

FOR THE LADIES...

Soups warm cold winter days

When the weather gets cold, turn to hearty, healthy hot winter soups

One of the most versatile ways of entertaining this winter is a soup party! Whether you choose a ski cabin or your city apartment, a warm kitchen filled with the enticing aromas of simmering soup on a blustery day could not be more welcome. Serve one type of soup or offer an array and let the guests serve themselves.

Split Pea Soup Almondine

- 1 Tbs vegetable oil
- 1 onion, chopped
- 1 1/2 c. each chopped celery and chopped carrots
- 1 clove garlic, minced
- 1-1/2 c. dry split peas
- 1-1/2 c. diced smoked ham
- 2 cans (14.5 oz each) chicken broth
- 2 c. water
- 1/4 tsp thyme
- 1 bay leaf
- 3/4 c. blanched slivered almonds, toasted

Heat over medium heat in large, heavy saucepan. Stir in onion; cook 5-8 minutes, stirring occasionally, until soft but not browned. Stir in celery, carrots and garlic; cook until soft, 5-8 minutes. Stir in peas, ham, chicken broth, water, thyme and bay leaf. Cover and bring to a boil. Reduce heat and simmer 45 minutes, until peas are tender. Discard bay leaf and stir in almonds just before serving.

Makes 6 servings.

Italian Sausage and Bean Soup

- 1-1/2 lbs Italian Sausage
- 1 onion, chopped
- 1/2 c. chopped celery
- 2 cloves garlic, minced
- 2 c. shredded green cabbage
- 1 can (20-oz) Italian plum tomatoes
- 1 can (15 oz) white cannellini or Great Northern beans drained
- 1 can (14.5-oz) chicken broth
- 1/4 tsp each thyme, basil and oregano
- 1 bay leaf
- 1 c. whole natural almonds, toasted

Cut sausage into 1/2-inch pieces; brown in large, heavy saucepan over medium heat. Drain off all but 1 tablespoon fat. Stir in onions; cook 5-8 minutes, stirring occasionally, until soft but not browned. Stir in celery and garlic; cook until soft, 5-8 minutes. Stir in cabbage, tomatoes, beans, chicken broth, thyme, basil, oregano and bay leaf. Cover and bring to a boil. Simmer 30 minutes. Discard bay leaf. Stir in almonds and ladle into soup bowls to serve.

Makes 6 servings.

Tomato Green Pepper Salad

The fresh flavors of green pepper, cucumber and tomato blend perfectly with a slightly garlic flavored fresh lemon dressing. A garnish of a fresh sprig of mint will give the salad a very special touch.

For 4 servings you will need:

- 2 large fresh tomatoes
- 1 large green pepper
- 1 cucumber, peeled and seeded
- 4 green onions, including tops

Dishin It Out By Nona



Nona Carroll

MENU

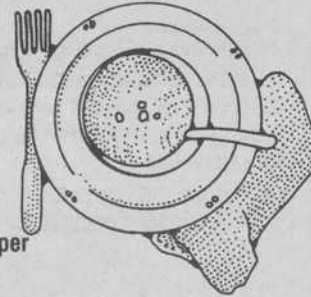
- Soup
- Salad
- Homemade Bread
- Lite Canned Peaches

Dressing:

- 3 Tbsp. fresh lemon juice
- 1 small clove garlic, pressed
- 1/2 tsp. salt
- 1/4 tsp. coarsely cracked pepper
- 3 Tbsp. olive oil or salad oil
- 1/4 cup minced parsley

Minced parsley or mint sprigs for garnish

Tips: This salad may be prepared in the morning for serving in the evening. If it is made the day before, be certain that the tomatoes are not overripe or they will taste like leftovers.



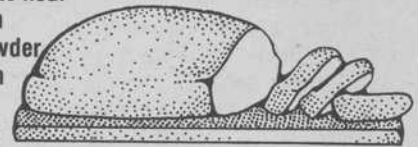
Preparation:

1. Dip tomatoes in boiling water and peel. Deseed and chop tomatoes.
2. Deseed and chop the green pepper, pieces should be no larger than 1/2 inch. Chop the cucumber. Set aside.
3. Chop the green onions. Set aside.
4. Mix lemon juice, garlic, salt, pepper and olive oil. Whisk until blended; add the parsley.
5. Fold in the chopped tomatoes, green pepper, cucumber and green onions. Turn into a glass serving bowl.
6. Cover and chill at least one hour. Garnish with parsley or mint sprigs.

Home-Style Banana Bread

Banana bread is a welcome addition to any meal.

- 3/4 cup mashed banana (mash ripe banana with fork)
- 1/3 cup vegetable oil
- 2 large eggs
- 1/2 cup water
- 2 cups unbleached white flour
- 1 teaspoon baking soda
- 2 teaspoons baking powder
- 1/2 teaspoon cinnamon
- 1/2 teaspoon nutmeg
- 1 cup chopped walnuts



Beat together mashed banana, oil, eggs, and water until creamy. Add flour, baking soda, baking powder and spices. Beat well. Stir in chopped walnuts. Spoon batter into an oiled and floured 9" by 5" loaf pan. Spread batter evenly in pan. Bake at 325° for 45 minutes or until a knife inserted comes out clean. Cool completely on a wire rack before slicing. Serves 6.

Beauty Tip

A healthful breakfast, on the other hand, is a great dieting tool, whether for losing or maintaining weight. It supplies hours worth of fuel for needed energy and promotes a feeling of well-being, which helps insure against overeating.

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