

# COMMUNITY

## Abundance of spring spinach lends to tasty meal ideas

As spinach becomes plentiful in your spring garden, save enough to prepare this Spinach Surprise casserole. It actually has a cheese souffle baked on top.

delightful meal.

### Spinach Surprise

- 1 lb. fresh spinach
- 2 Tbsp. butter
- ¼ cup finely chopped onion
- 1 cup cottage cheese
- 3 eggs
- ¼ cup Parmesan cheese
- 2-3 Tbsp. fresh basil or parsley (or a combination)
- pepper to taste
- nutmeg
- ¼ tsp. garlic salt
- ¼ cup grated cheddar cheese

Wash and drain spinach. Sauté onion in butter. Add spinach. Cover and cook three to five minutes until spinach is wilted but not mushy. Drain off liquid. Place spinach in pie plate or shallow pan.

Blend cottage cheese, Parmesan cheese, eggs, parsley,

basil, pepper, nutmeg and garlic. Pour over spinach. Top with grated cheddar. Bake at 350 degrees for 30 minutes or until golden. Serves four. (This can be made in individual custard cups.)

### Sesame Chicken Bake

- 5 lbs. chicken parts
- 2 cups buttermilk
- ½ cup butter, melted
- ½ tsp. tarragon
- 1½ Tbsp. lemon juice
- 2 cups fine bread crumbs
- ¼ cup minced parsley
- ½ cup sesame seeds
- 1½ Tbsp. seasoned salt

Wash chicken and place in a shallow dish. Pour buttermilk over chicken; cover and refrigerate overnight. The next day pour off buttermilk and pat

chicken dry.

Combine melted butter, tarragon and lemon juice. Combine crumbs, parsley, sesame seeds and seasoned salt.

Dip chicken pieces in butter mixture, then roll in crumb mixture to coat thoroughly.

Arrange pieces in baking pan. Spoon remaining butter mixture

over pieces evenly. Cover tightly and refrigerate until ready to cook. Bake uncovered at 350 degrees for one to one and one-half hours. Serves six.

## Mrs. Nixon elected librarian

Mrs. William Nixon, member of the Edenton Tea Party Chapter, Edenton, was elected

State Librarian of the North Carolina Society Daughters of the American Revolution at the 85th annual state conference last week at Pinehurst Hotel, Pinehurst.

Mrs. Nixon, who resides on

Route 4, Hertford, has served the Edenton Tea Party Chapter as National Defense Chairman, Vice Regent and Regent, and is a past state chairman of Constitution Week Committee.

## Couple wed

### SMITH-BETZ


Miss Sandy Smith and Mark Betz were married March 1 in Elizabeth City by the Reverend Harry B. Umphlett.

The bride is the daughter of Mr. and Mrs. Ray Smith of Rt. 5, Hertford.

The groom is the son of Mr. and Mrs. Leonard Betz of Rt. 1, Edenton.

After a wedding trip to Florida the couple will be making their home at Rt. 1, Edenton.

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### Photography by george

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## Asbell named outstanding woman

Linda Winslow Asbell of Greenville was recognized as one of the five outstanding young women of North Carolina for 1984 at the N. C. Jaycees Awards Banquet held in Greensboro Saturday, February 16th.

She is the daughter of Mr. and Mrs. John Lawrence Winslow of Hertford.

She was presented a plaque by Don Matthews, district sales manager of the N. C. Farm Bureau Insurance Co., and Paula Turlington, president of the N. C. Jaycee Women, sponsors of the statewide awards program.

A tribute slide presentation citing Mrs. Asbell's contributions

to her family, community and profession was viewed by approximately 400 guests in attendance.

Originally from Hertford, Mrs. Asbell is married to Charles M. Asbell Jr., and has lived in Pitt County for 15 years. They have two children, Anna and Joey, and are members of Immanuel Baptist Church. Her husband is a C. P. A. with Farley, Prescott, Mizelle and Co.

She received a degree in secretarial administration from the College of The Albemarle in Elizabeth City. She is current chairman of the Coastal Plains Chapter March of Dimes and was president of the Greenville Jay-C-Ettes in 1975-76. She is serving as the group's parliamentarian. She was nominated for the state award by the Greenville Jay-C-Ettes.

she has been employed with the N. C. Division of Health Services as lead regional office

secretary since 1972. An active member of the Eastern District N. C. Public Health Association, she has served as secretary-treasurer, chairman

of the management support section, chairman of the scholarship committee and currently serves on the by-law committee. In the 1,400-members statewide N. C. Public Health Association, Inc., she has served two terms as secretary, has been chairman of the management support section and chairman of the section's continuing education committee, chairman of the by-laws and manual of procedures committee and is also the groups parliamentarian.

She received Greenville's outstanding young careerist award from the BPW Club and the Governor's Volunteer Recognition Award from the Pitt County Commissioners as winner in the individual service category for Pitt County.



LINDA ASBELL

**TERRY CHAPPELL & ASSOCIATES**  
Certified Public Accountants

110 W. Market Street  
(In Pitt Hwardware)  
Hertford, N.C. 27944

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