

# Juggling tasks in the kitchen? Easy, time-saving recipes may be the answer for you

Timing the cooking process can be like performing a juggling act. In fact, timing is the number one struggle among meal makers, according to a recent "State of Cooking in America" study.

"Our research shows that preparing an entire meal efficiently in the time allotted can be overwhelming for some," says Lydia Botham, director of the Land O'Lakes Test Kitchens, which sponsored the survey. "Meal makers need to use uncomplicated recipes without a lot of steps to coordinate."

The research indicated that consumers' biggest concern is knowing when things are done. And, consumers who work full-time are almost twice as likely to struggle with overcooking/undercooking as those who are not employed.

One easy meal harried



Serve your family Creamy Chicken & Biscuits along with a green salad and glass of milk for an easy, home-cooked meal.

cooks can count on to please their families is Creamy Chicken & Biscuits. Served with a green salad and a glass of ice cold milk, it will make an easy yet nutritious meal for your family.

**Creamy Chicken**

**& Biscuits**  
Preparation time: 15 mins.  
Cooking time: 10 minutes  
1 (10.8 ounce) can refrigerated buttermilk biscuits  
1 pound chicken stir-fry meat  
1 (16 ounce) package fro-

zen vegetable combination (broccoli, red pepper, onions and mushrooms)

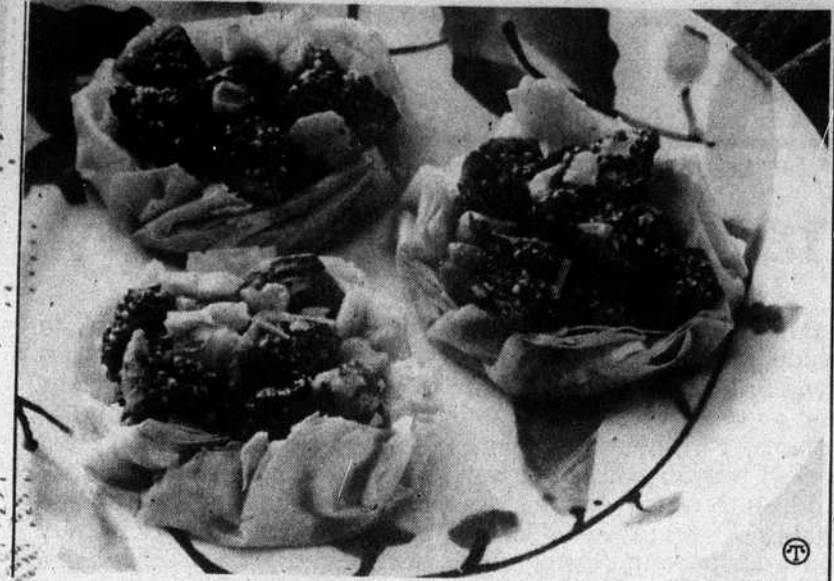
1 cup sour cream (regular, light or fat-free)  
1 (.87 ounce) package chicken gravy mix  
Bake biscuits according to package directions.

Meanwhile, spray 12-inch nonstick skillet with no-stick cooking spray; add chicken. Cook over medium-high heat, stirring occasionally, until chicken is no longer pink (5 to 6 minutes).

Stir in vegetables. Cook, stirring occasionally, until vegetables are crisply tender (about 4 to 5 minutes).

Stir in sour cream and gravy mix. Cook, stirring constantly, until heated through and slightly thickened (1 to 2 minutes).

Serve chicken mixture over warm, split biscuits. Makes 5 (3/4 cup) servings.



Easy, delicious Fig-Honey Nests make the perfect end to a memorable meal.

## Fig-Honey Nests make a mealtime memorable

Popular for centuries in Europe and the Mediterranean, many Americans are now discovering dried figs. Cherished for their sweet, delightful flavor, unique chewy texture and outstanding nutritional profile, figs are fast becoming a darling of American cuisine.

A versatile fruit, figs lend flavor and interest to both sweet and savory dishes. Pair Mission or Calimyrna figs with cheese for a simple appetizer, include in your favorite stuffing recipe or keep handy for a quick snack.

Figs are nutritious, offering a healthy ten grams of fiber in a half-cup serving. That's about half the fiber an adult needs during the course of a day.

The following recipe for Fig-Honey Nests is special enough to be served for traditional religious meals, holiday occasions, and easy enough to make as an everyday treat. The marriage of figs, walnuts and honey is a natural. Phyllo dough creates a light, crispy nest for the fig mixture and serves as a simple yet elegant alternative to a pastry crust.

**Fig-Honey Nests**

1 (8 oz.) package Blue Ribbon Orchard Choice or Sun-Maid Calimyrna or Mission

figs, stemmed and coarsely chopped  
1/2 cup finely chopped walnuts

1 tablespoons sugar  
1/2 teaspoon cinnamon  
4 sheets phyllo dough, thawed  
3 tablespoons butter, melted  
Honey Syrup (recipe follows)  
Combine figs, walnuts, sugar and cinnamon; set aside.

Lightly brush 1 phyllo sheet with butter; keep remaining sheets covered with a damp towel. Place next sheet on top and brush with butter; repeat with remaining sheets.

Cut sheets into 12 equal squares. Place 2 tablespoons fig mixture in center of each square. Gather and crimp edges of phyllo dough around filling to form a "nest."

Place on baking sheet coated with cooking spray. Bake at 375° F. for 8-10 minutes until edges are lightly browned. Remove. Drizzle 1 teaspoon honey syrup over each nest. Makes 12 servings.

**Honey Syrup:** Combine 1/4 cup EACH honey and sugar, 1 tablespoon water and 1 1/2 teaspoons lemon juice. Bring to a boil; reduce heat and simmer 3 minutes.

## Avocados known for their rich, distinctive flavor

Discovered by the Europeans in the 16th century, the avocado is renowned for its unique appearance and rich distinctive flavor. A century-old favorite of the American people, the passion for avocados is also shared by the French who consume an average of four pounds a year, per person. That averages out to about 8 avocados.

Avocados are nutrient dense in dietary fiber, vitamin B6, vitamin C, vitamin E, potassium and folate.

**Fruit Stand Salad**

Yield: 8 servings

**Dressing:**  
1/4 cup olive oil  
2 tablespoons raspberry vinegar  
2 tablespoons chopped wal-



This Avocado Fruit-Stand Salad would make a delicious addition to any meal.

nuts, toasted  
1 teaspoon grated lime peel  
1 tablespoon fresh lime juice  
1 tablespoon chopped fresh basil leaves  
1/2 teaspoon dry mustard  
1/4 teaspoon salt

1/4 teaspoon ground black pepper

**Directions:**  
In a small bowl, whisk together all ingredients, set

See RECIPE On Page 4-B

## Sr. Center offers hot food here

Meals scheduled to be served the week of Aug. 16-20 at the Chowan Senior Center in Edenton include:

**Monday:** Chopped sirloin, vegetable medley, mashed potatoes, dinner rolls, margarine, congealed gelatin, orange juice, milk.

**Tuesday:** Turkey sandwiches with lettuce and tomato, carrot and raisin salad, potato salad, wheat bread, mustard and mayo, sugar cookies, milk.

**Wednesday:** BBQ sandwiches with coleslaw, stewed potatoes, banana cake, orange-grapefruit juice, milk.

**Thursday:** Tuna salad, pasta salad, crackers, angel food cake, fruit cocktail, milk.

**Friday:** Salisbury steak with gravy, June peas, applesauce, creamed potatoes, wheat bread, gravy, rice pudding, milk.

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### FINANCIAL PLANNING

GIVE SOME THOUGHT TO THE IRA BENEFICIARY YOU NAME

One of the most important decisions for owners of individual retirement accounts (IRAs) is the designation of a beneficiary. If an IRA owner dies without naming a beneficiary, the remaining balance in the IRA must be distributed within five years of the account holder's death. However, if a beneficiary has been designated, that beneficiary will have certain options regarding how and when distributions may be taken.

Typically, IRA owners designate either their spouse or child (children) as beneficiaries. If the beneficiary is an IRA owner's child and the account owner was already receiving minimum required distributions, the beneficiary generally must continue to receive the payments according to the same distribution schedule. However, if the account owner dies before selecting a distribution method, the beneficiary may have other options, including distributions over the beneficiary's life, or over a five-year period following the account owner's death.

There are many advantages to naming one's spouse as beneficiary. For example, the value of the IRA, which would otherwise be fully included in the taxable estate of the IRA owner, is sheltered from estate tax by the marital deduction. Additionally, a spouse beneficiary can treat the IRA as his or her own, name a new beneficiary, and postpone required distributions until the spouse-beneficiary attains age 70-1/2.

IRA owners should give careful consideration to their choice of beneficiary. For more details regarding the important tax implications of designating the beneficiary of your IRA, give us a call. We can explain the options available to you and help you make the best choice in your circumstances.

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