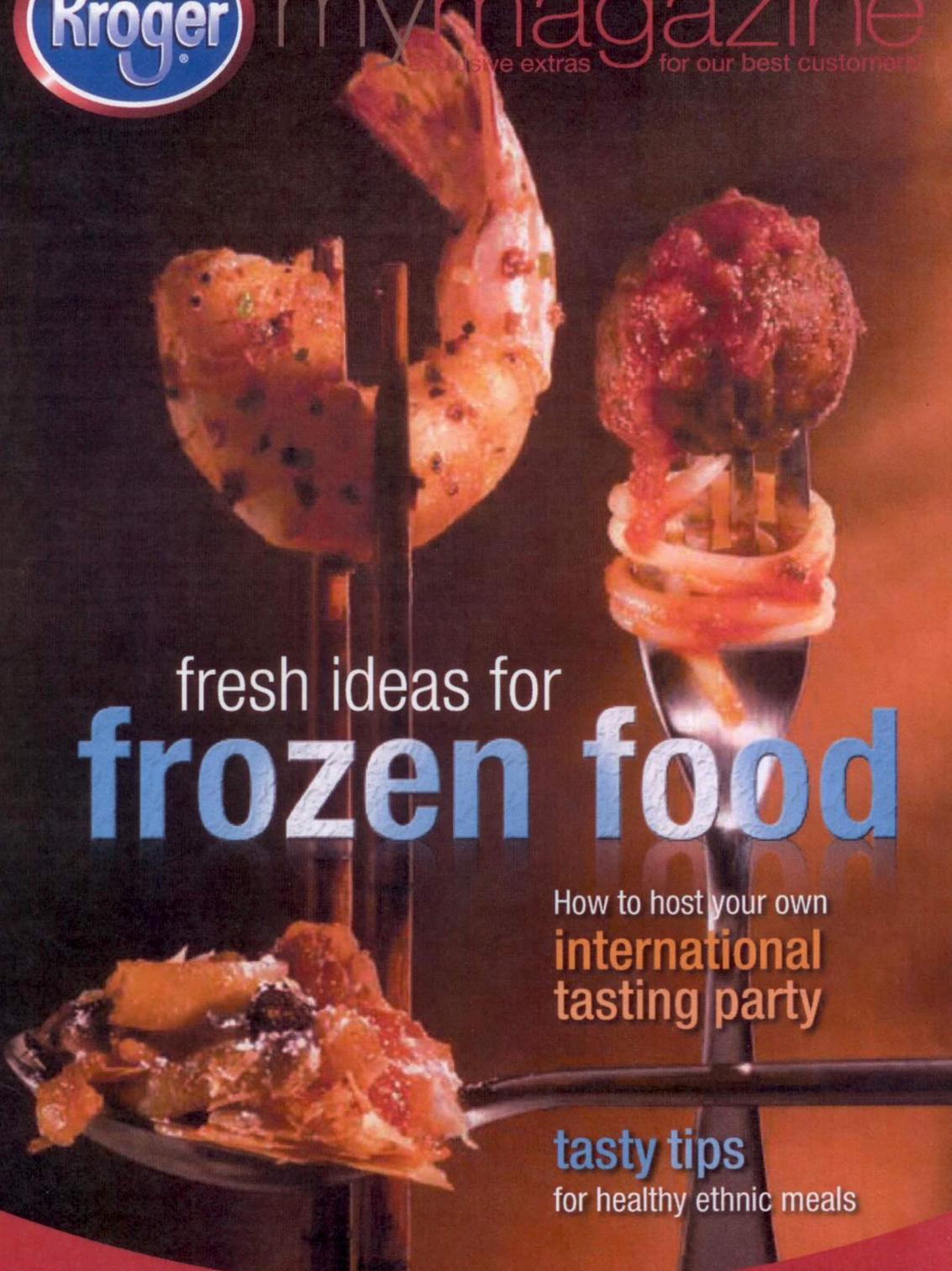




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# tasty tips



## for healthy ethnic meals

with  
celebrity  
chef  
**Jackie  
Keller**



Jackie Keller, who has been the chef to stars including Angelina Jolie, Jessica Alba, Penelope Cruz, Will Ferrell and Jake Gyllenhaal, believes anyone can make delicious, healthy ethnic dishes — with a little help from the Frozen Foods Section, of course. She loves picking up frozen veggie blends and hearty meats and transforming them into tasty, exotic offerings, such as pasta primavera or pad Thai.

"Just as much as everyday folks, celebrities want wholesome foods prepared well," says Jackie. "Fresh foods, of course, aren't always an option for both of these groups of people. So the Frozen Foods Section provides a great alternative to get essential ingredients."

In checking out what's in the frozen aisle, Jackie often looks for one key factor: color. "For needed vitamins and minerals, you look for deep-colored foods such as broccoli and carrots and green beans and sweet peppers," says Jackie, who trained at Le Cordon Blue.

"You want to eat from every color of the food rainbow, too. That's one of the great benefits of frozen foods: You can do this all the time because you're not confined to seasonal varieties. You enjoy what you like all year long."

"You can start in the Frozen Foods Section and then go to other aisles to round out the meal," Jackie suggests. "A box of pasta or rice will go wonderfully with the frozen vegetables, chicken and even shrimp. Or try mixing the rice and veggies with sausages from the Meat Department. You can get varieties of salsas and whole-wheat tortillas to make chicken enchiladas. Or head down the International Foods Section and find what you need for pad Thai to go with that frozen shrimp. In just three food sections, you can literally make hundreds of terrific ethnic meals."