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MONEY IN MINUTES WITH WESTERN UNION WIRE TRANSFERS & MONEY ORDERS

Time-Saving Weeknight Meal Solutions

FAMILY FEATURES

Whether it's long days at the office, calendars full of social commitments or evenings spent enjoying your little ones' extracurricular activities, it's easy to find yourself short on time to spend in the kitchen. Calling on quick and easy mealtime solutions can be just what your family needs to ensure dinners together are always on the menu.

Start with a versatile base ingredient that can be used in a variety of recipes from snacks and appetizers to main courses and sides. For example, you can add protein-packed Success Boil-in-Bag Tri-Color Quinoa to your pantry for a good source of fiber in meals to keep your family moving.

Enjoy its light, nutty flavor in a twist on Taco Tuesdays with these Baja Fish Taco Bowls, a deconstructed take on classic fish tacos that swap out the tortilla for quick-cooking quinoa mixed with nutrient-dense kale and drizzled with a zesty lime and yogurt crema. As a tasty way to encourage kiddos to eat fish and veggies, it can also help you add hearty whole grains to the weekly menu while savoring a lighter version of traditional Baja sauce.

These delicious, bite-sized Beef and Quinoa Meatballs provide a perfect meal prep option for families as they can be mixed and matched with your loved ones' favorite sides from rice to steamed veggies. Adding quinoa to your meatballs is a quick upgrade of plant-based protein that adds flavor to every bite.

Baked in marinara sauce and topped with mozzarella cheese, they're simple to put together before tossing in the oven for an easy weeknight solution. Another tasty hack: turn this dish into kid-friendly sliders by warming dinner rolls right alongside the meatballs.

Find more quick yet flavorful family meal ideas at SuccessRice.com.



Baja Fish Taco Bowls

Beef and Quinoa Meatballs

Prep time: 20 minutes
Cook time: 25 minutes
Servings: 4

- 1 bag Success Tri-Color Quinoa
- nonstick cooking spray
- 1 pound extra-lean ground beef
- 1 egg
- 1/4 cup grated carrot
- 1/4 cup finely chopped onion
- 2 tablespoons ketchup
- 2 garlic cloves, minced
- 1 tablespoon soy sauce
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon dried oregano leaves
- 1/4 teaspoon dried thyme leaves
- 1 1/2 cups marinara sauce
- 1/2 cup shredded mozzarella cheese
- 2 tablespoons chopped parsley

Prepare quinoa according to package directions.

Preheat oven to 400 F. Coat large baking dish with nonstick cooking spray; set aside.

In large bowl, mix quinoa, ground beef, egg, carrot, onion, ketchup, garlic, soy sauce, salt, pepper, oregano and thyme.

Form mixture into walnut-sized meatballs and arrange on prepared baking sheet.

Bake approximately 20 minutes, or until cooked through and golden brown.

Spoon marinara sauce over top then sprinkle with cheese; bake 5 minutes, or until sauce is hot and cheese is melted.

Remove from oven and sprinkle with parsley.

Tip: Make sliders by slicing dinner rolls in half and placing meatballs on bottom halves. Cover with top halves of rolls and serve.



Beef and Quinoa Meatballs

Baja Fish Taco Bowls

Prep time: 10 minutes
Cook time: 10 minutes
Servings: 4

- 2 bags Success Tri-Color Quinoa
- 2 tablespoons olive oil
- 4 white-fleshed fish fillets (5-6 ounces each)
- 1 teaspoon Cajun seasoning
- 1/2 teaspoon salt
- 3/4 cup plain Greek yogurt
- 1 tablespoon lime zest
- 1 teaspoon lime juice
- 1/4 teaspoon ground cumin
- 4 cups packed baby kale
- 1 ripe avocado, halved, pitted, peeled and thinly sliced

Prepare quinoa according to package directions.

In large skillet over medium heat, heat oil. Season fish with Cajun seasoning and salt. Cook 2-3 minutes per side, or until fish is lightly browned and starts to flake. Set aside.

In small bowl, stir yogurt, lime zest, lime juice and cumin.

In medium bowl, toss quinoa with kale. Divide between four bowls.

Top each with fish, sliced avocado and dollop of yogurt and lime crema.

Substitutions: Use taco seasoning or chili powder in place of Cajun seasoning. Use arugula or baby spinach instead of kale.

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4 Tips to Master *the Grill*

FAMILY FEATURES

The end result of perfectly cooked chicken is a mouthwatering meal that smells just as good as it tastes and beckons loved ones to the patio. To achieve that juicy, tender flavor that brings family and friends together, it's important to keep a few safety and grilling tips in mind.

Fire up your grill, season poultry to perfection and serve a safely cooked meal at your next backyard barbecue with this advice from the experts at Perdue Farms.

Maximize Your Budget

For a flavorful meal without breaking the bank, consider less-expensive cuts of meat like bone-in thighs or drumsticks, or cook a whole chicken that can last for several meals. In addition to the savings at the grocery store, these cuts can also withstand hotter temperatures on the grill for juicy and tender results.

Save a Little Time

One easy way to maximize your time around the grill while cutting down on prep and mess is using a pre-cut option like Perdue Fresh Cuts Diced Chicken Breast, a perfect solution for kebabs. Recipe ready in an easy-peel package, the chickens are hatched and harvested in the United States with an all-vegetarian diet and no antibiotics, hormones or steroids.

Add Favorite Seasonings

Because seasonings can sometimes come off on the grill, try seasoning both before and after grilling for a better-tasting final result. If you're planning to marinate, be careful to avoid over-marinating as acid-based marinades can start breaking down meat fibers. Remember before and while seasoning raw meat to keep proper safety practices in mind. Wash your hands, cutting boards, knives, scissors, the sink and all work surfaces for 20 seconds with hot, soapy water, and don't allow raw meat or its juices to touch other foods.

Trust the Thermometer

Once your grill reaches the desired heat, put chicken on the grates with confidence by trusting a meat thermometer to measure doneness. This Easy Kona Pineapple Chicken Kebabs recipe, for example, calls for 10-12 minutes on the grill, but it's important to check for an internal temperature of 165 F rather than simply relying on recommended cook times. Be sure to serve using a clean platter and utensils, never ones touched by raw meat. Refrigerate any leftover chicken immediately and use within 3-5 days.

For more grilling tips, visit perdue.com/how-to/grilling.



Easy Kona Pineapple Chicken Kebabs

Prep time: 45 minutes
Cook time: 15 minutes
Servings: 4

- 1 can (6 ounces) pineapple juice
- 2 tablespoons vegetable oil
- 1 lime, zest and juice only
- 1 tablespoon sugar
- 1 piece (1 inch) fresh ginger, grated
- 1/2 teaspoon red pepper flakes
- 1 package Perdue Fresh Cuts Diced Chicken Breast
- 1/2 fresh pineapple, cut into 16 chunks
- 1 large red bell pepper, seeded and cut into 16 (1-inch) chunks
- 4 metal skewers or 8 wooden skewers (12 inches) soaked in water 30 minutes

In bowl, whisk pineapple juice, vegetable oil, lime juice and zest, sugar, ginger and red pepper flakes until sugar dissolves. Add diced chicken breast, cover and marinate in refrigerator 30 minutes.

Thread alternating pieces of chicken, pineapple and red bell pepper onto skewers. Discard remaining marinade. Heat lightly greased grill or grill pan to medium-high heat. Grill kebabs 10-12 minutes, turning every 3-4 minutes until chicken feels firm to touch and a meat thermometer inserted in the center reaches 165 F.

Remove kebabs from grill, rest 2-3 minutes and serve.

Tip: If using wooden skewers, soak in water 30 minutes to keep skewers from burning on grill. If using metal skewers, remember chicken will cook faster because metal will conduct heat and cook chicken cubes from inside along with grill heat cooking chicken from outside.

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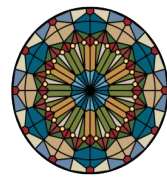


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