

From The Chowan Herald Kitchen

By this time an early fall routine has been agreed upon at your house and every member of the family has indicated a willingness to "pitch-in" and help with the household chores since Mom is now back in the work force.

So, you've taken a job! All the kids are in school or have flown the nest and you need to acquire new interests. The lazy vacation days are over for a time, but certain activities continue.

When you work, getting dinner on the table can be difficult, especially when the rest of the family gets home before you do. Maybe Dad or the kids could start dinner. They can — and probably would enjoy it — if you make the necessary plans for them and have all the ingredients for a quick and easy menu on hand.

Begin by suggesting a Spinach Quiche as main dish. The less-than-experienced cooks should find a custard pie flavored with spinach, Swiss cheese and mushrooms an easy starter. The littlest one could beat all the ingredients together while the older cook drains the spinach and pops a frozen pie shell into the oven to brown. While the quiche is in the oven, there's plenty of time to set

the table, toss a green salad and put out bread or rolls, if desired.

Spinach Quiche
1 pkg. (10 oz.) frozen chopped spinach
1 nine-inch deep-dish pie shell, thawed
5 eggs, beaten
1 cup shredded Swiss cheese
1 can (2½ oz.) sliced mushrooms, drained
¾ cup half and half or light cream
½ teaspoon pepper

Cook spinach according to package directions and drain, pressing out excess water. Set aside. Brush the inside of the pie shell with a small amount of the beaten eggs. Prick bottom and sides with fork. Bake at 425 degrees five minutes or until light brown. Set pie shell aside. Reduce oven temperature to 350 degrees. Stir together spinach, cheese and mushrooms. Turn into pie shell. To the beaten eggs, add remaining ingredients. Beat until well blended. Pour over spinach mixture. Bake about 45 minutes or until a knife inserted near center comes out clean. Let stand five minutes before serving.

A tasty quiche can spark up a brunch, be the star at a luncheon, round out a dinner or become popular as an

appetizer. Our first experience with this main dish pie, which originated in France, was as a cheese and onion combination. It is still one of our favorites and shows up often for a Saturday lunch in cool weather. It needs a crunchy salad as a go-along. For dinner, grilled sausages and fruit salad make it complete. Make it easy on yourself and use those large sweet Spanish onions along with the spinach and bacon in this delightful entree.

Onion Spinach Quiche

1 large onion, about two cups
4 slices bacon
1 pkg. (10 oz.) frozen chopped spinach
3 eggs, beaten
¾ cup grated Swiss cheese
1 cup milk or light cream
1 teaspoon salt
½ teaspoon pepper
Dash nutmeg, if desired
1 unbaked nine-inch pie shell

Bake pie shell until partially done at 375 degrees for 5 to 7 minutes. Peel and chop onion. Cook bacon in skillet until crisp. Remove and drain on paper towel. Add onions to bacon drippings in skillet and saute until soft, but not brown. Cook spinach according to

package directions, omitting salt. Drain thoroughly, squeezing out excess moisture. Crumble bacon. Layer onion, bacon, spinach and cheese in partially baked pie shell. Combine eggs, milk and seasonings. Pour over onion mixture. Bake at 375 degrees for 40 minutes or until a knife inserted near center comes out clean. Let stand five minutes. Cut into six wedges and serve.

In the "What's New" department we hear from General Foods that a blackberry flavor has been added to its gelatin line. Here are some interesting suggestions for using it which they have sent to us:

Try this for a nice combination of flavors that can be served as a salad or a dessert. Banana Yogurt Gelatin is made with the new blackberry flavor gelatin. Drain one can sliced peaches, reserving syrup. Add water to the syrup to make one cup; dice the peaches. Dissolve a 3-ounce package of gelatin in one cup boiling water. Add the measured liquid and chill until slightly thickened. Blend in one 8-ounce container vanilla yogurt. Fold in peaches, one-half cup diced banana and one-fourth cup chopped peanuts. Pour into a 3 or 4-cup mold and chill until firm or about 3 hours. Makes six servings.

Use the speed-set method to prepare a delicious gelatin dessert for family meals if you are pushed for

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A Beautiful Scene

It was late July when this event occurred. Yes it was really a beautiful scene. When my eleven year old granddaughter, Mary Kay accepted Jesus and on him did lean.

I'll never forget that Sunday you know, When Mary Kay went marching up the aisle. And brother Old met her for a handshake, Through all of her tears she had a broad smile.

She wanted to follow Jesus and be baptized, Yes, the date was set, plans were made. Practically all the Chappell's Hill members gathered there, Her wishes to be baptized were not delayed.

When Mary Kay went down in the water, Brother Old took her by the hand. She is just a girl, will grow up some day, I hope she will continue to follow God's plan.

It's a wonderful thing to follow Jesus' command, There were five others to be baptized that day. We sang as they went down in the water, The next youngest of them all was Mary Kay.

Yes the Bible plainly teaches us to, Bring up a child the way they should go. As they travel through this old world, Their faith in the Lord will really grow.

We will have to humble ourselves as a child, If we do not trust Jesus as little children do. We can never enter the kingdom of God, For the door will be closed to me and you.

BY MARY LIZZIE LANE

Birthchoice Of Edenton Open Meeting

Thursday, Sept. 21, 1978
7:30 P. M.

John A. Holmes High School Library

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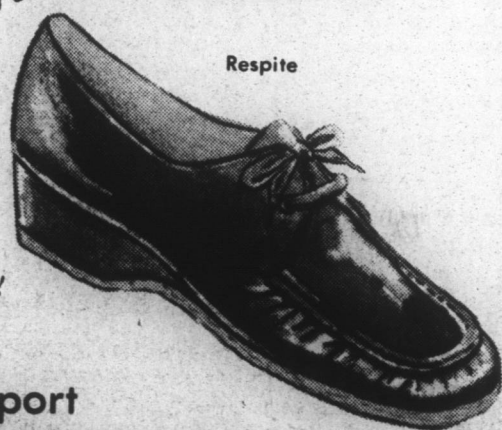
JIM BROWN IN "BLACK GUN"



VERSATILE QUICHE—Sweet Spanish onions, spinach and bacon fill a flaky pastry for this versatile quiche to serve at brunch, lunch, dinner or as an appetizer.

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