

# Turning your mealtime into family fun

Meals are more than a time to share tasty food — they can be a time for family fun. In many homes evening meals are the best time to catch up on a day's events, tell a story, share a smile and spend time together.

However, preparing those meals often presents a challenge, especially during the busy school year. How do you create a satisfying meal the whole family will enjoy and in a short amount of time?

Many families have found that Mexican cooking offers a delicious solution with a wealth of easy-to-prepare recipes that can be enjoyed by friends and family alike. A taco buffet is a good example. A taco buffet is a good example. Just fill bowls with your favorite fixings — lettuce, tomatoes, grated cheese, refried beans, diced green chiles, olives, onions, guacamole and beef or ground turkey, then top with taco sauce or salsa. After that, let everyone help themselves.

A collection of recipes that delivers great taste, creativity and the vibrant warmth of great Mexican meals is Authentic Family-Style Mexican Cooking. It was created to celebrate the 100th anniversary of Ortega, which has offered generations of families the finest authentic Mexican food and



Tacos are a family favorite and a sure-fire way to please a wide variety of tastes. Just create a buffet with everyone's favorite ingredients, ground beef or turkey strips, grated cheese, olives, tomatoes, lettuce, refried beans — and let them serve themselves.

ingredients. The book is available for a limited time at bookstores across the country.

Why not use this great tasting recipe and delight your family with a delicious Mexican meal tonight?

### Turkey Tacos

With convenient boneless, skinless turkey breasts, these tacos provide a lighter alternative to beef tacos, and they can be ready in minutes.

- 1 tablespoon vegetable oil
- 1 cup (1 small) sliced onion
- 1 cup (1 small) sliced red or green bell pepper
- 1 pound boneless, skinless turkey breast meat, cut into strips
- 1 package (1.25 ounces) taco seasoning mix

- 3/4 cup water
- 2 tablespoons sour cream
- 1 package (contains 12) taco shells, warmed
- 1 cup (1 medium) chopped tomato
- 1 1/2 cups (6 ounces) shredded cheddar cheese
- Mild taco sauce

Heat oil in large skillet over medium high heat. Add onion and bell pepper; cook, stirring occasionally, for 3 to 4 minutes or until vegetables are tender. Add turkey; cook, stirring occasionally, for 4 to 5 minutes or until turkey is no longer pink in center.

Stir in seasoning mix and water. Bring to a boil. Reduce heat to low; cook, stirring occasionally, for 5 to 6 minutes or

### HOW TO WARM TACO SHELLS

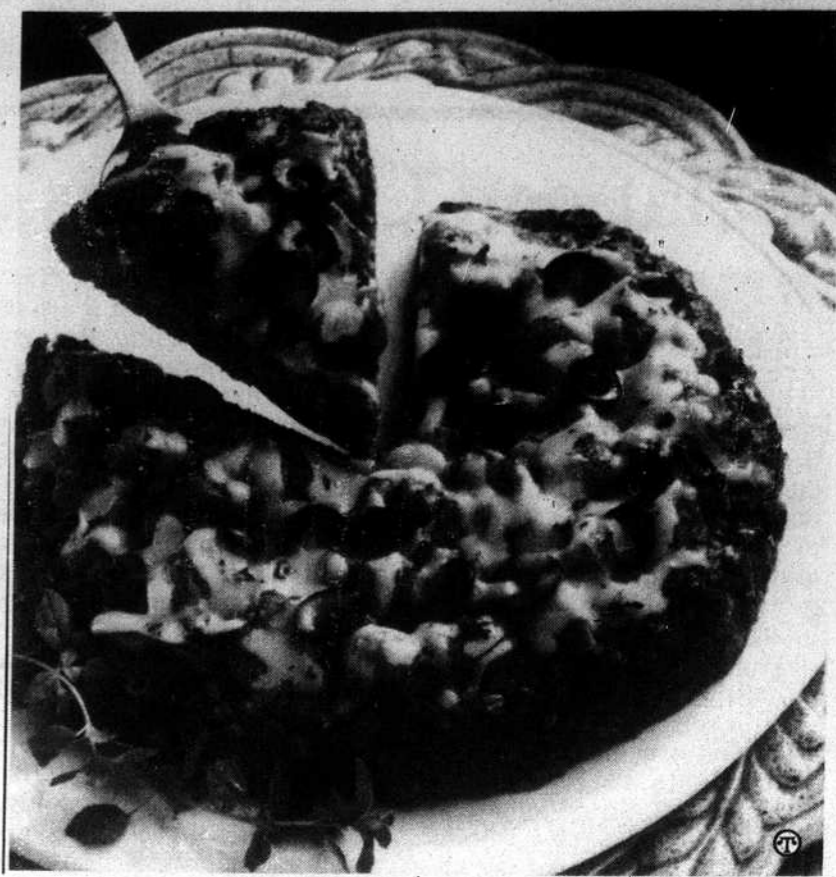
Tacos are made two ways; with corn tortillas and with flour tortillas. Corn tortillas are generally used in crisp tacos; flour tortillas are generally used in soft tacos.

To warm soft tacos in a microwave oven, wrap a stack of tortillas in waxed paper. To make them even softer, lightly sprinkle each one with water before wrapping. Microwave on HIGH (100%) power for 45 seconds. To heat in a conventional oven, wrap tortillas in aluminum foil. Sprinkle tortillas with water, if desired. Bake in preheated 300° F. oven for 15 minutes.

To warm crisp taco shells, place shells on large microwave-safe plate. Microwave on HIGH (100%) power for 1 minute. For crisper shells, rearrange; heat for additional 30 seconds. Or, place taco shells on baking sheet. Bake in preheated 350° F. oven for 6 to 8 minutes.

until mixture is thickened. Stir in sour cream.

Fill each taco shell with 1/3 cup turkey mixture; top with tomato, cheese and taco sauce. Makes 6 servings.



Pizza-Style Meatloaf is a new take on a classic favorite.

## Meatloaf with pizzazz!

Some suppertime classics never go out of style — like meatloaf, for instance. You loved its comforting qualities as a child, and now you can appreciate its good value and versatility.

Ground beef continues to be one of the best values in the meat case, and quick and old-fashioned oats are still the top choice for extending that value. Oats are convenient to use, too, and a meatloaf made with oats has a soft, moist texture.

The variety of flavor-enhancing ingredients in the supermarket makes it easy to add pizzazz to basic meatloaf ingredients. Seasoned tomatoes, cheese and olives give Pizza-Style Meatloaf its authentic pizzeria flavor.

### Pizza-Style Meatloaf

Makes 6 Servings

- 1 1/2 pounds lean ground beef
- 3/4 cup Quaker oats (quick or old-fashioned, uncooked)
- 1/2 cup finely chopped onion
- 1/2 cup water
- 2 cloves garlic, minced
- 1 teaspoon dried oregano leaves
- 1/2 teaspoon salt (optional)
- 1/2 teaspoon black pepper
- 1 (14 1/2 oz.) can Italian seasoned diced tomatoes, drained
- 1/4 cup sliced ripe olives
- 1 cup (4 oz.) shredded cheese for pizza

Heat oven to 375° F. In large bowl, combine first 8 ingredients, mixing lightly but thoroughly. On rack of broiler pan,

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## Vegetables: A great way for you to start your day

When was the last time you served vegetables for breakfast?

If you're like most people, you probably don't think about peas, corn, or carrots first thing in the morning. But vegetables, enticingly prepared specifically for breakfast, can be a great way to start your day.

Because vegetables are rich in vitamins and minerals, the Produce For Better Health Foundation recommends you have five serving of fruits or vegetables every day to maintain a healthy lifestyle.

Try these delicious ways to include more vegetables in your breakfast, lunch and dinner.

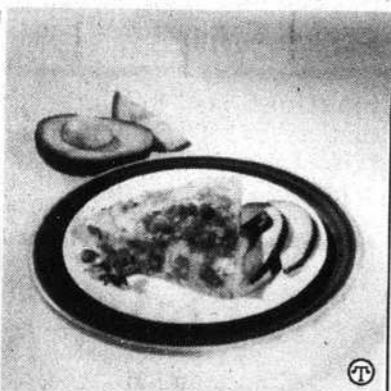
### For Breakfast: Vegetable Frittata

- Prep time: 10 minutes
- Cook time: 15-20 minutes
- 8 eggs, slightly beaten
- 1 (15 oz.) can mixed vegetables, drained
- 1 cup shredded cheddar cheese
- 1/2 cup milk
- 1 Tbsp. chopped parsley
- 1/2 tsp. salt
- 1/2 tsp. black pepper
- 2 Tbsp. butter
- 1/2 cup picante sauce
- Combine first seven ingredients.

Melt butter in 12-inch skillet; pour in egg mixture. Cook over medium heat until almost set, 9-12 minutes.

Top with picante sauce and broil until eggs are set, about 5 minutes. To ovenproof skillet handle, wrap with aluminum foil.

Cool 2 to 3 minutes before serving.



When was the last time you served vegetables for breakfast? A breakfast frittata is a great way to include them.

Makes 6 servings.

### For Lunch: Hearty Chicken Vegetable Soup

Makes 6 servings.

Prep time: 5-10 minutes

Cook time: 15-20 minutes

- 2 Tbsp. vegetable oil
- 1/4 cup green pepper, chopped
- 2 (15 oz.) or 1 (29 oz.) can mixed vegetables, undrained
- 1 1/2 to 2 cups chicken, cooked and diced
- 1/4 cup onion, chopped
- 3 cups chicken broth
- 1 (14 1/2 oz.) can seasoned, diced tomatoes
- 1/2 cup instant rice
- Salt and pepper to taste
- Pour oil into large (3 quart) saucepan. Sauté onion and green pepper until lightly browned.
- Add chicken broth and simmer 10 minutes.
- Add remaining ingredients

and simmer 5-7 minutes or until rice is cooked.

Option: For more flavor, add one tablespoon basil, parsley flakes and/or bay leaf. Remove bay leaf before serving. Makes 6 servings.

### For Dinner: Italian Pasta

- Prep time: 5-10 minutes
- Cook time: 25 minutes
- 1 lb. ground beef or poultry
- 1 (15 oz.) jar prepared spaghetti sauce
- 1 cup water
- 1/2 cup onion, chopped
- 1 Tbsp. parsley, chopped
- 1/2 cup shredded cheddar cheese
- 1 (15 oz.) can mixed veg-

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## Views On Dental Health



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### TWILIGHT SLEEP

Twilight sleep is the lay term for conscious patient sedation, a technique used to allow people to have dental work done while in a very relaxed state, that is asleep or nearly asleep.

This technique is useful for people who are fearful or nervous, as they are unaware of any dental procedures being done. The patient is not unconscious, but his or her consciousness is at a very low level, hence the descriptive term "Twilight Sleep."

Many dental offices find that I.V. sedation seems to be the most effective means of inducing sleep. Breathing nitrous oxide has also been useful for many patients.

People are reporting very pleasing re-

sults with this technique. Many people who formerly were unable to tolerate dental procedures are now able to have even extensive work done easily.

There is no reason in today's modern dentistry to have anxiety or fear be an obstacle to receiving needed care. You can be completely relaxed through an entire procedure and not know what's happening until the dentist says, gently: "Time to wake up now."

A public service with the aim of promoting better dental health environment.

From the office of:  
RICHARD N. HINES, JR., D.D.S., F.A.G.D.  
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12:00 NOON - 2:00 P.M.

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OWNERS MUST SHOW WRITTEN PROOF OF ANIMALS PREVIOUSLY VACCINATED TO OBTAIN A 3 YEAR VACCINATION TAG.

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