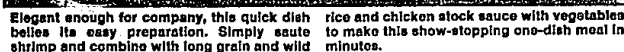


Shrimp with rice makes easy no-fuss, yet fabulous dinner

When you're looking for other quick skillet meal ideas, think chicken. It cooks in minutes and can be prepared in a variety of ways. And in addition, it pairs well with a vari-

Cook garlic in butter in 10-inch skillet over medium heat one minute. Add shrimp. Cook and stir two minutes or until shrimp are opaque and cooked through. Remove shrimp; reserve. Add water, wine and contents of rice and seasoning

Pound chicken to $\frac{1}{4}$ inch thickness. Sprinkle lightly on both sides with garlic powder and red pepper flakes. Melt butter in 10-inch skillet over medium heat. Add chicken and cook until lightly browned, about three minutes on each side. Drain fat from skillet. Add water, contents of rice and seasoning packets, mushrooms and carrot strips. Bring to a vigorous boil. Cover tightly and simmer five minutes or until chicken is tender and rice is desired consistency. Makes 4 servings.



But there is a simple, painless procedure to find out if you have it. Get it checked. Today. And keep it checked. It may be the best thing you ever did for yourself. You never know.

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