

For The Ladies

The KITCHEN BEAT

Pantry-Quick Pasta Is A Reliable Standby

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.

If there were an award for "Most Versatile Pantry Staple", the winner would very likely be that old standby, pasta. A box of fettuccine, linguine, rigatoni, macaroni—you name it—truly means dinner on the shelf.

In supporting roles, certainly, would be the ubiquitous chicken breast, along with such flavor-makers as olive oil and garlic. And last, but not least, evaporated milk. Its smooth consistency makes it a perfect, quick base for sauces. And its lower-calorie counterparts, evaporated lowfat or skimmed milk, are just as reliable—with fewer calories to boot.

Enter the star: Creamy Chicken Fettuccine with Snow Peas and Walnuts. This colorful concoction, subtly seasoned with white wine or vermouth, olive oil, garlic and basil, makes its entrance within just a few minutes.

We thank the Carnation Company for sending this recipe to us for our readers.

Creamy Chicken Fettuccine With Snow Peas And Walnuts

- 1 tablespoon butter or margarine
- 1 tablespoon all-purpose flour
- 1/2 teaspoon salt
- 1/2 teaspoon lemon pepper
- 1 1/2 cups (12-ounce can) undiluted evaporated milk
- 1/4 cup dry white wine or vermouth
- 3 tablespoons olive oil, divided
- 1 pound boneless, skinless chicken, cut in 1/2-inch strips
- 1 garlic clove, crushed
- 2 cups (5 ounces) snow peas, rinsed and ends removed
- 1 cup sliced mushrooms
- 1 cup julienned carrots
- 2 tablespoons fresh chopped basil
- 8 ounces dry fettuccine, cooked and drained
- 1/4 cup chopped walnuts

In medium saucepan, melt butter. Whisk in flour,

salt, and pepper. Heat until bubbling. Add milk, stir constantly over medium heat until thickened. Stir in wine. Keep warm. In large skillet, saute chicken in 2 tablespoons oil until completely cooked and lightly browned. Remove from skillet. Keep warm. In large skillet, heat remaining oil. Quickly stir-fry garlic, snow peas, mushrooms, and carrots until crisp-tender. Add chicken and sauce to vegetables. Stir in basil. Serve over hot pasta; sprinkle with walnuts.

3 POLICEMEN INDICTED

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be injured in his person, property or rights."

The three officers had entered Bush's apartment without a warrant and a key taken from Bush's girlfriend, whom they claimed was a prostitute. The three officers, who had been on leave with pay during the Las Vegas Metropolitan Police Department's on-going investigation into the affair by the department's internal affairs bureau, have now been sus-

pending from duty without pay.

The Attorney General's Office called for the case to come before the Grand Jury, following the African-American Community's uproar when a Coroner's Inquest Jury ruled Bush's death as justifiable and District Attorney Rex Bell refused to prosecute the three officers. The FBI is also conducting an investigation of the case.

District Judge J. Charles Thompson has set the initial arraignment for the three officers for Nov. 13.

LOCAL PRINCIPAL

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this epidemic which causes the breakdown of the human immune system.

Studies have shown that AIDS is "not" a homosexual disease, as was once the perception of the public. It is suddenly

rising in the African American community and is spreading rapidly and now is affecting the babies in the womb of the mother.

This is alarming!

Dowling became interested in adoption after she heard the story about a parent who gave

birth to a male infant. However, due to the fact that this Black parent shared needles, the AIDS virus affected her son. The infant child, lovingly known as "MIKEY" - (pronounced "mykey") - was immediately awarded to the state and it appeared that his

little future was bleak. Who would even consider adopting such a child? With all of the talk going around about the AIDS epidemic, who would come forward? "MIKEY's" natural mother was in no condition to care for him. In fact, she wanted nothing to do

with the child. Ms. Dowling came forward and, almost the same day, adopted Mikey to be her very own. Now the story gets interesting.

Dowling talked to me in an interview and she thanked the SENTINEL-VOICE for its interest in informing our readers of her story. More importantly, she wanted to set the record straight about AIDS—the disease. According to Dowling who, incidentally, happens to be Caucasian, there are a lot of myths about how one can contract AIDS and she emphasized that being an adoptive parent of an AIDS child and recently starting as a foster parent of a second Black female

infant with AIDS, that she would like to clear up some of the misperceptions that are presently plaguing AIDS victims.

The SENTINEL-VOICE in the coming weeks, will be featuring an AIDS update. We will present facts that are little known about AIDS and precautions that must be taken in order to avoid contracting it. See future issues on this subject. African Americans are increasingly contracting the AIDS virus.

Dowling has worked professionally with the handicapped for over twenty years and she knows the social pressures that exist for them. Dowling described (See LOCAL, Page 20)

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