



Ease of preparation makes Salmon Romanoff the meal to serve when unexpected guests drop by.

## Salmon Makes Quick, Easy Meals

Salmon Romanoff is a quick and easy supper dish to serve the family or to feature when guests drop by unexpectedly.

The secret to the ease of preparation is found in the ingredients. Tender flakes of convenient canned salmon and sliced canned mushrooms are folded into a prepared package of noodles with cheese and sour cream sauce. Chopped green onion and dill add subtle flavors and cottage cheese provides creaminess and extra nutrients.

Salmon Romanoff may be prepared ahead and refrigerated, ready to bake just before serving.

With a supply of Alaska canned salmon on hand, any number of tempting dishes can be prepared in a minimum of time. Highly nutritious, canned salmon is an excellent source of a complete protein and contributes essential vitamins and minerals to the daily diet. These include vitamins A and D as well as

niacin and riboflavin from the B-complex group.

To meet your family's needs, canned salmon is available in a variety of sizes, including 3-3/4, 7-3/4 and 15-1/2 ounce cans. The entire contents are edible, including the liquid, skin and tiny tender bones that contribute significant nutrients.

### SALMON ROMANOFF

- 1 pkg. (5.5 oz.) noodles Romanoff mix
- 1 can (7-1/2 to 7-3/4 oz.) salmon, drained and flaked
- 1 can (4 oz.) sliced mushrooms, drained
- 1 c. cream-style cottage cheese
- 3 Tbsp. chopped green onion
- 1/4 tsp. dill weed

Prepare noodles according to package directions. Combine prepared noodles with salmon, mush-

rooms, cottage cheese, green onion and dill. Spoon into buttered 1-1/2 quart casserole. Bake at 350° F. 20 to 30 minutes. Stir before serving. Makes 4 servings.

### QUICK SALMON RICE CASSEOLE

- 1 can (7-1/2 to 7-3/4 oz.) salmon, drained
- 3 c. cooked rice
- 1 Tbsp. lemon juice
- 1/4 c. chopped celery
- 1/2 tsp. dill weed
- 3/4 c. shredded Monterey Jack cheese
- 1 can (10-1/2 oz.) condensed cream of mushroom soup
- 1/4 c. milk

Flake salmon into buttered 1-1/2 quart casserole. Add remaining ingredients; mix well. Bake at 350° F. 25 to 30 minutes. Makes 4 servings.



**PERFECT AWARDS** - Phil Parsons (2nd, R) Perfect Pinch general manager, poses with Food Lion executives after honoring the grocery chain during a special reception at the Afro-American Cultural Center in Charlotte, NC. Displaying awards are (L-R) Rev. S.R. Johnson, community liaison, Gene McKinley, vice president-human resources,

Joseph C. Hall, director of purchasing, and James Goodwin, vice president-distribution and purchasing. Food Lion was cited for their continuing support of minority food processors. Perfect Pinch, Inc., a specialty food products company, is a subsidiary of black-owned, Chicago-based Soft Sheen Products, Inc.

## Fred Warren Gives Financial Assistance

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504 SBA Loan program, it offers loans up to \$500,000. Explains Warren, "It's for existing or strong businesses with a net worth less than a maximum of \$6 million and a net profit of less than a maximum of \$2 million."

With such large amounts of money involved in this program, remarks Warren, "The CCDC is usually looking for strong deals that are real estate related; meaning these loans are preferably secured by mortgage on property."

Though the stakes are much higher in this program the guidelines are the same as the other loan programs as far as the 50-40-10 concept and job creation. However, the maximum term on a 504 loan is 20 years and the rate is usually two percent less than private lenders according to Warren.

These are the three loan programs currently being offered by Charlotte's CDD Economic Division. In connection with these

programs, technical and management assistance to approved borrowers is also provided. It is all a means to assist the small business entrepreneur to make a success of his or her business. "There are no preferences for types of businesses," notes Warren. "And we will struggle to make a deal work, assisting companies in getting private lending and talking to banks on their behalf."

Warren is well aware of the fact that the City's participation in entrepreneurship benefits all concerned from the business owner to the community citizens to the city government. He concludes, "There are individuals who would not have the opportunity to start or expand businesses without this assistance as it provides lower than market rates and creates public private partnerships." Furthermore the community residents win when new businesses revitalize economically underdeveloped areas, bringing jobs and a higher in-

come level and the city gains in the lowering of its unemployment statistics coupled with an increased tax base.

With these facts considered, the small business entrepreneur's popularity is sure to grow. And Warren will continue to seek them out to find ways the CDD's Economic Division "may tailor our programs to fit their needs." For more information call Warren at the Economic Development Division of the Community Development Department, telephone 336-2910.

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