

SGA discusses Tornado Tipoff

by **Dimitri McCloghry**
Staff Writer

October 29th's SGA meeting was an Open Forum Session held in MG 125. The main topic of discussion was the planning of "Tornado Tipoff," which is akin to March Madness that a lot of major universities

participate in.



Members of SGA broke into groups, and discussed multiple possibilities for that night, which should take place sometime in early- to mid-November.

Tornado Tipoff is a feature that involves the school's basketball teams to kickoff their season. Faculty playing students or teams is one option that was discussed. Food and drinks will be provided for everyone.

The next SGA session will take place on November 3rd, and is strictly a Senate Session.

Cooking with Tex: Lemon Chicken with Green Beans and Potatoes

by **John Billingsley**
Archived Clarion Culinary Artist

Today we will learn how to prepare a lemon baked chicken dinner for your friends or family.

Ingredients needed are: boneless chicken breast, salt, pepper, garlic, butter, olive oil, onions, portabella mushrooms, 1 bottle of zesty Kraft Italian dressing, and 1 Pyrex dish.

First, take your boneless chicken breast and put it in a Pyrex dish with your butter,

salt, pepper, garlic, onions, and pour the bottle of Zesty Kraft Italian dressing, making sure it covers all of the chicken breasts. Then, put your Pyrex dish with the chicken breasts and all your ingredients into the oven, set the oven to 350 and let it bake for an hour and a half.

For side dishes, you can make green beans, baked potatoes, macaroni, etc. I always like to make green beans to go with this dish. First, I snap my green beans and put them into a pot on the stove with boiling water, and add salt, pepper, butter, olive oil, and bacon. Use fresh onions if possible.

Also, add two cubes of chicken bullion.

Set your stove to medium degrees, and let the beans cook for 20-30 minutes. You can add red peeled potatoes into your green bean mix if you want to have another dish. This makes it easier so you don't have to bake or fry them separately, and clean up is very minimal. The green beans and potatoes mix should be done when your chicken is done. You've now made a very easy meal to feed your friends and your family, and it didn't take a lot of time. Eat and enjoy your easy-made restaurant quality lemon chicken.

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