

**Recipes**

(Continued from previous page)

Preheat oven to 350 degrees. Coat a 9" x 13" ovenproof casserole with no-stick spray. Rinse apples under cold water and dry with paper towels. Core apples with a knife by cutting a wide circle around their stems. Continue to cut in a circular motion. In a funnel shape, the opening will narrow the deeper you go. Remove the seeds and as much core as possible. Place apples in prepared pan. Pour cranberry juice over the apples. Juice should be about 1/4" deep in bottom of pan. Add more juice, if needed. Bake apples for 55 min., basting with pan juice occasionally. (If juice dries up, add more to keep apples in a juice bath.) Remove pan from oven and fill apple cavities with raisins. Baste with pan juice. Continue baking for 5 min. Apples

should be soft but not falling apart. Serve immediately or cool to room temperature. Yield: 8 servings

**Lemon Chicken with Dijon Mustard**

Prep time: 10 min.

Cooking time: 45-50 min.

**Ingredients:**

- 4 chicken breasts (8 halves), with bones and skin
- Juice from 2 fresh lemons
- 1-1/2 c. white wine
- 2 t. Dijon mustard
- No-stick vegetable spray
- Disposable broiler pans, optional
- Salt to taste, optional
- Paprika for coloring, optional

Rinse chicken breasts under cold water. Pat dry with paper towels. In a lg. bowl, whisk together lemon juice, white wine and mustard till well incorporated. Place chicken in bowl and coat evenly with lemon

juice mixture; reserve. Preheat oven to 350. Coat a roasting pan with a rack with no-stick spray. (For a fast clean-up, use disposable broiler pans, coating them with no-stick spray.) Remove chicken from lemon juice mixture and shake off liquid. Lightly salt and sprinkle with paprika, if desired. Place chicken skin side down on prepared pan. Bake for 15 min. and turn over breasts. Continue baking for 30 min. or till juices from the thickest part of the breasts run clean when pierced with a knife. Serve immediately. Yield: 8 servings

**Sliced Red Potatoes and Onions**

Prep time: 10 min.

Cooking time: 35 min.

**Ingredients:**

- 8 red "A" potatoes, 1/4-1/2 lb. each
- 2 lg. onions
- 6 T. olive oil, or more, if needed

2 (14-1/2) oz. cans beef broth (low sodium, if desired)

Wash potatoes and pat dry with paper towels. Keeping skins on, cut potatoes into slices about 1/8" thick. Slice onions thin. Divide olive oil between 2 lg. skillets and heat briefly over medium flame. Place half the potatoes and onions in each skillet. Saute till onions

turn golden and potatoes soften slightly, about 15 min. (If they brown too quickly, turn down flame. Some skins may loosen from potatoes.) Remove pans from flame. Pour 1 can of beef broth into each pan. Return pans to flame and cover. Simmer till potatoes are cooked through, about 20 min. Serve immediately. Yield: 8 servings ☆

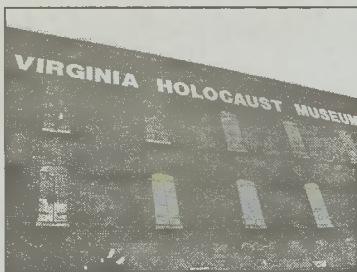
**Jewish Traveler**

By Kara Silverstein

**RICHMOND**

When my boyfriend suggested a trip to Richmond, he also asked if I had ever visited the city. I immediately answered "of course." Growing up in Charlotte, I knew dozens of kids in Richmond through BBYO. Plus I had driven through the city on I-95 a half dozen times. So of course I had visited Richmond. Or at least I thought I had. But after thinking about it a bit I realized that I had never actually visited the capitol of Virginia, but only passed through it at 60 miles an hour. My first real visit to Richmond had me wondering why it took so long for me to pull off the interstate.

Richmond is a charming city, full of eclectic neighborhoods, broad avenues and a rich Jewish history. Jewish immigrants began settling in the Richmond region in the 1760s. Beth Ahabah, which holds the title of oldest surviving congregation in Virginia, was founded in 1841. In



The exterior of the Virginia Holocaust Museum in Richmond.

addition to a stunning sanctuary boasting 29 stained glass windows, the temple operates a museum with an impressive collection of Judaica dating back to 1789 (1109 West Franklin St, www.bethahabah.org). Beth Ahabah also maintains a Hebrew Confederate cemetery on Shockoe Hill in Richmond. The cemetery is reputed to be the largest Jewish military burial ground in the world outside of Tel Aviv.

Another interesting place to reflect on the history of Jews in Richmond is the Virginia Holocaust Museum (2000 E. Cary Street, www.va-holocaust.com). The museum was established in 1997 and features tours and lectures highlighting the experiences of Holocaust survivors that reside in the Richmond area. Visitors can either guide themselves through the museum with a tour book or headset, or you can participate in a group tour.

I would warn visitors that the Virginia Holocaust Museum is not

for young children. Although I enjoyed my experience and thought the exhibits were quite moving and informative, some of the exhibits are quite graphic. Also, in order to reach an exhibit replicating a family's underground hiding place, visitors are directed to crawl along a dark tunnel.

In addition to the Virginia Holocaust Museum, Richmond offers a number of fabulous museums. One of my favorites is the

(2603 East Main Street, www.milliesdiner.com). Millie's was voted "Restaurant of the Year" for 2008 by Richmond's alternative paper, Style Weekly, and the title is well deserved. The chefs, who work from a gas stove located in the dining room, turn out fabulous dishes. We were able to walk in on a Friday night without reservations, but I've heard that lines are long for their Sunday brunch.

After you've gotten your fill of the Richmond dining scene, you can walk off your meal in one of the city's eclectic neighborhoods. Two of my favorite areas during my visit were The Fan and Carytown. The Fan is one of the largest neighborhoods of Victorian houses in the country. The neighborhood gets its name from the fan-like way it stretches out from the city center to the city's suburbs in the west. On the northern edge of the neighborhood is Monument Avenue, which features statues commemorating Civil War heroes along its wide grassy median. The street is a designated a National Historic Landmark.

My favorite neighborhood for shopping in Richmond was Carytown. Located near the Fan District, Carytown is filled with independent boutiques and eclectic restaurants. It's also home to one of Richmond's most beloved landmarks, the restored Byrd Theater (2908 West Cary Street). The movie house was built in 1928 and still has its original red velvet drapes, crystal chandelier and an organ that rises out of the stage. Currently the Byrd Theater shows second run films for \$2 a ticket.

We ended our trip with a stroll along the Canal Walk. The 1.25 mile trail meanders through downtown Richmond along the banks of the Haxall Canal and the James River & Kanawha Canal. As I walked past the bridges and painted murals I couldn't help but wonder why I hadn't stopped to visit Richmond sooner. ☆



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