

Eggs in Easter recipe

Many families are left with an abundance of brightly colored, hard-boiled eggs after the Easter holiday.

An easy brunch or supper dish is Easter Eggs a la King, suggested by the April issue of Sunset Magazine.

The recipe combines artichoke hearts, mushrooms and pimientos in a sauce, which is spooned over the hard-boiled eggs and served on toasted English muffins.

Easter Eggs a la King

1 large onion, chopped
1 clove garlic, minced or pressed
1/4 cup butter
1/4 cup flour
1/4 tsp. ground nutmeg
1 1/3 cups milk (or 1 cup milk plus 1/3 cup dry sherry)
1 large can (4 ounces) sliced pimientos
1 package (10 ounces) frozen artichoke hearts, thawed
1/2 pound mushrooms, sliced
Salt
Pepper
8 to 10 Easter eggs

In a large pan, cook the chopped onion and garlic in butter over medium heat until tender, about 10 minutes. Stir in sliced pimientos, artichoke hearts and mushrooms and cook until hot; add salt and pepper to taste. Reduce heat and cover to keep hot.

To serve, cut hard-boiled eggs in wedges and arrange on a platter. Spoon mushroom mixture over tops; garnish with chopped parsley. Spoon eggs and sauce over individual

servings of toasted English muffin halves.
Serves 8 to 10.

Packing a lunch each day can be a tedious chore, especially when you're trying to provide a tasty, yet nutritious meal.

Traditional sandwich ideas can suffice, but for a unique idea, try a Mexicali Sandwich.

How about a lunch of a crusty roll hallowed out and stuffed with Mexican-style red beans and cheese and pepped up with chili?

Mexicali Sandwich

1 tbsp. butter or margarine
1/2 tsp. chili powder
1 can (8 ounces) red kidney beans, drained
1-3 cup cheese strips
1 tbsp. catsup
2 sandwich rolls, 4 inches in diameter
Mustard
Shredded lettuce
Green pepper rings
Ham slices (optional)

In small saucepan, melt butter; add chili powder and cook over low heat for 1 minute. Remove from heat and add beans, cheese and catsup; mix well.

Cut rolls in half; scoop out part of top or bottom half. Spread inside of roll with mustard; spoon in half of bean mixture. Top with shredded lettuce and green pepper rings. Cover with top half of roll. Repeat with remaining ingredients.

If desired, ham slices may be added to this sandwich.

Serves 2.

Seminar to help boost home repairs

A four-part Basic Home Repair seminar, sponsored by the Clackamas Community College Senior Job Center, will be presented April 7, 14, 21 and 28 in the Clackamas Town Center Community Room.

All sessions will be from 9 to 11 a.m. Omar Bose will teach basic plumbing April 7 and 14 and James Backenstos will conduct the basic electrical repair courses April 21 and 28. The fees is \$2.50

or \$1 for persons over 60. The Senior Job Center will also present a seminar on Managing Retirement Life, April 9 from 8:30 a.m. to 12:30 p.m. in the Clackamas Town Center Community Room.

Experienced pre-retirement counselors Joan Britt and Leo Walsh will explore matters of health, housing, legalities, local resources and opportunities and finance. There will be no fee.



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Ridge Riders set meet

The Sandy Ridge Riders, a 4-H horse club, will compete in the Spring Fair April 11-12 at the Clackamas County Fairgrounds in Canby.

This will be the first spring competition for the Ridge Riders, who practice every Thursday night in Sandy-area arenas.

Last week, the Ridge Riders journeyed to Portland Meadows to watch the workouts and pick up a few pointers. They learned more when Steve Spencer, a

27-year-old jockey, spoke to the group after the session.

The 5-foot, 105-pound jockey didn't begin racing until the age of 22. He told the Ridge Riders of the hazards of his profession — when he first started out, Spencer suffered two broken knees, a broken ankle, a broken wrist and a couple of concussions.

The sacrifices were worth it, Spencer told the Sandy group. He has won several races in his career.

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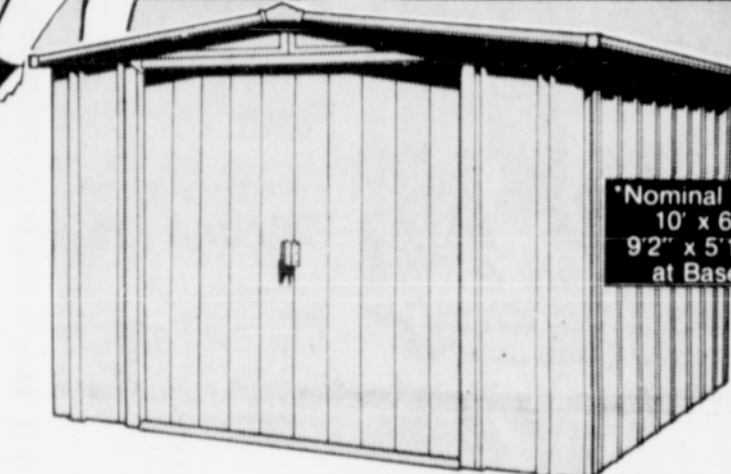
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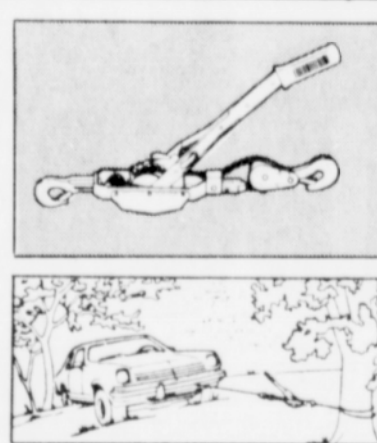
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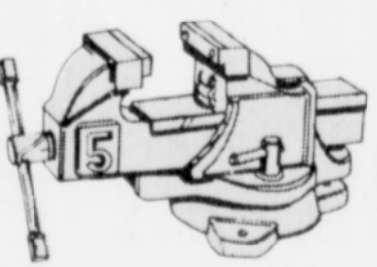
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