

Cooking with the Club

by our own
Robert Larios



Send Us Your Recipes!

If you would like your recipe published in the next issue of *Alive!*, you may fax your recipes to (213) 620-0388 or e-mail us at talkback@cityemployeesclub.com.

Food for Thought

■ Back to school means balancing tasty and nutritional school meals.

How hard is it to get the kids to eat a healthy breakfast and lunch during the school year? Depending on their ages and morning moods, we might be lucky to get a glass of orange juice and their multivitamin to our kids before they're running to school. Kids have different tastes. Some kids like cold cereal, some like hot, while others turn up their nose at any cereal and choose a donut or muffin.

How should parents struggle to find the balance for tasty and nutritious school lunches? One of the surest ways to please the kids and meet the basic dietary guidelines is to make your youngsters part of the planning and shopping. Within reason, try to accommodate their lunch requests, keeping nutrition guidelines in mind. Pre-made breakfast bars are another option. Read the labels for nutritional information.

A nutritious lunch doesn't have to revolve around the traditional sandwich, though these were my favorite; consider different pita breads or tortilla wraps filled with favorite sandwich meat. Salsa and chips, assorted pickles or veggie

sticks with dip make a lunch box bonus sure to please most kids. Fun foods like gelatin desserts are good choices for the younger kids. Put a sliced banana and strawberries to give it the extra flavor. Here are some other tips for breakfast:

- Keep pancake or waffle batter in the refrigerator, ready to pour on the griddle.
- If you like to bake, you might keep a supply of muffins in the freezer, ready to warm in the microwave.
- Set the breakfast table the night before, even if it's only for juice and cereal.
- Quesadillas or breakfast burritos are best for the kids who are late for school.

■ Pizza for breakfast? English muffin pizzas sprinkled with cheese and then microwaved are a hit with most kids. Makes for a great snack anytime as well.

■ Almost anything can be sandwiched in a biscuit; scrambled eggs, sausage, chicken or a slice of ham with cheese melted on top are just a few ideas.

■ French toast is another quick and easy breakfast, and a sure kid-pleaser. Add a little cinnamon to the egg batter for variety. Try the French Toast Fingers recipe below.

**Happy Back to School Time,
everyone!**



Robby's Roast Beef Poor Boy Sandwich

INGREDIENTS

- Mayonnaise
- 1 small French bread loaf, split (12 inch)
- 1/2 to 3/4 cup shredded lettuce
- 8 oz thinly sliced roast beef
- 1/2 cup thick beef gravy
- 1 small tomato, thinly sliced
- Salt and pepper to taste

DIRECTIONS

Split the French bread and warm for a few minutes in a hot oven (about 375 degrees). Spread the bottom piece of bread generously with mayonnaise, add desired salt and pepper, then layer with shredded lettuce, beef, gravy, and tomato slices. Cover and slice to serve.



Ham and Cheese Quesadillas

INGREDIENTS

- 4 large flour tortillas
- 1/2 cup shredded Monterey Jack cheese
- 8 oz thinly sliced ham, or smoked turkey
- 1/2 cup diced tomatoes
- 2 tablespoons chopped green onion (optional)
- Pepper to taste
- Olive oil or cooking spray for brushing tops

DIRECTIONS

Lightly spray a cookie sheet with vegetable cooking spray. Arrange 2 tortillas on the cookie sheet, then evenly top with 1/4 cup of the cheese. Top the cheese with the sliced ham or turkey, the diced tomatoes, green onion, then the other 1/4 cup of cheese. Sprinkle each with a little pepper, then cover each with another tortilla. Brush tops with vegetable oil and bake in a 425-degree oven for about 10 to 12 minutes, until browned. Cut quesadillas into wedges and serve. Serves 4.



French Toast Fingers

INGREDIENTS

- 2 eggs
- 1 cup milk
- 1 tbsp. butter
- 4 slices bread, cut into 4 pieces lengthwise
- Sugar
- Cinnamon
- Maple syrup

DIRECTIONS

Melt butter. Mix eggs, milk and vanilla in bowl. Beat well, soak slices of bread. Brown bread in frying pan. Sprinkle with sugar and cinnamon and serve with maple syrup.



Spicy Apple Quesadilla

INGREDIENTS

- 2 flour tortillas
- 1/2 cup chunky applesauce, divided
- 1 tablespoon cinnamon-sugar, divided
- 1/4 cup Monterey Jack cheese, shredded
- 2 tablespoons vanilla yogurt, optional

DIRECTIONS

Preheat oven to 400°. Place one tortilla on an ungreased baking sheet. Spread half applesauce over tortilla; reserve half for garnish. Sprinkle half of cinnamon-sugar over applesauce. Top with cheese and second tortilla. Sprinkle remaining cinnamon-sugar on top.

Bake at 400° for 6 to 8 minutes or until golden brown. Cool 2 minutes.

Cut into quarters and serve with reserved applesauce and vanilla yogurt.



Apple Cider Pancakes

INGREDIENTS

- 2 cups biscuit mix
- 1/2 teaspoon cinnamon
- 1 egg
- 1 1/3 cups milk
- 3/4 cup apple (about 2 medium) — grated

Cider Sauce:

- 1 cup sugar
- 2 tablespoons cornstarch
- 1/4 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 2 cups apple cider
- 2 tablespoons lemon juice
- 1/4 cup butter or margarine

Pancake directions:

Beat baking mix, cinnamon, egg and milk with rotary beater until smooth. Stir in apples. Grease griddle if necessary and pour batter by 1/4-cup measure onto hot griddle. Bake until bubbles appear, turn and bake other side until golden brown. Serve with warm cider sauce; if desired, top with sour cream.

Yield: 18 4-inch pancakes.

Sauce directions:

In saucepan, mix sugar, cornstarch, cinnamon and nutmeg; stir in cider and lemon juice. Cook over medium heat, stirring constantly, until mixture thickens and boils. Boil and stir for 1 minute. Remove from heat and stir in butter.

Yield: about 2 1/2 cups.

