and ground beef.

## Showstopper™: Savory Plate Artistry

- Sprinkle a Simple Additions™ Small Square with Pantry Southwestern Seasoning Mix. Using the Pastry Brush, dab pasteurized egg white or egg substitute onto the edge of a Small Bowl. Immediately invert bowl into seasoning mix. Then, fill the bowl with savory condiments, such as guacamole, sour cream or salsa.



## For Even More Family-Pleasing Recipes . . .

Look to The Pampered Chef Cook's Library. Here are just a few ideas to share with guests:

- "Learn more about investment cooking in the *Main Dishes* cookbook. There are many recipes, such as *Roast Chicken & Garlic*, that you can cook once and serve twice."
- "Find out how to save time in the kitchen with our wreath, braid and ring techniques. You'll find out how to make these beautiful and tasty delights with a variety of fillings in the *All the Best* cookbook."
- "Turn family mealtime into a celebration with *Pasta Party Bowl* and other marvelous recipes in the *Celebrate!* cookbook."



The Pampered Chef®