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Most Important Holiday Recipe: Keep the Cutting Surfaces Clean

by Robert Larios

In this issue, I wanted to offer some easy to make recipes for the busy holiday season. At the same time, I want to pass along to you some tips on how to keep your cutting-boards sanitized. No one wants to have to see a doctor during the holidays because you picked up a food-borne illness that could have been prevented. Nothing like a bug to kill the holiday spirit! We've all been there, so let's be careful.

Cutting Board Cleanliness

It is vital to keep your cutting board surfaces clean to prevent bacterial contamination and avoid developing food poisoning, especially from protein products (chicken, beef) that have been in contact with cutting boards. Remember to wash the board, your hands, knives, and forks with hot, soapy water. I would not suggest putting cutting boards in the dishwasher because the boards tend to crack and break after a few runs, and it makes it easier for bacteria to hide in those cracks.

However, I strongly recommend an

occasional soaking of cutting boards in a light chlorine bleach solution for several minutes. Use 2 teaspoons of bleach per quart of water. Wash the board after soaking it in the bleach solution.

On to the Recipes

The Golden-Oven Baked Apples are an excellent choice when you are looking for a delicious snack or dessert treat on a cold winter day. A nice variation would be using honey instead of sugar. The Holiday Dip is a fun and colorful dip that can be used as a snack or as a dip as an addition to your holiday meals. As for me, I like spreading it on toast and bagels.

Let me know if you tried the recipes and if they turned out as good as they did for me. If you have recipes you would like to share, we will gladly print your recipes in future issues of the newspaper. 📧

Happy Holidays and Merry Cooking to all!



Golden-Oven Baked Apples

INGREDIENTS

- (6-8) cooking apples (golden delicious)
- (6) tablespoons sugar
- (2) teaspoons cinnamon
- (4) tablespoons butter
- (1) cup sugar
- (2) tablespoons water
- (1) teaspoon vanilla
- (1) lemon

DIRECTIONS

- Wash apples. Remove cores and peel halfway down from bottom end. Place apples in large skillet, peeled end up. Combine sugar and cinnamon. Spoon some of this mixture into each apple. Combine butter, sugar and water in a 1 qt. sauce pan. Heat to form a syrup (sugar will melt). Remove from heat. Add vanilla. Pour mixture around apples. Squeeze lemon over each apple. Cover and cook over low heat 20-30 minutes, until tender.

Makes 6-8 servings

Holiday Shrimp Dip

You can prepare this brightly colored dip up to two days ahead.

INGREDIENTS

- (2) large garlic cloves, peeled
- (3) 7 to 7.25-ounce jars roasted red peppers, undrained
- (1) 8-ounce package chilled cream cheese, cut into pieces
- (1½) teaspoons ground cumin
- (½) cup chopped, seeded tomato
- (1) cup of dry dill weed
- (¼) cup chopped green onions
- (1½) tablespoons chopped seeded jalapeño chili
- (2) pounds cooked, peeled, deveined large shrimp

DIRECTIONS

- With machine running, drop garlic cloves through feed tube of processor; chop finely. Add roasted peppers with their juices; puré until almost smooth. Add cream cheese and cumin; blend until smooth. Transfer to medium bowl. Mix in tomato, onions and jalapeño. Season with salt and pepper. Cover and refrigerate at least 4 hours and up to 2 days. Rewhisk before serving. Place dip in center of platter. Surround with shrimp and serve.

Wanna be heard?

Send your recipes in, or let us know how you fared with our recipes! talkback@cityemployeesclub.com

L.A. Department of Water and Power Centennial Exhibit

EXHIBIT DATES:
October 22–December 31, 2002

EXHIBIT HOURS:
Tuesday–Friday: 11 a.m.–8 p.m.
Saturday: 11 a.m.–7 p.m.
Sunday: 11 a.m.–6 p.m.

City History Comes to the Valley As DWP Exhibit Moves to Galleria

Centennial exhibit on display at Sherman Oaks Galleria through the end of the year

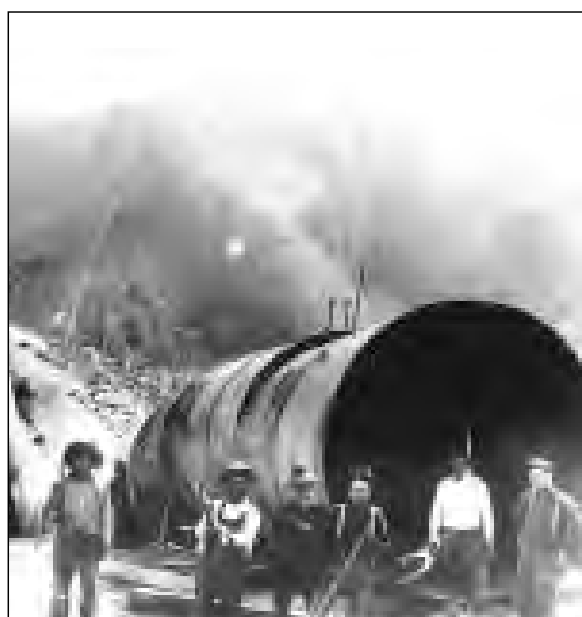
2002 marks the 100th year for the Los Angeles Department of Water and Power (LADWP). As your local utility, the largest municipal utility in the nation, the department is very proud of its service to the San Fernando Valley and to all of Los Angeles.

To commemorate the centennial, the DWP invites you to visit its free historical exhibit at the Sherman Oaks Galleria, located at Ventura and Sepulveda Boulevards in Sherman Oaks.

Entitled "Water and Power in the History of LA," this exhibit provides special insights into

the role the DWP has played in the development of Los Angeles. As a customer of the DWP, you are a part of its proud history. As your water and electric service provider, it pledges to make the next hundred years as productive as the first.

Stop by the DWP exhibit and receive a validation for free self-parking. (Valet parking will not be validated.) Be sure to pick up the flyer with a coupon for discounts at participating retailers in the Galleria. 📧



Wanna be heard?

Tell us what you think of the exhibit, or this story: talkback@cityemployeesclub.com

Worried About Market Volatility?

Seek Participation In Some Of The Stock Market's Upside Potential With A Five-Year Guarantee



The U.S. stock market has often rewarded long-term investors with above-average returns. However, continued market volatility has heightened many investors' concerns. If you would like the potential for some capital growth but are uncomfortable with exposing your portfolio to loss,* you should consider investing in the **Smith Barney Capital Preservation Fund II**.

Please call Eric Garcia, Financial Consultant at (626) 683-4621 for more information.

He can provide you with a free prospectus that contains more complete information, including charges, expenses and risks. Please read it carefully before you invest or send money.

*Smith Barney Capital Preservation Fund II protects your investment from loss for five years. When you hold your investment until the end of the five-year Guarantee Period, on the Guarantee Maturity Date your account will be worth no less than your initial investment (less sales charges) at the end of the Offering Period, minus any redemptions, dividends and distributions you have received in cash and certain Fund expenses, such as interest, taxes and extraordinary expenses. If you choose to redeem your investment on any other day than the Guarantee Maturity Date, the amount returned could be less than that invested. If you sell your shares during the Guarantee Period, shares are redeemed at the current NAV, which may be more or less than your original investment. The guarantee is based on the amount invested as of the first day of the Guarantee Period and does not apply to any earnings realized during the Guarantee Period. Use of the fixed income component during the Guarantee Period could be significant and will reduce the Fund's ability to participate in upward equity market movements and therefore represents some loss of opportunity, or opportunity cost, compared to a portfolio that's more heavily invested in equities. There will be times during the Guaranteed Period when the Fund's allocation of assets to equities may be substantially limited or entirely precluded. Your ability to receive the Guaranteed Amount depends on the financial condition of the Fund and Ambac Assurance Corporation. Please keep in mind that the Fund's NAV will fluctuate. During both the Offering Period and the Post Guarantee Period, your investment will not be protected by the guarantee and will be subject to possible loss of principal. See the prospectus for more information on risks associated with the Guarantee and Ambac.

Investment Products: Not FDIC Insured • No Bank Guarantee • May Lose Value

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