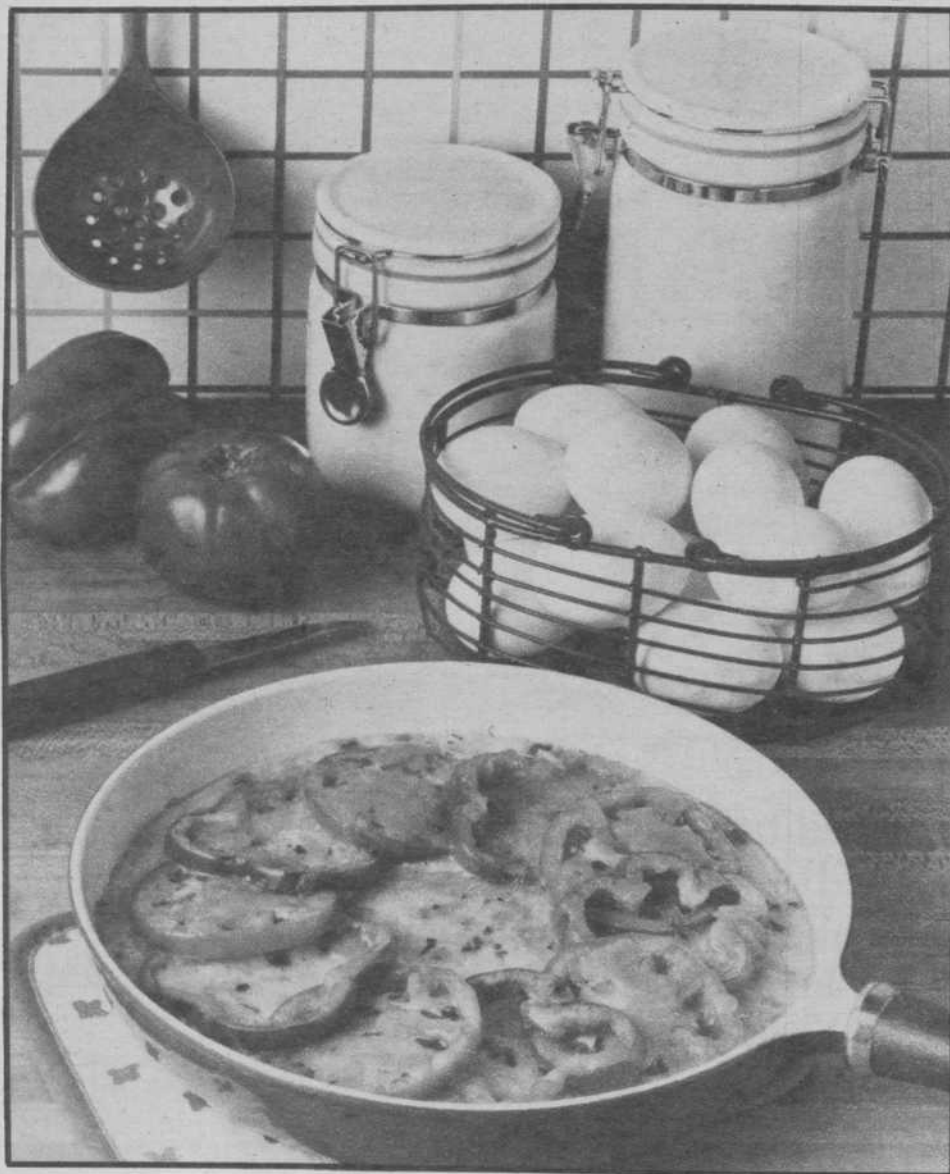


# MONITOR Munchings

## Quick-To-Fix Dishes For That Man In The Kitchen



*Easy Skillet Corn Frittata*

We usually think of Valentine's Day as the occasion when many men take over the kitchen as a special treat for the lady of the house. But times are changing. More and more women are entering the work force and men of the 80's are starting to take a more active role in cooking.

In two-income households, men often share some of the shopping and cooking responsibilities with their partners, while single men must rely on their own culinary creativity for nourishing meals.

Single fathers with live-in children—a group that has doubled in the last 10 years—are also sharpening their cooking skills in order to put dinner on the table.

Demographic surveys suggest that in today's changing American kitchen, you are almost as likely to find a man cooking as a woman. Because of this trend, *Green Giant* home economists have developed quick-to-fix main dishes that should appeal to this growing number of male cooks. Both *Easy Skillet Corn Frittata* and *Taco Toppers Soup* require only

basic cooking skills. They are especially convenient to make since they call for refrigerator and grocery staples, such as ground beef, eggs, cheese and a can of vacuum-packed corn.

*Easy Skillet Corn Frittata* is a tasty, meal-in-one skillet dinner that includes the best qualities of both an omelet and a quiche. Frittatas usually combine meat and cheese or vegetables with eggs and are cooked in a frying pan or skillet. This vegetarian version instead calls for a can of corn with sweet peppers for a delicate texture and lightly spiced flavor.

Unlike many frittatas that require a few minutes in the oven or under the broiler, *Easy Skillet Corn Frittata* cooked completely on top of the stove. An attractive arrangement of tomato slices and green pepper rings adds a nice splash of color to this egg dish. The frittata is then cut into wedges and served directly from the skillet.

*Taco Toppers Soup* also combines two popular flavors—chili and tacos—into one zesty, south-of-the-border dish. Prepared in a large saucepan, this easy Mexican meal features basic chili ingredients plus canned corn for a refreshing, crisp texture. Individual portions are topped with shredded cheese and a dollop of sour cream. Instead of crackers, this spicy soup should be served with corn chips.

### *Easy Skillet Corn Frittata*

- Tablespoons margarine or butter
- ¼ cup sliced green onions (including tops)
- 12-oz. can vacuum packed whole kernel corn with sweet peppers, drained
- 6 eggs, well beaten
- ⅓ cup milk
- ½ teaspoon oregano leaves or basil leaves
- dash pepper
- 1 small tomato, peeled and sliced
- 1 small green pepper, cut into rings
- 2 oz. (½ cup) shredded Swiss or Cheddar cheese

In 8- or 9-inch skillet, melt margarine; saute onions until tender. Stir in corn. In medium bowl, combine eggs, milk, oregano leaves and pepper; mix well. Pour egg mixture over vegetables. Cover; cook over medium-low heat 10 to 12 minutes or until center is almost set (surface will be moist). Arrange tomato and green pepper on top of cooked egg mixture; sprinkle with wedges to serve. *Makes 4 servings.*

### *Taco Toppers Soup*

- 1 lb. ground beef
- ¼ cup chopped onion
- ½ cup prepared taco sauce
- 16-oz. can stewed tomatoes
- 16-oz. can vacuum packed whole kernel corn, undrained
- 2-3 teaspoons chili powder
- ⅓ teaspoon garlic powder
- 3 oz. (¾ cup) shredded Cheddar cheese
- ⅓ cup dairy sour cream
- corn chips

In large saucepan, brown ground beef and onion; drain. Add taco sauce, tomatoes, beans, corn, chili powder and garlic powder; mix well. Bring to a boil; simmer covered for 15 minutes. Sprinkle each serving with 2 tablespoons cheese and dollop with 1 tablespoon sour cream. Serve with corn chips. *Makes 6 (1½ cup) servings.*

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