

FOR THE LADIES...

The KITCHEN BEAT Quick Chicken Divan Cooks In Microwave Oven

In today's Black American home, cooking is no longer the responsibility of one person. Because of busy and varied schedules, usually every member of the family at some time or another has to prepare personal meals or meals for other members of the family. The KITCHEN BEAT is designed to meet some needs of the various cooks in the modern Black family.

Boned chicken breasts are one of the most adaptable choices for a main dish that is both quick and special. Combine the chicken with colorful broccoli frozen in cheese sauce in your indispensable microwave oven for a winning combination, *Micro-Easy Chicken Divan*.

This recipe comes from *The Pillsbury Company*, makers of *Green Giant* vegetables. We hope you like them.

Micro-Easy Chicken Divan

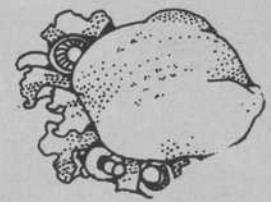
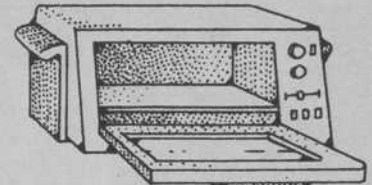
- 2 whole chicken breasts, skinned, boned, halved
- 1/4 cup chopped celery
- 1/4 cup chopped onion
- 1/8 teaspoon white pepper
- 1/4 teaspoon dry mustard

- 3 Tablespoons white wine
- 1 10-oz. pkg. cut broccoli, frozen in cheese flavored sauce
- 1 Tablespoon sliced almonds, toasted if desired

Coleman's dry mustard
Green Giant Cut Broccoli Frozen in a Cheese Flavored Sauce
Taylor's White wine

Arrange chicken in 12x8-inch (2-quart) microwave-safe dish; sprinkle with celery, onion, white pepper, mustard and wine. Cover with microwave-safe plastic wrap. Microwave on HIGH for 7-9 minutes or until chicken is no longer pink when cut in center, rotating dish 1/2 turn halfway through cooking. Set aside. Prepare broccoli pouch in microwave as directed on package. Remove chicken from baking dish, reserving liquid; arrange chicken on serving plate. Using a slotted spoon, remove celery and onion from liquid; place on top of chicken. Drain all but 1/4 cup liquid from baking dish. Stir in hot broccoli and cheese sauce; spoon over chicken. Sprinkle with almonds. [Serves 4.]

We believe our readers will want to support those who support the press of Black America. We are sure, therefore, that when you select the ingredients for this week's recipes, you will want to use:



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School Safety News Conference Planned For August 23

A back-to-school safety news conference with representatives of the PTA, Metro Police Department and the Clark County School District will be held at the intersection of Desert Inn and Glenhurst on Thursday, August 23 at 10 a.m. The crossing is adjacent to Will Beckly Elementary School located at 3223 S. Glenhurst.

The primary purpose of the news conference is to stress traffic safety for motorists when traveling through school speed zones. All schools in the Clark County School District will resume classes for the 1990-91 school year on Monday, August 27.

On hand for the news conference will be uniformed officers of the Metro Police Department, including a motorcycle patrolman and an officer in a black-and-white-unit. The supervisor of Metro's Crossing Guard Program, Jeanie Prouty, will also be there to answer questions.

Parents from the Las Vegas Area Council PTA will bring children to the conference site to enact school crossings for media camera crews. A crossing guard will also be there to assist the students across this intersection.

This school crossing, as others throughout Clark County, has flashing warning lights in addition to signs which warn motorists they are approaching a school zone.