

# COOKING CORNER

## Grilled Chicken Breasts With Fresh Orange Salsa

- 4 small half chicken breasts (about 2 pounds)
- 2 tablespoons fresh squeezed orange juice
- 2 tablespoons fresh squeezed lemon juice
- 2 medium cloves garlic, minced
- 1/8 teaspoon white pepper

Remove skin and excess fat from chicken. Rinse chicken and pat dry with a paper towel. In small bowl, combine orange and lemon juices, garlic and pepper. Brush about one-half of the juice mixture on both sides of chicken. Cook chicken in preheated, lightly-oiled non-stick ridged grill pan. Or barbecue on a lightly oiled grill 4 to 6 inches above glowing coals (medium setting of gas barbecue). Cook for 30 to 35 minutes, turning and brushing occasionally with remaining juice mixture, until chicken is no longer pink near bone and juices run clear when pierced with a fork. Serve Fresh Orange Salsa over chicken. Garnish with parsley or cilantro if desired. Makes 4 servings.

## Fresh Orange Salsa

- 2 Sunkist oranges, peeled and cut into small bite-sized pieces
- 1/2 cup finely chopped red onion
- 2 tablespoons chopped cilantro or parsley
- 2 tablespoons fresh squeezed lemon juice
- 1-2 small jalapeño chilies, seeded and minced
- 1 medium clove garlic, minced

In medium bowl, combine all ingredients; cover and chill for 30 minutes or longer to blend flavors. Makes about 2 1/2 cups. eating "Orange" you glad?

## Olive Oil Biscuits

Makes about 20 biscuits

- 2 cups self-rising flour
- 3/4 cup milk
- 1/2 cup extra-virgin olive oil

Preheat oven to 400°. In a medium bowl, combine flour and a pinch of salt. Make a well in the center and add milk and 7 tablespoons olive oil. Stir until blended. Do not overwork, or biscuits will be tough.

On lightly floured surface, roll dough out to a 1/3-inch thickness. Cut into 1 1/2-inch rounds with a plain or fluted cookie cutter, and place on baking sheet.

Bake for 10 minutes, until biscuits just begin to turn golden. Using a pastry brush, brush tops with remaining 1-tablespoon olive oil and sprinkle lightly with salt.

## M&M's Gift Jar Cookie Mix

- 3/4 cup all-purpose flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 1/2 teaspoon ground cinnamon
- 1/2 cup chopped walnuts
- 1 cup "M&M's" Chocolate Mini Baking Bits, divided
- 1/2 cup raisins

- 3/4 cup firmly packed light brown sugar
  - 1 1/4 cups uncooked quick oats
- In medium bowl, combine flour, baking soda, salt and cinnamon. In 1-quart clear glass jar with tight-fitting, resealable lid, layer flour mixture, walnuts, 1/2 cup "M&M's" Chocolate Mini Baking Bits, raisins, brown sugar, remaining Baking Bits and oats. Seal jar; wrap decoratively.

Give jar as a gift with the following instructions: Preheat oven to 350°F. Lightly grease cookie sheets; set aside. In large bowl beat 3/4 cup (1 1/2 sticks) butter, 1 large egg and 3/4 teaspoon vanilla extract until well blended. Stir in contents of jar until well blended. Roll into 1-inch balls and place about 2 inches apart on prepared cookie sheets. Bake 12 to 15 minutes. Cool 2 minutes on cookie sheets; cool completely on wire racks. Store in tightly covered container. Makes 4 dozen cookies.

## Warm Tomato and Beef Ratatouille Salad

- 2 tablespoons olive oil
- 1 small onion, thinly sliced
- 1/2 cup green or red bell pepper cut in 1-inch pieces
- 1 teaspoon minced garlic
- 2 cups eggplant and/or zucchini cut in 1/2-inch cubes
- 1-1/2 pounds fully ripened fresh Florida tomatoes cut in chunks (about 3 cups)
- 8 ounces sliced deli roast beef, cut in strips
- 3 tablespoons prepared Italian-style salad dressing
- 4 cups lightly packed lettuce leaves torn into bite-sized pieces

In a large skillet, over medium-high heat, heat oil until hot. Add onion, bell pepper and garlic; cook and stir until tender, about 3 minutes. Add eggplant; cook and stir until almost tender, about 5 minutes. Stir in tomatoes and bring to a boil; reduce heat and simmer, covered, until eggplant is tender, about 4 minutes. Remove from heat; stir in roast beef and salad dressing.

In a large salad bowl, combine vegetables and beef mixture with lettuce; toss until well combined. YIELD: 4 portions

## Penne with Fresh Tomato Sauce

- 1 tablespoon olive oil
- 1 tablespoon butter
- 1 cup chopped onion
- 2 pounds fully ripened fresh Florida tomatoes, coarsely chopped (about 5 cups)
- 1 teaspoon Italian seasoning
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper
- 6 ounces crumbled feta cheese (about 3/4 cup)
- 8 ounces penne pasta (about 4 cups)

In a large skillet, over medium-high heat, heat oil and butter. Add onion; cook and stir until golden, about 10 minutes.

Stir in tomatoes, Italian seasoning, salt and pepper. Cook and stir until tomatoes soften,

about 10 minutes. Meanwhile, cook pasta according to package directions; drain. Add pasta and feta to skillet; gently toss with Fresh Tomato Sauce. YIELD: 4 portions

## Honey-Bun French Toast

by Ethan Becker

- Preheat oven to 400° F.
- In a 12x9-inch glass baking pan, place:
  - 4 tablespoons (1/2 stick) unsalted butter
  - 3 tablespoons honey
- Heat in the oven until the butter is melted and the honey is bubbling. Do not allow the mixture to take on any color.
- Remove pan from the oven, stir to mix the honey and butter, and sprinkle over the surface:
  - 1 cup chopped pecans
- While the butter and honey are melting, whisk together in a shallow bowl:
  - 2/3 cup apple cider
  - 4 large eggs
  - 1/4 teaspoon cinnamon
  - 1/4 teaspoon salt
  - pinch of ground allspice (optional)

- One or two at a time, add:
  - 6 thick slices white or egg bread, with or without crusts
- Turn the slices in the egg mixture until thoroughly saturated, but not falling apart. Arrange soaked bread over the nuts in the baking pan. Bake until the top is golden brown and the bottom is bubbly, 15-20 minutes.
- Serve immediately with:
  - Honey or pure maple syrup

For a festive touch, garnish with fresh berries, peach or nectarine slices, sliced bananas, toasted almonds or powdered sugar.

## Broccoli and Cheese Biscuits

Prep Time: 15 minutes  
Cooking Time: 7-9 minutes

- 2 cups Bisquick® Baking Mix
- 3/4 cup milk
- 1 package (10 ounces) Birds Eye frozen Chopped Broccoli, cooked according to package directions and drained (pat dry with paper towel)
- 4 ounces mild shredded cheddar cheese

In large bowl, combine baking mix, milk, broccoli and cheese; stir until soft dough forms. Turn onto lightly floured surface and knead about 10 times. Roll dough to 1/2-inch thickness; cut with 2 1/2-inch cutter; place on ungreased baking sheet. Bake in preheated 450°F oven 7-9 minutes or until golden brown. Makes 12 biscuits.

## Flavorful Light Country Supper

- 6 potatoes, thinly sliced
- 1 bunch broccoli, trimmed and sliced
- 4 carrots, sliced
- 1/2 cup celery, sliced
- 1 medium onion, chopped
- Salt and pepper
- 1 lb. Hillshire Farm® Turkey Smoked Sausage or Polska Kielbasa

Sauté sliced potatoes, broccoli, carrots, celery and onion in oil for 10 minutes. Salt and pepper to taste. Place sausages or kielbasa on top when vegetables are tender. Heat 12 minutes, covered.

# WEDDING



MR. AND MRS. JOHN STEVENS  
(Tiffany Diane Pruitt)

## Pruitt-Stevens

Tiffany Diane Pruitt of Gastonia and John Christopher Stevens of Gloucester Point, VA exchanged marriage vows January 20 at 1 p.m. at Brookleigh Baptist Church, Gastonia.

The Rev. Dennis Pruitt, pastor of Brookleigh Baptist Church, officiated.

The bride is the daughter of Patricia and Dennis Pruitt of Gastonia. She is the granddaughter of Katie Pruitt of Kings Mountain and Maggie Dunn of Gastonia. She is a graduate of Hunter Huss High School and attended Campbell University.

The bridegroom is the son of Ellen Stevens and Richard Stevens of Gloucester, VA. He is a graduate of Gloucester High School and served in the 82nd Airborne Division of the U.S. Army. He is employed by National Exterminating of Newport News, VA.

The bride was given in marriage by her brother, Michael Pruitt.

Kelly Stowe of Gastonia was Matron of Honor. Ritchie Stevens, brother of the groom, was best man.

Dennis and Patricia Pruitt hosted the reception at Brookleigh Baptist Church fellowship hall. Richard and Ellen Stevens hosted the rehearsal party at Carolina Country Barbecue.

Following a wedding trip to Myrtle Beach, SC the couple will reside in Gloucester Point, VA.

## Lifestyles Deadlines

The Herald welcomes your lifestyles news for publication in each Thursday's paper. Lifestyles items include weddings, engagements, anniversaries, birthdays, club news, church news and community news.

Deadline for information and articles is 12 noon on the Monday immediately following the event. Items received after that date may be deemed too late for publication and refused.

When holidays or other reasons make it necessary for the paper to publish a day early the deadline is Friday at 12 noon.

There is no charge for articles. However, there is a \$5 preparation fee for birthday pictures for ages 0-5. Forms, which must be signed by the parents, are available at the receptionist's desk. Regular advertising rates apply for birthday articles and pictures for persons ages 6 and above. There is a \$10 preparation fee for wedding, anniversary and engagement pictures. Wedding forms are also available at the receptionist's desk.

Information and articles may be mailed to The Herald, P.O. Box 769, Kings Mountain, NC 28086, brought by the office at 824-1 East King Street, or sent by fax to 739-0611. All articles and information are subject to editing for clarity, spelling and/or length.

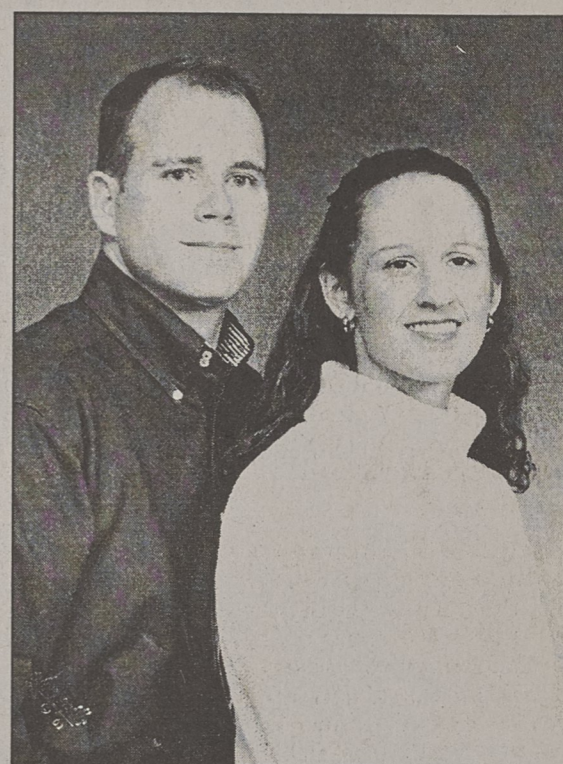
## News Deadlines

The Herald welcomes your news for publication in each Thursday's paper. We ask that you observe the following deadlines:

Deadlines for regular news and sports is 5 p.m. Tuesday. In cases of meetings and other activities held on Tuesday night, information will be received until 9:30 a.m. Wednesday.

Items received after deadline will run if time and space permit. If not, they will be held until the following week if they are still timely.

# ENGAGEMENT



ELIZA VICTORIA FALLS  
MICHAEL STEVENSON BROWN

## Falls-Brown

Eliza Victoria Falls and Michael Stevenson Brown, both of Kings Mountain, have announced their plans to be married on March 3, 2001.

Eliza is the daughter of Denise and Preston Leonard and Ken and Leslie Falls, all of Kings Mountain. She is a graduate of Kings Mountain High School and attends Central Piedmont Community College where she is studying Dental Hygiene.

The groom-to-be is the son of Steve and Gail Brown of Kings Mountain. He is a graduate of Kings Mountain High School and Appalachian State University. He is employed by the City of Kings Mountain.



KRISTIN MARIE HAWKINS  
PETER CHEN

## Hawkins-Chen

Mr. and Mrs. James Hawkins of Danville, PA announce the engagement of their daughter, Kristin Marie Hawkins, to Peter Chen, son of Mr. and Mrs. K.F. Chen of Kings Mountain.

Miss Hawkins graduated from Abilene Christian University in Abilene, Texas, with a degree in Electronic Media. She is employed with Travelers Insurance of Hartford, CT, and is currently in her third year with their Information Technology Leadership Development Program.

The bridegroom-to-be graduated from Georgia Institute of Technology with a Masters of Mechanical Engineering degree, and is working on his MBA at the University of Hartford. He is employed as Lubrication System & Analytical Senior Engineer for the Joint Strike Fighter program at Pratt & Whitney in East Hartford, CT.

The wedding is planned for May, 2001.

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