## Quick dish

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

When "in a hurry" and "no time to cook" describes your lifestyle, be assured you'r and serve fast and fabulins meals once you master a few simple techniques.

The secret lies in selecting quick-cooking frash ingredients and pairing them with high quality convenience foods to eliminate time-consuming memaration.

ing them with high quality convenience foods to eliminate time-consuming preparation. Many fility cooks have rediscovered the "convenient, no-fuss easy preparation offered by skillet meals, which feature quick-to-cook seafood or poultry-vegetables and a complex carbohydrate such as rice. Since all of the cooking is done in one pan, clean up is easy and best of all, you have the skilfasteltion of serving a creative, deliclous meal in minutes. Shrimp and Vegetables with Wild Rice begins with shrimp sauteed in garlie builter, teamed with long grain and, wild rice chicken stock sauce with vegetables. This convenient five-minute preparation is a blend of the finest long grain rice, wild rice, broccoli, red bell pepper and conlon in a delicious sauce made with real chicken stock. It's elegand cought to serve for company and the preparation time is on target for the subsequence.

busy cook:

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-

ety of seasonings and flavorings.
Sunday Chicken and Wild Rice dinner stars quick-cooling chicken
breasts seasoned with a rippy combination of garlie powder and red perper flakes. The chicken and seasonings cook along, with five-minute
preparation long grain and wild rice
chicken stock sauce with vegetables.
Thinly sileed mushrooms and carrot
strips complete this dish to rival
imom's traditional home-cooked Sunday dinner.

## SHRIMP AND VEGETABLES WITH WILD RICE

1 garlic clove, minced 2 tbp, butter or margarine 4 tb, shrimp, cleaned and develoed (tails on if desired) 114 cups white 4 cup white wine 1 pkg. (5.2 ozs.) long grain & wild rice chicken stock sauce with

rice chicken stock survey expetables % cup sliced ripe olives 1 small tomato, chopped 1 green onlon, cut in thin pieces about I-lach long

Cook garlic in butter in 10-inch akillet over medium beat one min-ute. 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

packets to skillet. Bring to a vigor-ous boil. Cover tightly and simmer five minutes or until rice is desired consistency. Remove from heat. Gently stir in reserved shrimp, ol-lves annd tomato. Sprinkle with green onlon. Makes 4 servings.

SUNDAY DINNER CHICKEN & WILD RICE

4 chicken breast halves, boned and skinned (about 1 lb.) % tap, garlic powder 2 thsp. butter or margarine 1% caps water 1 pkg. (5.2 ozs.) long grain & wild rice chicken stock sauce with

vegetables
% cup thinly sliced mushrooms
i medium carrot, cut into
ix%x%-inch strips

IxWaW-Inch strips

Found chicken to ¼ inch thickness. Sprinkle lightly on both sides with garile powder and red pepper flakes. Melt butter in 16-inch skillet over medium beat. Add chicken and cock until lightly browned, about three minutes on each side. Drain fait from skillet. Add water, contents of rice and seasoning packets, mustrooms 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.



Elegant enough for company, this quick dish rice and chicken stock sauce with vegetables belies its easy preparation. Simply saute to make this show-stopping one-dish meal in shrimp and combine with long grain and wild minutes.

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