

FOR THE LADIES...

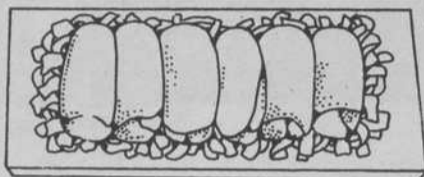
CHICKEN CORDON BLEU

Preparation Time: 35 minutes
Cooking time: 6 minutes

Adapted from the classic French Veal Cordon Bleu, boneless chicken breasts are every bit as tasty and more tender than the original veal scallops. The meat is pounded thin and then filled with ham and cheese.

For 4 servings you will need:

- 4 halves (from 2 chickens) boneless chicken breasts
- 4 thin slices ham, about 1 oz. each
- 4 slices aged Swiss cheese
- 4 Tbsp. cornstarch
- 4 Tbsp. butter or margarine
- ¼ tsp. salt
- 1/8 tsp. freshly ground black pepper
- Lemon wedges and parsley sprigs for garnish



Tips: Buy whole chickens when on special, remove meat from breasts; reserve other parts of chicken for other meals. Pounded and filled chicken breasts may be prepared ahead, wrapped and refrigerated or frozen for a quick meal later.

Preparation:

1. Place meat between sheets of plastic wrap. With flat side of mallet, pound out to 8- or 9-inch diameter. Meat will be very thin, but should not have holes in it.
 2. Place 1 slice each of ham and cheese on bottom half of each piece of chicken. Fold over other half, enveloping filling completely.
 3. Press edges together to seal. Cover with plastic wrap. Pound lightly to remove air bubbles.
 4. Sprinkle cornstarch over a piece of plastic wrap. Lightly coat meat pieces on both sides.
 5. Over high heat, melt butter in heavy skillet. Add meat. Cook about 3 minutes on each side until meat is tender but not overcooked. Sprinkle with salt and black pepper. Serve with lemon slices and parsley sprigs.
- Good served with: Pimiento potatoes, asparagus, mandarin oranges for dessert.

MINTED PEAS AND MUSHROOMS

- ½ POUND FRESH MUSHROOMS, CUT IN HALF
- 2 tablespoons butter or margarine
- 1 10¼-ounce can condensed cream of celery soup
- ¼ cup water
- 2 tablespoons chopped pimiento
- ½ teaspoon dried mint leaves, crushed
- 1 10 ounce package frozen peas cooked and drained
- 1/8 teaspoon pepper

Cook and stir mushrooms in butter in saucepan until lightly browned. Add remaining ingredients. Heat to boiling; reduce heat. Simmer 2 minutes.

Dishin' it Out By Nona



Nona Carroll

MENU

Chicken Cordon Bleu
Corn Pudding
Peas and Mushrooms
Chocolate Cake
Low-Fat Milk

CORN PUDDING

- 1 16-ounce can whole kernel corn, drained
- 2 tablespoons chopped onion
- 2 tablespoons chopped green pepper
- 2 tablespoons chopped pimientos
- ¾ cup milk
- 2 eggs, slightly beaten
- ¼ cup sugar
- 3 tablespoons all-purpose flour
- 2 tablespoons butter or margarine, softened
- Salt and pepper to taste

Combine all ingredients in medium bowl. Mix well. Pour into a greased 1½-quart oblong baking dish. Preheat oven to 350°
Bake 40 to 45 minutes.
Yields 6 servings.

CHURCH

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Thursday, May 17 through Saturday, May 19, nightly at 7:30 P.M. and on Sunday, May 20 at 3:00 P.M. For more information call 786-2816. Elder Norris Dupree is the pastor of the Grace Tabernacle, which is located

at 1286 Commerce Street, Sparks, Nevada.

The congregation of the Pilgrim Church of Christ Holiness, USA, 1515 North "D" Street, will be having a baptism service on Sunday, May 20 at 12 Noon. For more information call 648-6504. The Pilgrim Church of Christ

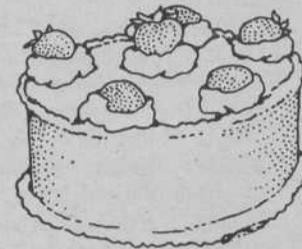
Holiness, USA is pastored by Rev. David Harris.

The Ushers of the Second Baptist Church, 500 Madison Avenue, will celebrate their Annual Ushers Day, Thursday, May 17 and Friday, May 18 at 7:00 P.M. and Sunday, May 20 at 3:00 P.M. with special guest speaker (Sunday) Rev. T.M. Chambers, Jr. of Compton, California. The Annual "We Are Family" picnic will be held Saturday, May 19 from 10:00 A.M. to 4:00 p.m. at Freedom Park. For more information call 648-6155. The Second Baptist Church is pastored by Rev. Willie Davis.

The First Pentecostal Apostolic Church, 2215 Fair-

CHOCOLATE CAKE

- 2 cups sugar
- 1¾ cups sifted all-purpose flour
- ¾ cup unsweetened cocoa
- 2 teaspoons baking soda
- 1 teaspoon baking powder
- 1 teaspoon salt
- 2 eggs
- 1 cup buttermilk
- 1 cup strong black coffee
- ½ cup vegetable oil
- 2 teaspoons vanilla
- Ricotta Cheese Filling
- Chocolate Whipped Cream Frosting



Combine sugar, flour, cocoa, baking soda, baking powder and salt in large bowl. Add eggs, buttermilk, coffee, oil and vanilla; beat at medium speed for 2 minutes (batter will be thin). Pour into two greased and floured 9-inch round cake pans. Bake at 350° for 30 to 35 minutes or until wooden pick inserted in center comes out clean. Cool 10 minutes; remove from pans. Cool completely on wire racks.

Slice cake layers in half, horizontally. Place bottom slice on serving plate; top with one-third of Ricotta Cheese Filling. Alternate cake layers and filling, ending with cake on top. Top with Chocolate Whipped Cream Frosting.

Cooking Tip

Remember to use substitutes in recipes (for sugar try Sweet-One, for cocoa try Carob).

BEAUTY TIPS

Potato

Use potato to soften and whiten skin and also to soothe puffiness round the eyes.

Cut a raw potato into thin slices and rub over your face, neck and hands.

Grate raw potato and place between layers of gauze. Put slices over the eyes and relax for 15 minutes.

Massage hot, tired feet with raw peeled slices of potato. Let the juice dry. Rinse away with tepid water.

Peaches

Peaches, like melons, make a good skin beautifier. Rub slices of the fresh fruit over the face, or put them between layers of gauze and use as a compress for the face.

field Street, will celebrate its first anniversary in its new location, Friday, May 18 at 3:00 P.M. and Sunday, May 20 at 3:00 P.M. For more information call 648-3333. The First Pentecostal Apostolic Church is pastored by Rev. Sammy Graham.

ALZHEIMER'S DISEASE — Support Group Meetings: Cannon Center, 340 North 11th Street, Las Vegas, NV., Time: 10:00 A.M., Date: Second Wednesday of each month. Phone: 384-2273.

Hollyhock Adult Day Care, 380 N. Maryland Parkway, Las Vegas, NV. Time: 6:30 P.M. Date: Fourth Thursday each month. Phone: 382-0093.

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