

Planning Helps Cut Down Expense

FOOD FOR THOUGHT
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Crisp Tortilla Bowl Holds Mexican Salad



This high-protein, Mexican style salad is served in crisp tortilla "bowls" for a festive presentation. A variation on popular tostados, this salad offers contrasts of soft and crisp, spicy and mild. Made with cooked turkey and ready-to-use California ripe olives, the salad goes together in a jiffy.

Las Cruces Salad

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| 4 (10 or 12-inch) flour tortillas | 1 cup pitted California ripe olives, cut into wedges |
| Oil for frying | 2 hard-cooked eggs, sliced |
| 1 bunch watercress, washed, trimmed and torn up (1-1/2 cups) | 2 large tomatoes, cut in wedges |
| 1 head romaine lettuce, shredded (8 cups) | 4 slices bacon, cooked and crumbled |
| 3 cups shredded cooked turkey | Zesty Dressing |

To prepare tortilla shells, have ready a 6-1/2 or 7-inch diameter "ared bowl and a large bottle that easily fits into the bowl. Quickly fry a tortilla on both sides in an oiled skillet until barely golden brown, but still pliable. Set the tortilla over the bowl and gently ease it into the bowl with the bottle. Let sit in bowl for a few minutes to set the shape. Drain off excess oil on paper towels. Repeat with remaining tortillas. For filling, divide watercress and lettuce into prepared tortilla shells and top each with equal amounts of shredded turkey, olives, egg slices, tomatoes and bacon. Drizzle with Zesty Dressing.

Zesty Dressing: Combine 1 large clove garlic, minced, 1/2 teaspoon dry mustard, 1 egg, 1/4 cup white wine vinegar, 3/4 cup vegetable oil, 1/4 teaspoon salt and 1/4 teaspoon pepper in a jar. Shake to blend. Makes 1-1/4 cups. Makes 4 servings.

Impossible to get the above listed items for \$89.00. Try it, you'll be surprised what you can buy watching your pennies and using your coupons. Three to five dollars a week in some instances at your favorite supermarket. Even more if you're near the farmer to consumer outdoor markets I mentioned.

Plan your Sunday evening entree as your foundation builder for several more of your weekly meals.

MEAL VARIETY
Let's assume you shopped on Saturday for the items mentioned above. For breakfast on Sunday you served your family orange or apple juice, cereal, fried potatoes and onions or pancakes, bacon and eggs, toast, coffee or tea and milk.

Sunday dinner is usually served early, so there's no formal lunch. Family members with hunger pangs before dinner can grab a piece of fruit or a sandwich from the assorted lunch meat you purchased the day before. The innovative cook will work miracles with the meat or fowl purchased as the Sunday entree.

Here's your foundation menu for Sunday dinner. The one around which you will build several wholesome meals, and still have something left over to refrigerate for several future meals.

Baked Ham, Broccoli or String Beans, Candied yam or baked white potatoes, or macaroni and cheese, mixed green salad, rice pudding with raisins and almonds, rye or brown bread, coffee, iced tea and milk.

In carving or slicing, make sure your knife is sharp. Slice your meat meticulously in full, thin portions for dinner. After dinner slice enough for sandwiches, wrap in foil or wax paper and refrigerate. Do not Freeze. Dice or cube portions for a stew, meatpie or casserole. Freeze whatever else is left for a future snack or meal.

Ham pieces or cubes are delicious mixed with peppers and onions and scrambled eggs or in an omelette. Or what's more enticing than a ham, roast beef, lamb or pork sandwich, done up in lettuce, tomatoe and mayonnaise.

If your food budget is \$75.00 to \$1200.00 per week, and for September and October you're able to save \$200 to \$250 you will be ready to 'splurge' for Thanksgiving, Christmas and New Years.

Dr. Kenneth Chambers
Governor Martin has recently appointed members to the North Carolina State Health Coordinating Council and the Employment Security Commission Advisory Council.

Dr. Kenneth Chambers is one of 22 appointed to the State Health Coordinating Council. Other Charlotteans include Byron L. Bullard and Senator James McDuffie. Dr. William A. Current of Gastonia has also been appointed.

Oscar A. Graham, who acts as director of Shaw University's Center of Alternative Programs for Education an adult evening education program in Wilmington, is one of 14 appointees to the Employment Security Commission Advisory Council. Terms run through June 30, 1989.

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