

Ready to Break Resolutions? Here Comes the Super Bowl!

by Robert Larios

Happy New Year!

Now that we finished the race to upset our stomachs by overindulging ourselves with holiday meals like turkeys, honey-baked hams, and pies beyond your stomach's content, it's time to break those New Year resolutions and get ready for the Super Bowl feast.

For this issue we have our first recipe submitted by Club member Mike Louie. I tried his recipe and let me tell you, King Louie's Chunky Guacamole is a necessary staple as a pre-game and post-game appetizer. Don't forget to complement the guacamole with your favorite tortilla chips.

Most of us have chewed on great spicy chicken

wings, but I bet few of you have tasted chicken wings of a different flavor. How about adding plate of Parmesan-Mustard Crusted Chicken Wings next to those famous spicy BBQ chicken wings? Make sure you have your beverage to wash down these flavorsome wings.

Remember to keep your cutting board and hands clean when preparing anything with poultry products because the only upset you want to tolerate is the one in the Super Bowl and not in the stomach of those watching the game.

Thanks go to Mike Louie for his submission of his recipe. Again, if you have a recipe you would like us to publish, you may fax at (213) 620-0398, or you may e-mail it to the address below.

Happy cooking!



Cooking

with the Club

King Louie's Chunky Guacamole

Submitted by Club member Mike Louie

INGREDIENTS

- (5) radishes
- (1) small white or sweet onion
- (2) fresh jalapeño chiles
- (1/2) cup packed fresh cilantro sprigs
- (4) firm-ripe California avocados
- (4) tablespoons fresh lime juice, or to taste
- (1/2) teaspoon salt
- Accompaniment: tortilla chips

DIRECTIONS

- Cut outside from radishes in 1/4-inch-thick slices and discard white insides. Cut radish and onion into 1/4-inch dice. Wearing rubber gloves, seed jalapeños if desired and finely chop. Chop cilantro.
- Halve and pit avocados. Scoop flesh into a bowl and coarsely mash with back of a fork. Stir in radish, onion, chiles, cilantro, lime juice and salt.
- Serve guacamole with tortilla chips.

Makes about 3-1/2 cups



Parmesan-Mustard-Crusted Chicken Wings

INGREDIENTS

- (1) stick (1/2 cup) unsalted butter
- (2) tablespoons Dijon-style mustard
- (1) tablespoon of your favorite hot sauce
- (1) cup dried bread crumbs
- (1/2) cup of dried parsley
- (1/2) cup freshly grated Parmesan cheese
- Salt and Pepper to taste
- (1) teaspoon ground cumin
- (20) chicken wings, wing tips cut off and discarded and the wings halved at the joint

DIRECTIONS

- In a shallow dish, whisk together butter, mustard and hot sauce. In another shallow dish, combine well bread crumbs, parsley, Parmesan, cumin, and salt and black pepper to taste. Dip the chicken wings, a few at a time, in the butter mixture, letting the excess drip off. Coat them with the crumb mixture, and arrange them without touching in a greased shallow baking pan. Bake the chicken wings in the lower third of a preheated 425°F. oven for 30 minutes. (If extra-crisp chicken wings are desired, turn the wings after 20 minutes.)

Makes 6 servings



CLAIMS UPDATE

Happy New Year
to Everyone!



Wanna be heard?

Ask Cecilia a question, or send a general comment to the editor:
claims@cityemployeesclub.com

For questions about claims, contact
Cecilia Camacho, Claims Administrator
at (213) 620-0388

Claims Paid Out through November 2002*

Type of Insurance	2002		2001	
	Number of Claims	Year-to-Date	Number of Claims	Year-to-Date
Life insurance	70	\$2,658,950	74	\$2,802,168
Disability Insurance	98	\$827,398	85	\$880,287
Long Term Care Insurance	5	\$25,450	3	\$21,033
Accidental Death and Dismemberment Insurance	3	\$63,655	18	\$596,336
GRAND TOTALS	176	\$3,575,454	180	\$4,299,825

* May not include claims in process, or to be verified.

A D V E R T I S E M E N T

Attention Homeowners! Want Debt Relief?

Local company offers free report that reveals how this time next month you could have a "SOLD" HOUSE

LOS ANGELES — Do you want to sell your home quickly and still get a fair price?

Maybe your house is vacant and in need of repairs? Are you in foreclosure or behind on payments? Are you facing a divorce, bad tenants in your rental, liens, or being transferred? These are common problems.

Here's the perfect solution.

A local company, California Home Buyers, will buy your house in any condition, price range, or area, from people in situations like these.

They have detailed it all for you in their eye-opening FREE Special Report titled *How To Sell Your House In 7 Days*.

This report reveals how to sell your home quickly, allowing you to move on

with your life, how you can get immediate relief from your mortgage payments, and much much more.

Copies of their free report are available and waiting for you right now.

No Realtor will give you this information! It reveals information that Realtors do not want you to know.

Since they are buyers, not Realtors, you will not pay real estate commissions or fees.

They buy 5-10 houses per month and are always looking to buy more. You'll get a quick sale, with no hassles, allowing you to move on.

To order your FREE copy of their report, call them Toll Free Now at 888-318-1781 for a free recorded message or just visit them at www.IwillBuy.info

Wanna be heard?

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