

# FOR THE LADIES...

## The KITCHEN BEAT

### New Uses For An Old Favorite

*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.*

We are being battered by ever-rising food costs and there seems to be no relief in sight. Does that mean that families today must forego nutrition for lack of funds? Certainly not. The careful shopper has a finger on the pulse of food costs and knows where to find the good buys. Chicken, for instance, is one of the best buys in the supermarket. So stock up on this excellent source of protein and niacin and try some new recipes using it.

One chicken dish that is especially good yet so simple to prepare is *Tropical Chicken*. Chicken breasts are simmered in a blend of cranberry juice cocktail, pineapple, and cinnamon to keep them moist and tender. For added flavor, serve the chicken topped with thick slices of jellied cranberry sauce. The result is an exotic, tropical flavor that no one will believe took almost no work on your part.

Round out the menu with *Ruby Butternut Squash*—fresh butternut squash, stuffed with a flavorful mixture of cranberry-orange relish and applesauce, and baked in the oven.

We thank *Ocean Spray Cranberries* for sending these recipes to us for our readers.

#### Tropical Chicken

- 2 whole chicken breasts, halved & skinned
- ¼ cup corn or peanut oil
- 1½ cups cranberry juice cocktail
- ¼ cup crushed pineapple with juice
- ½ teaspoon ground cinnamon
- Banana, sliced crosswise
- Parsley for garnish (optional)

Remove any excess fat from chicken. In large skillet, heat oil. Lightly brown chicken on both sides, turning frequently, about 8 to 10 minutes; drain any excess oil. In bowl combine cranberry juice cocktail, pineapple and cinnamon. Pour over chicken. Lower heat and cook, covered, stirring frequently, 45 minutes. Uncover; simmer 8 to 10 minutes. Add banana and parsley. Heat through. [Makes 4 servings.]

#### Ruby Butternut Squash

- 1 butternut squash (about 1¾ lbs.)
- 1 Tablespoon corn oil
- ½ cup orange relish
- ¼ cup applesauce

Preheat oven to 350°F. Halve squash lengthwise. Place cut-side down in baking pan. Add about ½ inch of hot water. Bake in preheated oven about 50 minutes or until fork tender. Meanwhile, combine corn oil, cranberry orange relish and applesauce in a small saucepan. Heat. Turn squash halves right side up. Spoon cranberry mixture into well and over top of squash. Bake 20 to 25 minutes longer. Cut in half.

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

- Mazola Corn Oil
- Mott's Applesauce
- Ocean Spray Cranberry Juice Cocktail
- Ocean Spray Orange Relish

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## TOP TEN SINGLES



Bell Biv DeVoe

- |                   |                               |
|-------------------|-------------------------------|
| 1. Boys           | <i>Crazy</i>                  |
| 2. Johnny Gill    | <i>Fairweather Friend</i>     |
| 3. Prince         | <i>Thieves In the Temple</i>  |
| 4. Pebbles        | <i>Giving You the Benefit</i> |
| 5. Black Box      | <i>Everybody, Everybody</i>   |
| 6. Nagee & Vesta  | <i>I'll Be Good To You</i>    |
| 7. Lalah Hathaway | <i>Heaven Knows</i>           |
| 8. Keith Sweat    | <i>Merry Go Round</i>         |
| 9. En Vogue       | <i>Lies</i>                   |
| 10. BBD           | <i>I Thought It Was Me</i>    |

### Rhythm Risers

- |                |                             |
|----------------|-----------------------------|
| 1. Anita Baker | <i>Soul Inspiration</i>     |
| 2. High 5      | <i>Just Can't Handle It</i> |
| 3. Al B Sure   | <i>Misunderstanding</i>     |
| 4. Jasmine Guy | <i>Try Me</i>               |
| 5. E.U.        | <i>I Confess</i>            |

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## FITZGERALD

From Page 9

dful of African students were hiding out and those caught were beaten. Remember? Do you remember why? It doesn't matter. These are the same students who are talking about democracy.

I was just thinking, perhaps they think, based on what they know of the United States, that democracy includes the right to chase and beat and kill black people. Somebody ought to let them know that even though that goes on here, it is not democratic. You know, it has gone on here for so long, almost uninterrupted, one might begin to wonder if we really do in fact have a democracy in this country.

Now I remember who those African students were being chased. One of them had asked someone for a date or a dance or something like that. Can you believe that? Someone who alleges to believe in democracy getting so upset over such a matter as that?

Well....

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