

FOR THE LADIES...

Happy New Year to all my loyal readers. I requested a small vacation. Hope you missed my column. We were feted, wined and dined and enjoyed great company at the following homes, etc.: Mr. & Mrs. Maxine Gauff, the guest of Mr. & Mrs. Jimmy Williams at the Group party, Millie and Joe Curtis, Ed & Shirley Spaeth, Barbara Witt & Marylouise Williams, Rita & Carol, Dorothy & Willie Gandy, Mr. & Mrs. I. Foster, Mr. & Mrs. A. Pruitt, Dr. & Mrs. Andre Acostas, Mr. & Mrs. Emmett Houston and many more. I do not have enough space. I will mention them at another writing. I hope your holiday was as fun-filled as ours. I wish for your family prosperity, health, longevity and spiritual well being.

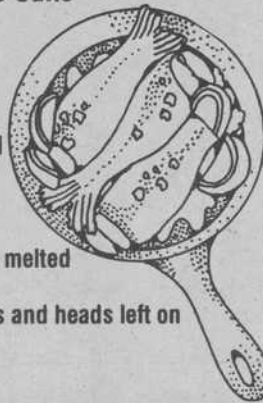
Now, for the rigor of shedding unwanted pounds and menus that are lite. And also in celebration of National Heart Month:

MENU

- Stuffed Rainbow Trout
- Hearty Oat and Corn Bread
- Dilled Green Beans
- Carrot Spice Cake

STUFFED RAINBOW TROUT

- 3/4 lb. fresh kale or spinach
- 1 carrot, pared, coarsely shredded
- 1/2 c. fine dry bread crumbs
- 1/2 c. chopped parsley
- 1 large green onion, minced
- 2 tbsp reduced-calorie margarine, melted
- 1 large egg, slightly beaten
- 4 whole rainbow trout, boned, tails and heads left on (about 2 1/2 lbs.)
- 2 tbsp lemon juice
- 2 tbsp dry vermouth
- Lemon wedges



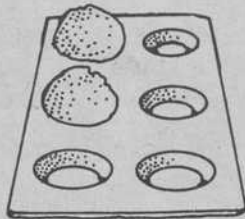
1. In saucepan, in 2 cups boiling water, cook kale until tender, about 5 minutes. Drain, pat dry with paper towels and chop. In bowl, mix kale, carrot, bread crumbs, parsley, green onion, 3/4 teaspoon salt, 1/8 teaspoon pepper, the margarine and egg.

2. Preheat oven to 400° F. Lightly grease jelly-roll pan; set aside. Sprinkle cavity of each trout with lemon juice; fill with stuffing. Secure with wooden picks. Place on prepared pan. Sprinkle with vermouth. Cover with foil; bake until done, about 20 minutes. Remove picks. Serve fish with lemon wedges; if desired, garnish with carrot curls.

*Makes 4 servings, 296 calories each

Hearty Oat & Corn Bread

- 1 cup Quaker Oats (Quick or Old Fashioned, uncooked)
- 1 cup Quaker Corn Meal
- 1/2 cup all-purpose flour
- 2 tablespoons sugar
- 1 tablespoon baking powder
- 1/4 teaspoon salt (optional)
- 1 cup skimmed milk
- 1/2 cup frozen kernel corn, thawed
- 3 tablespoons oil
- 2 egg whites, slightly beaten
- 2 tablespoons finely chopped onion



Heat oven to 425° F. Lightly oil 8- or 9-inch square baking pan. Combine dry ingredients. Add combined remaining ingredients; mix well. Spread evenly into prepared pan. Bake 20 to 25 minutes or until edges are lightly browned. Serve warm. 9 SERVINGS.

Microwave Directions: Prepare batter as directed above. Spread evenly into 8 inch square microwaveable dish. Microwave at MEDIUM-LOW or MEDIUM (50 percent power) 6 minutes, turning dish every 3 minutes or until center is set. Let stand on counter top 5 minutes before serving.

NUTRITION INFORMATION: Each serving (1/9 bread) Calories 195, Protein 6g, Carbohydrate 31g, Fat 6g, 26 percent Fat, Cholesterol 0mg, Sodium 170 mg, Dietary Fiber 2g.

Dishin' It Out *By Nona*



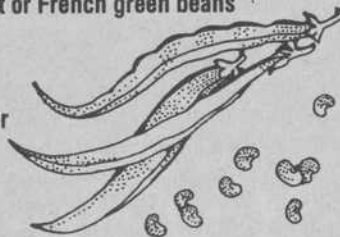
Nona Carroll

Dilled Green Beans

This is a quick way to dress up frozen green beans for either family or company meals. You can serve it hot or cold, as you like.

For 4 servings you will need:

- 1 pkg. (10 oz.) frozen cut or French green beans
- 1/4 cup water
- 1/2 tsp salt
- 2 green onions, chopped
- 1 Tbsp white wine vinegar
- 1 1/2 Tbsp salad oil
- 1 tsp dill weed
- 1/2 tsp sugar



Tips: To prepare in microwave, pour green beans into serving dish (non-metal). Add 2 Tbsp. of the water. Cover and microwave on high power for 6 min. Add remaining ingredients. Stir and serve.

Preparation:

1. Empty green beans into 1-quart saucepan. Add water and

salt. Bring to a boil. Cook for 7 to 8 minutes or until green beans are just tender.

2. Add green onions, vinegar, oil, dill weed and sugar. Stir to blend. Reheat. Serve hot. Or chill and serve cold.

good served with: Pan fried fresh fish, meat loaf or beef patties and buttered boiled potatoes.

Carrot Spice Loaf

- 2 1/4 cups all-purpose flour
- 1 1/4 cups plus 3 tablespoons Quaker Oats (Quick or Old Fashioned, uncooked)
- 3/4 cup packed brown sugar
- 1/2 cup chopped dates or raisins
- 4 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon cinnamon
- 1/4 teaspoon ground ginger (optional)
- 1/8 teaspoon ground cloves (optional)
- 1/4 teaspoon salt (optional)
- 1/2 cup frozen apple juice concentrate, thawed
- 1/3 cup vegetable oil
- 1/4 cup water
- 4 egg whites
- 1 cup shredded carrots (about 2 medium)

Heat oven to 350° F. Lightly oil 8x4 or 9x5-inch loaf pan. Combine dry ingredients except 3 tablespoons oats; mix well. Add combined liquid ingredients, mixing just until moistened. Fold in carrots. Spread evenly into prepared pan. Sprinkle with remaining 3 tablespoons oats. Bake 1 hour and 10 minutes or until toothpick inserted in center comes out clean. Cool 10 minutes; remove from pan. Cool completely. Store tightly covered. 12 SERVINGS.

Nutrition Information: Each serving (1/12 bread) Calories 265, Protein 5g, Carbohydrate 45g, Fat 7g, 24 percent Fat, Cholesterol 0mg, Sodium 200 mg, Dietary Fiber 2g.



Library Requests

Book Donations

The Las Vegas-Clark County Library District is asking the community to donate books for a used book sale. "Now is a good time for people to go through their home libraries and give us the books that are just collecting dust and taking up shelf space," said Jack Gardner, administrator of the Las Vegas Library branch.

Books of all kinds are wanted, from travel and cookbooks to biographies and mystery novels. "We do not need magazine donations at this time," said Gardner. "But books are very welcome. The sale is a way of recycling books so that they are enjoyed by more people, and of course there are some great bargains to be had."

For book pick-up, or more information about donating books, call Jack Gardner at 382-3493. Funds from the sale of the books will be used for Public Advancement of Library Services (PALS), a non-profit organization.



Celebrate African American Month
with a
Family Feast Special

VALUABLE COUPON



\$5.99 8 Big Pieces Delicious
Fried Chicken
Also includes Large Cole Slaw, Large Mashed Potatoes & Gravy and 4 Hot Dinner Rolls

OFFER GOOD AT ALL LAS VEGAS CHURCH'S CHICKEN
Offer Expires 2/28/90

Open Everyday with Fresh Not Frozen Chicken

- 601 N. Rancho Rd. • 648-8062**
- 1401 N. Eastern Ave. • 399-1904**
- 2839 N. Las Vegas Blvd. • 649-6008**
- 4880 W. Spring Mt. Rd. • 362-8999**