

Guess What's Cooking Down East

Reba Mitchell

Microwave cooking is the cool easy way out of the kitchen now that warm weather is on the way again. If you have a microwave it's time to learn it's good for more than reheating and baking potatoes.

Meat Ball Casserole

1 lb. ground beef--1/2 tsp. onion salt--1 tsp chili powder--3 tbs. fine dry bread crumbs--1/4 cup milk--1 egg--4 tbs. all purpose flour--1 tb oil--2 cups stewed tomatoes--3 cups zucchini cut in 2 in. strips--1 onion, diced, salt and black pepper.

Lightly mix meat, onion salt, chili powder, bread crumbs, milk, and egg. Shape into balls (2 in. in diam.) roll in two tbs. of the flour. Microwave meat balls in 2 qt. baking dish with oil 7-8 min. Add remaining flour and tomatoes, mix thoroughly, distribute, zucchini, carrots, and onion. Sprinkle with salt and pepper. Cover with waxed paper. Microwave 15-20 min. on high or until vegetables are tender. Give dish 1/4 turn every 4-5 min. Stir one time during cooking time.

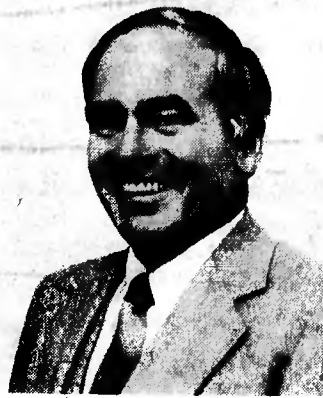
Yield 4 servings for 2 servings use 1/2 the ingredients and a 1-qt. casserole. For eight servings double the ingredients use a 3 qt. casserole. Serve with a tomato and lettuce salad and crispy bread.

Dessert

4 cups blueberries--2 tbs. lemon juice--1/2 cup sugar--1/2 tsp lemon rind. Mix all together place in 8 in. sq. baking dish.

Mix 1 cup brown sugar--1 cup flour--1/2 cup margarine until crumbly. Sprinkle over blueberries. Cover with waxed paper. Microwave 12-15 min. on high, turning dish one quarter every 2 min.

Tip- If meat ball casserole is cooked in your conventional oven bake at 350 degrees for 1 1/4 hrs. or until vegetables are tender.



Gerald Eubanks Principal of the Year

Gerald Eubanks, principal at H.J. MacDonald Middle School has been selected "Principal of the Year". He will represent the New Bern-Craven County School System at the Regional level, in Jacksonville, N.C. The Regional level winner will compete on the State level. Mr. Eubanks received his B.S. Degree in history, his MAEd. in Education Administration and Curriculum Instructional Specialist Level I and II certification from East Carolina University. At present he is pursuing his EDD in Education from North Carolina State University.

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**Gary Carlton
Davis**
County
Commissioner
District One
Seat One

- * 10 year veteran New Bern Craven County Rescue Squad-7 years as captain-now serving in that capacity.
- * Member Township 9 Fire Department 10 years.
- * Member Craven County Emergency Medical Services Advisory Council.
- * Member of the Advisory Board of North West Craven Water and Sewer District (1985).
- * Member Jasper PTO.
- * Married - father of two daughters.
- * Life long member of Craven County.

Your Vote Will Be Greatly Appreciated.

(Paid For By Gary Davis Campaign)
Roger Cope, Treasurer



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