

Southern Fish Bake Will Get You Off The Hook

If you've been looking for a unique way to serve fish, Southern Fish Bake will get you off the hook. Flaky fish fillets team up with a savory corn bread stuffing to make an attractive, one-dish meal.

Keep this recipe handy when fish is on special. Then, experiment using different types of fish fillets. The moist stuffing features corn bread, spinach and mushrooms, an exciting taste treat in itself. Economical corn bread adds the great grain taste of the South. Corn meal is enriched with B vitamins and iron.

Serve the fish bake with a green salad and a glass of wine, making an attractive meal for company. For those with a microwave oven, this can be a quick meal for dinner. This one-dish meal will encourage your taste buds to fish for second helpings.

Don't be a fish out of water. Try Southern Fish Bake. You'll agree it isn't a fish story—it's great!

- Southern Fish Bake**
- One corn bread, cooled, crumbled
 - 1/2 teaspoon salt
 - 1/8 teaspoon pepper
 - 1/8 teaspoon nutmeg
 - one-third cup chopped onion
 - 1 garlic clove, minced
 - 1/2 cup plus 2 tablespoons butter or margarine, melted
 - two 10-oz. pkg. frozen chopped spinach or greens, thawed, drained
 - 2 eggs, beaten
 - one 4-oz. jar mushroom slices, undrained
 - 1/4 cup lemon juice
 - 1/4 cup water
 - 2 lb. fish fillets
 - 8 tomato slices
 - 1/4 cup grated Parmesan cheese

Combine corn bread, salt, pepper and nutmeg in large bowl; mix well. Saute onion and garlic

in 1/2 cup butter; add to corn bread mixture with spinach, eggs, mushrooms, lemon juice and water, mixing well. Spoon into 13x9-inch baking dish, spreading evenly. Cover with foil; bake at 375 degrees F. about 20 minutes. Remove foil. Place fish over corn bread mixture; brush with remaining butter. Place tomato slices over fish; sprinkle fish and tomatoes with cheese. Continue baking uncovered about 20 minutes or until fish flakes easily. Makes 8 servings.

Microwave Oven Directions: Omit water; cook 1/2 cup butter in medium-sized bowl at HIGH about 1 minute or until melted. Add onion and garlic; continue cooking at HIGH 2 minutes.

Proceed as recipe directs; spoon into 11x7-inch baking dish, spreading evenly. Cover loosely; cook at HIGH about 8 minutes or until heated through, rotating 1/4 turn after each 3 minutes of cooking. Arrange fish in large baking dish or on microwave

tray, placing thickest portions toward outer edges; brush with remaining butter. Place tomato slices over fish; sprinkle fish and tomatoes with cheese. Cover loosely; cook at HIGH about 6 minutes or until fish flakes easily, rotating dish 1/4 turn after 3 minutes of cooking. Let stand 3 minutes. To serve, arrange fish over corn bread mixture.



TURKEY-VEGETABLE CASSEROLE

...With enriched pre-cooked rice

Get The Most Out Of Your Holiday Season!

Want to get the most out of your Holiday season? Plan another really great meal to keep the spirit going. While the big bird was the star of the Christmas or New Year's meal, a Turkey-Vegetable Casserole prepared with packaged enriched pre-cooked rice, frozen mixed vegetables with onion sauce, and topped with cheese, is a convenience one-dish entree that makes good use of leftover turkey.

A tossed green salad can be prepared beforehand as can dessert. Lemon Delights and Quick Glazed Coconut Bars feature flaked coconut and sweet cooking chocolate. These rich, delicious cookies are welcome any time of the year, but are particularly appropriate for a post-holiday meal. Enjoy!

Turkey-Vegetable Casserole

- 1 1/2 cups hot chicken broth
- 2 teaspoons butter or margarine
- 1 1/2 cups Minute rice
- 1 package (8 oz.) Birds Eye mixed vegetables with onion sauce
- 1 cup milk
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon salt
- 1 1/2 cups diced cooked turkey
- 2 slices process American cheese cut in triangles

Combine broth, butter and rice in 1 1/2-quart casserole. Cover and bake at 450 degrees for 10 to 15 minutes. Stir and move rice to sides of dish.

Meanwhile, combine vegetables, milk, Worcestershire sauce, salt and turkey in medium saucepan. Cook and stir over medium heat until mixture comes to a boil; then simmer for 4 minutes. Pour into center of casserole; arrange cheese triangles on top. Bake 2 minutes longer or until cheese is melted. Makes 3 cups plus rice or 4 servings.

LEMON DELIGHTS

- 1 cup unsifted all-purpose flour
- 1/2 cup unsifted confectioners sugar
- 2 teaspoons grated lemon rind
- 1 cup butter or margarine, soft
- 1 and one-third cups (about) Baker's Angel Flake coconut

Mix flour with sugar and lemon rind in bowl. Blend in butter to form a soft dough. Cover and chill, if necessary, until dough is firm enough to handle. Shape into small balls, about 3/4 inch in diameter. Roll in coconut and place on ungreased baking sheets, about 1 1/2 inches apart. Flatten with lightly floured fork or press halved candied cherries into each, if desired. Bake at 300 degrees for 20 to 25 minutes, or until lightly browned. makes about 3 dozen cookies.

A&P Another Reason You'll Do Better... Coupon Bonanza

SAVE \$4.88 WITH COUPONS BELOW

<p>A&P COUPON</p> <p>A&P CHILLED ORANGE JUICE</p> <p>SAVE 51c</p> <p>1/2-GAL. BTL. 88¢</p> <p>LIMIT ONE WITH THIS COUPON</p> <p>LIMIT ONE COUPON GOOD THRU SAT. JAN. 12 AT A&P IN CHARLOTTE. #607</p>	<p>A&P COUPON</p> <p>SCOTT TOWELS</p> <p>10c OFF LABEL</p> <p>ASSORTED & DECORATED YOU PAY ONLY</p> <p>SAVE 27c</p> <p>2 BIG ROLLS 99¢</p> <p>LIMIT TWO WITH THIS COUPON</p> <p>LIMIT ONE COUPON GOOD THRU SAT. JAN. 12 AT A&P IN CHARLOTTE. #608</p>	<p>A&P COUPON</p> <p>KETCHUP</p> <p>SAVE 32-OZ. BTL. 20c</p> <p>59¢</p> <p>LIMIT ONE WITH THIS COUPON</p> <p>LIMIT ONE COUPON GOOD THRU SAT. JAN. 12 AT A&P IN CHARLOTTE. #610</p>
<p>A&P COUPON</p> <p>TIDE DETERGENT</p> <p>SAVE 59c</p> <p>34-OZ. PKG. \$2.35</p> <p>LIMIT ONE WITH THIS COUPON</p> <p>LIMIT ONE COUPON GOOD THRU SAT. JAN. 12 AT A&P IN CHARLOTTE. #611</p>	<p>A&P COUPON</p> <p>BANQUET FRIED CHICKEN</p> <p>SAVE 11c</p> <p>2 LB. PKG. \$1.99</p> <p>LIMIT ONE WITH THIS COUPON</p> <p>LIMIT ONE COUPON GOOD THRU SAT. JAN. 12 AT A&P IN CHARLOTTE. #612</p>	<p>A&P COUPON</p> <p>COLOMBIAN COFFEE</p> <p>SAVE 20c</p> <p>1-LB. CAN \$3.39</p> <p>LIMIT ONE WITH THIS COUPON</p> <p>LIMIT ONE COUPON GOOD THRU SAT. JAN. 12 AT A&P IN CHARLOTTE. #609</p>
<p>A&P COUPON</p> <p>FRENCH FRIED POTATOES</p> <p>SAVE 20c</p> <p>5 LB. PKG. \$1.79</p> <p>LIMIT ONE WITH THIS COUPON</p> <p>LIMIT ONE COUPON GOOD THRU SAT. JAN. 12 AT A&P IN CHARLOTTE. #613</p>	<p>A&P COUPON</p> <p>SAVE \$1.00 ON THE PURCHASE OF G.E. 4-PACK LIGHT BULBS</p> <p>STANDARD & SOFT WHITE 60 WT., 75 WT. & 100 WT.</p> <p>LIMIT ONE COUPON GOOD THRU SAT. JAN. 12 AT A&P IN CHARLOTTE. #614</p>	<p>A&P COUPON</p> <p>FLOUR</p> <p>SAVE 20c</p> <p>5 LB. BAG 89¢</p> <p>LIMIT ONE WITH THIS COUPON</p> <p>LIMIT ONE COUPON GOOD THRU SAT. JAN. 12 AT A&P IN CHARLOTTE. #615</p>
<p>A&P COUPON</p> <p>SALTINES</p> <p>SAVE 30c</p> <p>1-LB. PKG. 59¢</p> <p>LIMIT ONE WITH THIS COUPON</p> <p>LIMIT ONE COUPON GOOD THRU SAT. JAN. 12 AT A&P IN CHARLOTTE. #616</p>	<p>A&P COUPON</p> <p>FRUIT CAKE</p> <p>SAVE 50c</p> <p>3 LB. PKG. \$6.49</p> <p>LIMIT ONE WITH THIS COUPON</p> <p>LIMIT ONE COUPON GOOD THRU SAT. JAN. 12 AT A&P IN CHARLOTTE. #617</p>	<p>A&P COUPON</p> <p>SALMON</p> <p>SAVE 20c</p> <p>16-OZ. CAN \$1.49</p> <p>LIMIT ONE WITH THIS COUPON</p> <p>LIMIT ONE COUPON GOOD THRU SAT. JAN. 12 AT A&P IN CHARLOTTE. #618</p>

THE FARM

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The Butcher Shop

with supermarket prices

<p>A&P QUALITY HEAVY WESTERN GRAIN FED BEEF</p> <p>ROUND STEAK</p> <p>FULL CUT BONE IN</p> <p>LB. \$1.69</p>	<p>A&P QUALITY HEAVY WESTERN GRAIN FED BEEF</p> <p>ROUND ROAST</p> <p>TOP OR BOTTOM BONELESS</p> <p>LB. \$1.99</p>	<p>A&P QUALITY CORN FED FRESH</p> <p>PORK STEAK</p> <p>OR PORK ROAST</p> <p>LB. \$1.19</p> <p>CUT FROM BOSTON BUTT</p>
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<p>A&P QUALITY HEAVY WESTERN GRAIN FED BEEF</p> <p>CUBED STEAK</p> <p>LB. \$2.39</p>	<p>A&P QUALITY HEAVY WESTERN GRAIN FED BEEF</p> <p>BONELESS BEEF BOTTOM ROUND</p> <p>WHOLE 18 TO 24 LB. AVG. WT.</p> <p>TOP OR BOTTOM BONELESS ROUND STEAK</p> <p>LB. \$2.19</p> <p>A&P QUALITY FULLY COOKED</p> <p>SMOKED HAM SHANK PORTION LB. 99¢</p>	<p>OLE CAROLINA</p> <p>SLICED BACON</p> <p>1 LB. PKG. 79¢</p> <p>U.S.D.A. INSPECTED FRESH</p> <p>FRYER LEGS LB. 69¢</p> <p>U.S.D.A. INSPECTED FRESH FRYER</p> <p>BACKS & NECKS (FOR SOUP) LB. 19¢</p>
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