

# FOR THE LADIES...

## The KITCHEN BEAT

### Tempting Party Dishes Start With Low-Cost, Low-Fat Proteins

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.

Chicken and eggs, long known for their reputation as good protein buys, are now building another reputation as delicious and versatile protein alternatives to red meat. These recipes show how a little creative cookery can transform these lower-fat proteins into tempting, attractive party dishes. Both of them incorporate a vegetable into the dish, so a salad and bread or rolls would suffice as accompaniments to this entree.

Inexpensive chicken becomes elegant when it is tucked inside lasagna noodles and smothered with a wine-flavored white sauce to make *Chicken Broccoli Roll-Ups*. The attractive entree's filling—chopped chicken, mushrooms and onion mixed with the white sauce—is spread over cooked lasagna noodles.

If you are planning a brunch or light supper, turn stand-by eggs into standout *Eggs Florentine* by combining them with spinach and a sherry-spiked sauce. These foolproof eggs bake in 15-20 minutes.

These recipes come to us via the courtesy of *Green Giant Company*. We thank them.

#### Chicken and Broccoli Roll-Ups

- 1 9-oz. pkg. frozen broccoli spears
- 6 lasagna noodles, cooked and drained
- 1½ cups finely chopped cooked chicken
- ¼ lb. butter
- 1 cup (¼ lb.) finely chopped mushrooms
- ¼ cup chopped onion

#### Sauce:

- 2 tablespoons butter
- 3 tablespoons flour
- ½ teaspoon salt
- ¼ teaspoon white pepper
- 1¼ cups milk
- ⅓ cup white wine
- 5 oz. (1¼ cup) shredded Swiss cheese
- ¼ teaspoon nutmeg
- 3 egg yolks, slightly beaten
- ¼ cup sliced almonds, toasted

In a bowl of warm water, thaw broccoli for 30 minutes; drain. Heat oven to 350°F. Grease a 13x9-inch baking dish. In medium skillet, cook chicken, mushrooms and onions in ¼ cup butter until onions are tender. Remove from heat and set aside.

In medium saucepan, melt butter; stir in flour, salt and white pepper. Cook until mixture is smooth and bubbly; gradually add milk. Heat until mixture boils and thickens, stirring constantly. Remove from heat, add wine and ½ cup Swiss cheese; stir until cheese is melted.

Combine chicken, mushroom and onion mixture with nutmeg, egg yolks and ⅓ cup sauce. Divide this mixture evenly among the lasagna noodles, spreading the chicken mixture to within 2 inches of the noodle ends. Sprinkle each noodle with 1 tablespoon Swiss cheese. Divide broccoli into six equal portions. Place broccoli at the end of the lasagna noodle and roll jelly-roll fashion. Transfer lasagna rolls to baking dish. Pour remaining sauce over rolls. Sprinkle with remaining Swiss cheese. Bake 25 to 30 minutes or until thoroughly heated. Before serving, spoon sauce over rolls and sprinkle with almonds. [Makes 6 servings.]

#### Eggs Florentine

- 1 9-oz. pkg. chopped frozen spinach, thawed and squeezed dry
  - ⅓ cup chopped onions
  - 1 cup (¼ lb.) sliced mushrooms
  - 1 tablespoon butter or margarine
  - 1 2-oz. jar pimiento, drained and chopped
- Sauce:
- 1 tablespoon butter or margarine
  - 1 tablespoon flour
  - 1 tablespoon dry sherry
  - 1 teaspoon Dijon mustard
  - ¼ teaspoon salt
  - Dash white pepper
  - ½ cup milk
  - 4 eggs
  - 1 oz. (¼ cup) shredded Swiss cheese
  - Nutmeg
  - Paprika

In bowl of warm water, thaw spinach for 30 minutes. Heat oven to 375°F. Grease 4 (6-oz.) custard cups. In medium skillet, cook onions and mushrooms in 1 tablespoon butter until tender. Add spinach and pimiento; stir until mixture is well combined. Spoon spinach mixture into custard cups. Press mixture against bottom and sides of cups, leaving a hollow center.

In small saucepan, melt butter. Blend in flour, sherry, mustard, salt and white pepper. Cook until mixture is smooth and bubbly; gradually add milk. Heat until mixture boils and thickens, stirring constantly.

Break one egg into each spinach-lined custard cup. Spoon sauce over eggs. Sprinkle with Swiss cheese, nutmeg and paprika. Bake at 375°F. for 15 to 20 minutes or to desired egg doneness. [Makes 4 servings.]

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### North Las Vegas Conducts Graffiti Removal Program

The City of North Las Vegas graffiti removal program is coming along well, according to Councilman Williams Robinson.

Using a desert-tone tan and grey latex, water-based paint, the Community Improvement Office is covering the most highly visible graffiti in such areas as Cheyenne Avenue and Bassler Street, near the wash and at the fire station on Cheyenne and St. George Street. Community youth groups from the LDS Church and the Boy Scouts are also helping with the effort.

K-Mart has donated primer paint. Sherwin-Williams, custom-mixing the paint to the City's specifications, has dubbed it "North Las Vegas Mushroom."

"We're able to spray any wall or surface, public or private, where we need to cover graffiti to beautify our neighborhoods," stated Councilman Robinson. "Citizens can call our Community Improvement office to alert us to an area that needs attention or to let us know if they want to donate some additional paint at 649-0288."

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