

Who's Who In The Kitchen

Home Economics Teacher Gets To Combine Cooking Hobby With Career

By Audrey C. Lodato
Post Staff Writer

Home economics teacher Brenda White is indeed a fortunate woman. After all, not everyone gets to combine a hobby with a career.

But that's just what the Charlotte-Mecklenburg teacher does. In addition to teaching cooking to eighth graders at Alexander Junior High in Huntersville (as well as feeding her family of four), White confesses, "I cook for fun!" Describing herself as an "inside person," she adds, "I guess I'm pretty domestic."

Her biggest influence, she relates, was her mother, who managed the school cafeteria at home in Mocksville. "She used to cook a lot. I took an interest in it when I started helping her. When I was 11, I made a batch of biscuits. My mother was there in the kitchen telling me what to do," she recalls. "The dough was so sticky that I was afraid I'd made a mess and started crying." White's mother reassured her that everything was fine. "They turned out good," she remembers.

Growing up, White had three older brothers "with big appetites," as well as a young brother and a sister. "I used to bake a lot," she recounts, but adds that her family now doesn't eat a lot of sweets, so she doesn't bake much unless company's coming.

Although her interest in cooking has led her to experiment and try all different types of foods, her family prefers plain cooking. "My husband has changed my eating habits," she comments. "He's a meat and potatoes man, so that's what I cook. When we're eating out, though, I like to try something I've never eaten before."



Brenda White spoons cheese over lasagna noodles.

Married to the Rev. William White, pastor of Little Rock AME Zion Church, the couple has two

children: 17 year old William M. White Jr., known as Milton, who is in the 11th grade at Myers Park High



A meaty tomato sauce adds zest to lasagna. After the sauce, a final layer of cheese is added.

School; and 12 year old Jacinta, a seventh grader at Northeast.

"We attend a lot of conferences and church meetings," White notes. "I've tried to teach the children to eat balanced meals and a variety of foods, not just hamburgers. I tell them, 'If you don't like it, at least you know what it is and can say you've tried it.'" The results is that, when the family is away and eating in hotels, the children are familiar with foods on the menu.

White, who is a graduate of N.C. Central University in Durham, recently completed her masters at UNC-Greensboro. Besides teaching cooking, she also teaches "occupations" to seventh graders and sewing to ninth graders. One of her biggest pleasures as a teacher is seeing students achieve. In her

sewing classes, for example, youngsters who have never sewn before are able to produce a wearable garment. "You can see a change," she smiles. "They're proud of what they made." Although still predominantly the domain of girls, a few boys do sign up for home ec classes.

Since the past three summers she has spent so much time in Greensboro working on her masters degree, this summer White is planning to spend with her daughter, helping her learn to sew and cook. Jacinta has signed up for a home economics class next year. "I feel it will do her some good," her mother remarks.

White enjoys quiet time spent at home. She used to be involved in a lot of community activities, but quit

when she was going for her masters because it got to be too much. "I felt I was spreading myself too thin and not doing anything well," she explains.

When I visited their home one afternoon after school, White was busy preparing lasagna for dinner. Lasagna goes over well in her classes, too. Each year, students ask, "Are we going to make lasagna?" "They love it," she admits.

When asked what her favorite dish is that her mother cooks, Jacinta replies, "baked chicken with rice and gravy."

"See?" says her mother. "Just plain cooking."

Here are some of Brenda White's "plain cooking" recipes for your enjoyment.

How To Prepare Dinner In 30 Minutes?

Want to make dinner in a jiffy? Donna Higgins, director of Del Monte Kitchens, has developed a 30-minute menu, complete with dessert. To save time, take out all ingredients ahead of time.

- HUNAN-STYLE CHICKEN
- MANDARIN SPINACH SALAD
- COOL FRUIT DESSERT
- HOT COOKED RICE
- TEA
- FORTUNE COOKIES (Serves 4)

YOU WILL NEED:
1 large whole chicken breast, skinned and boned

- 1 cup chicken broth
- 1/3 cup REGINA White Wine Vinegar, divided
- 2 Tbsp. CHUN KING Soy Sauce
- 2 Tbsp. dry sherry
- 1 Tbsp. cornstarch
- 5 tsp. Grey Poupon Dijon Mustard, divided
- 1 tsp. sugar
- 1/2 tsp. garlic powder
- 1/2 tsp. dried red pepper flakes
- 1 can (15-1/4 oz.) DEL MONTE Pineapple Chunks In Its Own Juice
- 1 can (16 oz.) DEL MONTE Lite Apricot Halves or Sliced Peaches

- 1 medium DEL MONTE Banana
- 2 Tbsp. dark rum
- 5 cups spinach leaves or Romaine lettuce, washed
- 1 can (11 oz.) DEL MONTE Mandarin Oranges, drained
- 1 can (8 oz.) CHUN KING Sliced Water Chestnuts, divided
- 1/2 cup oil
- 2 Tbsp. orange juice
- 1 Tbsp. honey
- 1/4 tsp. salt
- Dash pepper
- 1 can (16 oz.) DEL MONTE Cut Green Beans
- 1 can (8-1/4 oz.) DEL MONTE Sliced Carrots
- 3 green onions



No time to cook? You don't need much, just 30 minutes to prepare this complete dinner, including Chinese Hunan-style chicken with Mandarin spinach salad.

- 6:00 to 6:05
- 1. Dice chicken breast.
- 2. In bowl combine chicken, broth, 3 tablespoons vinegar, soy sauce, sherry, cornstarch, 2 teaspoons mustard, sugar, garlic powder and red pepper. Marinate 15 minutes.
- 6:05 to 6:20
- 1. In serving bowl, combine pineapple and its juice, drained apricots, bananas and rum. Cover and chill.
- 2. Tear spinach in bite-size pieces. In salad bowl, arrange spinach, oranges and 1/2 cup water chestnuts. Cover and chill.
- 3. Combine oil, orange juice, remaining vinegar, honey, remaining mustard, salt and pepper. Thoroughly blend.
- 6:20 to 6:30
- 1. Drain vegetables. Cut green onions in 2-inch lengths.
- 2. In skillet, heat 1 tablespoon oil over high heat. Drain chicken reserving marinade. Add chicken; stir-fry 3 min. Add beans, carrots, onion and remaining water chestnuts. Stir and add reserved marinade. Cook, stirring constantly, until thickened and vegetables are heated through.

Lasagna

- 1 lb. ground beef
- 1 clove garlic, minced
- 1 can stewed tomatoes
- 1 can tomato sauce
- 1 can spaghetti sauce
- 1/4 tsp. seasoned salt
- 6 lasagna noodles
- 2/3 c. parmesan cheese
- 1 lb. sharp cheddar cheese
- 2 tsp. sugar
- 1 lb. mozzarella cheese

Brown beef in skillet; drain excess fat. Add garlic, tomatoes, tomato sauce, spaghetti sauce, sugar and seasoned salt; simmer for 15 minutes. Cook lasagna noodles according to package directions. Spread bottom of a 11 1/2"x7 1/2" baking dish with a part of the sauce. Arrange a layer of lasagna and cheeses. Repeat layers, ending with sauce, then cheese. Bake in a pre-heated 350 degree oven for 30 minutes. Let stand 10 minutes for easy serving.

Quick Chicken Casserole

- 4 c. diced cooked chicken
- 4 c. diced celery
- 4 Tbsp. grated onion
- 1 tsp. salt
- 1 1/3 c. mayonnaise
- 2 c. crushed potato chips
- 1 c. grated cheddar cheese

Combine chicken, celery, onion, salt and mayonnaise; mix well. Place potato chips in bottom of baking dish. Pour chicken mixture over chips. Top with grated cheese. Bake in preheated 450 degree oven for 10 minutes or until heated through.

Favorite Recipe
Yeast Rolls

- 1 package active dry yeast
- 1/4 c. warm water
- 1 c. milk, scalded
- 1/4 c. sugar
- 1/4 c. shortening
- 1 tsp. salt
- 3 1/2 c. sifted all-purpose flour
- 1 egg
- Oven 400 degrees

Soften yeast in warm water. Combine milk, sugar, shortening, and salt; cool to lukewarm. Add 1 1/2 cups of flour; beat well. Beat

in yeast and egg. Gradually add remaining flour to form soft dough, beating well. Place in greased bowl, turning once to grease surface. Cover and let rise 'til double (1 1/2 to 2 hours).

Turn out on lightly floured surface and shape as desired. Cover and let shaped rolls rise 'til double (30 to 45 min.). Bake on greased baking sheet in hot oven (400 degrees) for 12 to 15 minutes. Makes 3 dozen Parker House rolls.

Mandarin Orange Salad

- 2 small cans mandarin oranges, drained
- 1 No. 2 can fruit cocktail, drained
- 1 c. chopped pecans
- 1 c. maraschino cherries
- 2 c. miniature marshmallows
- 1 c. shredded coconut (optional)
- 2 c. sour cream

Place all ingredients in bowl; stir. Cover; refrigerate for 24 hours before serving.

Have some recipes to share, or know others who might? Call Audrey 376-0496

Beauty Talk
by Jean Ford

COLOR MAGIC: INSTINCT AND HARMONY

You have favorite colors which you choose over and over again, as your closet will attest. Why? Because they make you feel and look terrific. Instinct drew you to those colors. You instinctively felt the harmony between your skin tone and those colors. And harmony is the secret to success in selecting wardrobe and makeup colors.

Your most flattering colors are those that harmonize with your skin tone naturally. So if your skin tone is warm—with golden undertones,

select warm colors. If it is cool-toned—with pink/red undertones, select cool colors.

Does that mean you must give up your favorite colors or clothes if they're not "right"—warm or cool as your skin tone? The fashion and color experts at Avon say no.

Avon's flexible Personal Color Harmony theory is that since every color has warm and cool shades, we can wear any color in a shade keyed to our warm/cool skin tone. Then, it simply recommends selecting makeup which coordinates with the clothing colors: cool tone dress, cool-toned makeup; warm tone dress, warm-toned makeup. It's that easy!

The many shade selections available in Avon's Colorcreme makeup give you the flexibility to experiment and create a harmonious color style that is natural, fashionable and all of your own. If you don't have an Avon Representative, call 1-800-858-8000.

Miss Ford is Beauty and Public Relations Manager, Special Markets for Avon Products, Inc.

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