

## Chef-Inspired — Beyond Cool

Foods in the frozen and dairy aisles are some of the freshest, tastiest, most nutrition-packed foods around — so beneficial that even chefs like Aida Mollenkamp feature these foods in their recipes. See some of her delicious creations at **EasyHomeMeals.com/FamilyFun/Chef-Aida-Mollenkamp**.

These wholesome, tasty meals are easy to make because many of the ingredients come ready to be tossed, stirred, and simmered in new and creative ways.

## Cool Food Research

Take a look at how frozen lasagna and string cheese are made. Use this guide to learn more about the fresh ingredients and preparation methods.

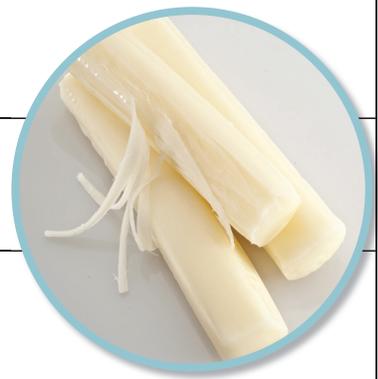
### LASAGNA See how lasagna is made at [www.youtube.com/watch?v=SrYuGRb1kiw](http://www.youtube.com/watch?v=SrYuGRb1kiw).

| Main Ingredients  | Ingredient Sources |
|---|--------------------|
| 1.  | 1.                 |
| 2.  | 2.                 |
| 3.  | 3.                 |
| <i>How food is prepared:</i>                              |                    |
| <i>Food preparation traditions:</i>                       |                    |
| <i>Other information you found important/interesting:</i> |                    |



### STRING CHEESE See how string cheese is made at [www.youtube.com/watch?v=FxJQb6md17E](http://www.youtube.com/watch?v=FxJQb6md17E).

| Main Ingredients  | Ingredient Sources |
|---|--------------------|
| 1.  | 1.                 |
| 2.  | 2.                 |
| 3.  | 3.                 |
| <i>How food is prepared:</i>                              |                    |
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**Beyond Cool** Here's one rule of healthy eating — foods made with real, fresh, wholesome ingredients are always the best choice for a healthy diet. Frozen meals are created from real ingredients with fresh flavors. Refrigerated foods are made from simple, farm-grown ingredients, and fit within a healthy balanced lifestyle. That's what makes foods from the frozen food and dairy aisles such great options. And they're quick and easy to prepare!

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**The Coolest Chef on the Block.** Visit [EasyHomeMeals.com](http://EasyHomeMeals.com) to find Mr. Food Test Kitchen's quick-and-easy recipes for delicious dishes like Easy Buffalo Chicken Dip, Macaroni and Cheese Soup, and Layered Ravioli Bake. Try them with your family!

