

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.

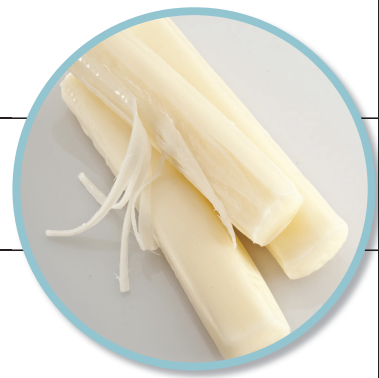
LASAGNA See how lasagna is made at www.youtube.com/watch?v=SrYuGRb1kiw.

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.

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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 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!

