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

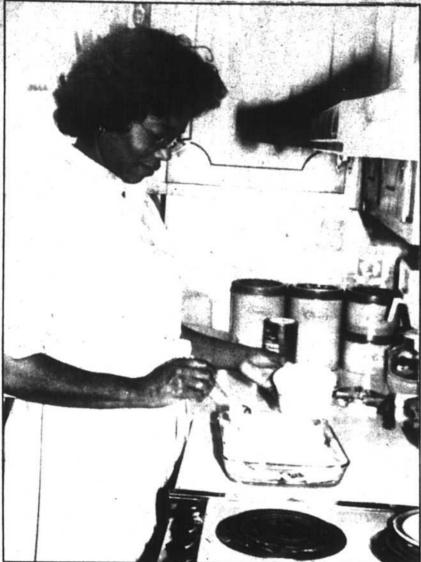
But that's just what the Char-lotte-Mecklenburg teacher does. In addition to teaching cooking to eighth graders at Alexander Junior High in Huntersville (as well as feeding her family of four), White confesses, "I cook for fun!" Describing herself as an "inside person," she adds, "I guess I'm pretty

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 every-thing 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



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

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

> 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 Lican (15-1/4 oz.) DEL MONTE

Pineapple Chunks In Its Own

1 can (16 oz.) DEL MONTE Lite Apricot Halves or Sliced Peaches

1 medium DEL MONTE'Banana 2 Tbsp. dark rum

lettuce, washed

Mandarin Oranges, drained

1 can (8 oz.) CHUN KING Sliced Water Chestnuts, divided

1/2 cup oil

1 Tbsp. honey

Dash pepper

Green Beans

Sliced Carrots

2. In bowl combine chicken, 15 minutes.

6:20 to 6:30 1. Drain vegetables. Cut green onions in 2-inch lengths.

reserved marinade. stirring constantly, heated through.

5 cups spinach leaves or Romaine

1 can (11 oz.) DEL MONTE

2 Tbsp. orange juice

1/8 tsp. sale

1 can (16 oz.) DEL MONTE Cut

1 can (8-1/4 oz.) DEL MONTE 3 green onions

Dice chicken breast.

broth, 3 tablespoons vinegar, soy sauce, sherry, cornstarch, 2 teaspoons mustard, sugar, garlic powder and red pepper. Marinate 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.

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 Cook, until thickened and vegetables are



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 ad-

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

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

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

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 111/2"x71/2" 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 serv-

Favorite Recipe Yeast Rolls

1 package active dry yeast 4 c. warm water

1 c. milk, scalded 1/4 c. sugar 1/4 c. shortening

1 tsp. salt 31/2 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 11/2 cups of flour; beat well. Beat

Have some

recipes to

share,

or know others

who might?

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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 (11/2 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

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.

- 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.

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

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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.

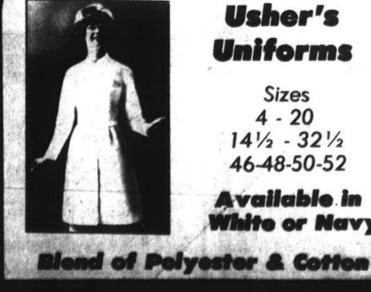
Avon's flexible Personal Color Harmony theory is that since every color has warm and cool shades, we

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

which coordinates with the clothing colors: cool tone dress, cool-toned makeup: warm tone dress, warm-toned makeup. It's that easy!

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



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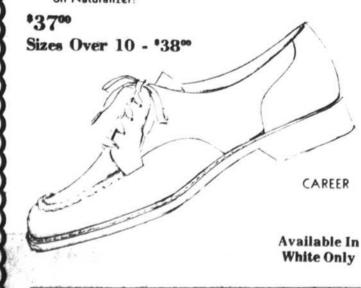
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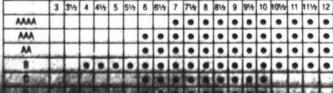
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