



Ricotta and Spinach Omelets -- a nutritious and delicious way to start the day.

Recipes

Easy breakfast dishes for any occasion

Breakfast in bed, breakfast on the run, breakfast at noon. Whatever the time or place, breakfast is an important meal and should become a morning habit. It provides energy and pep needed throughout the day.

Here is a selection of recipes to fit any breakfast occasion. Each one is low in calories and extra nutritious, thanks to a favorite ingredient -- vegetable juice. At only 35 calories a serving with Vitamin A and C contained, it's a nutritious bet as a beverage and a great flavor booster to many meals.

Get off to a good start with Ricotta and Spinach Omelets -- just for the two of you. If you both work hand in hand, these puffy inventions take little time to prepare. You can saute the elegant filling and make the spicy sauce while your other half beats and cooks the eggs. When the eggs are done, fill and remove to a plate. Top with sauce, serve with fruits and croissants and savor one of the great pleasures of morning.

Only 5 minutes before your shower? You can still make a batch of Breakfast Bran Muffins so good they'll beckon you out from under. And talk about nutrition, these little breads are capsules of energy. Vegetable juice makes them moist and delectable and the bran, molasses, raisins and nuts completely round out their nutrition. Just pop 'em into the oven -- then get yourself ready -- and pop 'em out. Put a few in your briefcase and get going! You can eat them on the way to work or wait until you sit down to a cup of tea at breaktime.

Too rushed to rustle up a muffin? Try something really easy. A Vegetable Citrus Whiz is a great combination of vegetable juice and grapefruit juice. Add a drizzle of honey and a sprinkle of allspice and whip up a simple morning eye opener. Or if you like, add yogurt for a boost of protein. It's also a great snack refresher for dieters -- gives you a lift without weighing you down or boring your taste buds!

RICOTTA AND SPINACH OMELETS

- 2 tablespoons butter or margarine
- 1/2 cup sliced fresh mushrooms
- 1/4 cup chopped fresh spinach
- 1/4 cup ricotta or small curd creamed cottage cheese
- 1 can (6 ounces) Vegetable Juices
- 1 teaspoon all-purpose flour

- Dash hot pepper sauce
- 4 eggs
- Generous dash pepper

1. To make filling: In 8-inch skillet over medium heat, in 1 tablespoon hot butter, cook mushrooms until lightly browned.
2. In small bowl, stir together cooked mushrooms, spinach and cheese until well blended. Set

3. To make sauce: Reserve 3 tablespoons vegetable juice. In small saucepan, gradually stir remaining juice into flour until smooth; stir in hot pepper sauce. Heat mixture over low heat until thickened, stirring constantly. Keep warm.
4. To make omelets: In small bowl, beat well eggs, 3 tablespoons reserved juice and pepper.
5. In 8-inch omelet pan or skillet over medium heat, melt 1/2

- tablespoon butter. Pour half of the egg mixture into pan. Lift edges as eggs set, tilting skillet to allow uncooked egg mixture to run under omelet.
6. When omelet is set but still moist, spoon half of the spinach filling down center of omelet. Fold omelet over filling and slide onto warm plate.
7. Repeat steps 5 and 6 to make remaining omelet.
8. Spoon sauce over omelets. Makes 2 servings.

NOTE: One-quarter cup cooked drained chopped frozen spinach may be substituted for fresh spinach.

BREAKFAST BRAN MUFFINS

- 1 cup all-purpose flour
 - 1 cup bran flakes
 - 2 tablespoons sugar
 - 1 teaspoon baking soda
 - 1/4 teaspoon salt
 - 1 can (6 ounces) vegetable juice
- Please see page B14

For Fairness and Economy in Government

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as a
FORSYTH COUNTY COMMISSIONER

Your vote Nov. 6th will be appreciated

Punch No. 192 on the ballot

Thank You!

(Paid for by the Mabel Holton Campaign Committee)

"For A New Day In County Government"



ELECT

Mose' Belton Brown

Democratic Nominee

for

County Commissioner

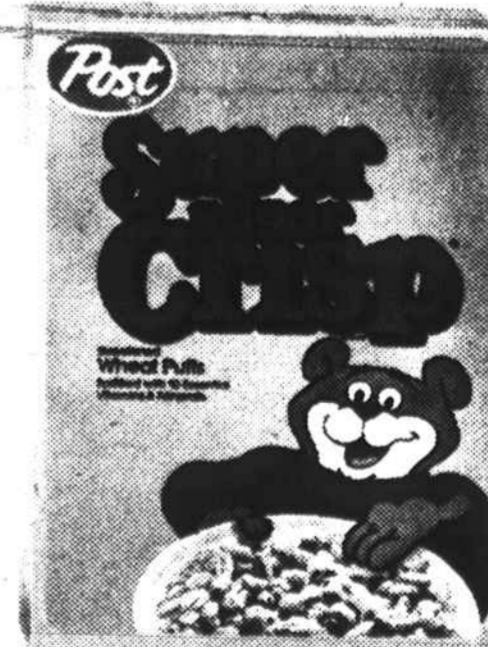
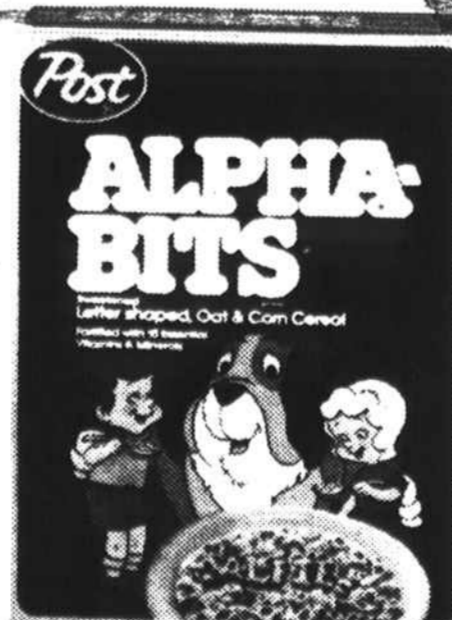
November General Election

- ★ Public School Teacher - 10 Yrs.
- ★ Winston-Salem, Forsyth County Native - Resident
- ★ N.C. State Democratic Executive Committee
- ★ N.C. Political Women's Caucus
- ★ 5th District - Forsyth County Black Leadership Caucus
- ★ 5th District Democratic Women
- ★ Forsyth Young Democrats
- ★ League of Women Voters
- ★ Black Political Awareness League
- ★ N.A.A.C.P.
- ★ Member - Secretary Mercy Seat Holiness Church

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