

# Springtime menu features green ingredients

As spring arrives, the pleasures of this invigorating season abound — beautiful blossoms, sunny skies and milder temperatures. Why not express these delightful signs of this marvelous season at the family's dinner table?

Here's an exciting springtime menu that can put the entire family in the mood to think spring!

- Chicken Kiev
- Pasta with Broccoli
- Tossed Salad
- Grasshopper Chiffon Parfait
- Iced Tea

### CHICKEN KIEV

- 4 whole chicken breasts, split\*
- ¼ pound chilled butter or margarine
- 1 tablespoon minced parsley
- 1 tablespoon minced chives or scallions
- 1 tablespoon lemon juice
- 1 egg
- 1 envelope seasoned coating mix for chicken, original or crispy country mild flavor
- \*Or use 8 chicken or turkey cutlets (about 1 ¼ pounds); pound very thin.

Remove skin, bone and cartilage from chicken breasts. Place between sheets of waxed paper and pound until very thin, about 1/8 inch thick, taking care not to make any holes in chicken. Cut chilled butter into 8 finger-shaped pieces; place one on each piece of chicken near one end. Sprinkle with parsley, chives and lemon juice. Roll up each piece, folding in ends to completely enclose butter. Secure with wooden picks or skewers. Beat egg slightly with water. Dip chicken rolls, one at a time, into egg mixture; then coat with seasoned coating mix as directed on package. Place in ungreased shallow pan, sealed side up. Bake at 450 deg. for about 20 minutes or until well browned. Drain on absorbent paper. Makes 6 to 8 servings.

### PASTA WITH BROCCOLI

- 8 ounces curly spaghetti or other pasta
- 1 package (10 oz.) broccoli florets

### Day care center opens June 10

Day care will be provided for children 2½ to 9 years of age at Providence Child Center from June 10 through August 9, according to the principal, Sister Barbara Schamber, S.P. A variety of engaging, yet educational, activities will again be offered by a professional staff. Activities, emphasizing the outdoors and geared to each child's age group, include nature study, walking field trips, arts and crafts and puppet productions.

Day care hours are from 6:45 a.m. to 6:00 p.m., weekdays. The fee is \$11 per day and is charged only for the days attended. A \$30 non-refundable registration deposit must accompany registration and is applied to day care charges.

Providence Child Center is located at 830 N.E. 47th Ave. To register, or for more information, call 234-9991.

### Scholarships open

Junior and senior class high school students who are interested in applying for \$1,000 college scholarships should request applications by May 15, 1985 from the Educational Communications Scholarship Foundation, 721 N. McKinley Road, Lake Forest, Illinois 60045. To receive an application, students should send a note stating their name, address, city, state and zip code, approximate grade point average and year of graduation. Fifty award winners will be selected on the basis of academic performance, involvement in extracurricular activities and need for financial aid.

- ¼ cup butter or margarine
- ½ cup chopped parsley
- ½ teaspoon marjoram leaves
- ½ teaspoon lemon juice
- 1/8 teaspoon pepper
- 2 eggs, slightly beaten
- ½ cup grated Parmesan cheese

Cook spaghetti and broccoli separately as directed on package; drain. Meanwhile, place butter, parsley, marjoram, lemon juice and pepper in heated serving bowl. Add spaghetti and broccoli and mix lightly. Add eggs and cheese; toss lightly and serve at once. Makes 3 cups or 6 servings.

Note: Use clean eggs with no cracks in shells.

### GRASSHOPPER CHIFFON PARFAIT

- 1 package (3 oz.) lime flavor gelatin
- 1 cup boiling water
- ½ cup cold water
- 3 tablespoons green creme de menthe liqueur\*
- 3 tablespoons white creme de cacao liqueur\*
- ½ teaspoon vanilla
- 1 egg white
- 2 tablespoons sugar
- 1 cup whipped topping, thawed

\*Or use ¼ cup green creme de menthe liqueur, or ½ teaspoon EACH

mint and brandy extract.

Dissolve gelatin in boiling water. Add cold water, liqueurs and vanilla. Chill until slightly thickened; measure ½ cup and set aside. Beat egg white until foamy throughout. Gradually beat in sugar and continue beating until mixture will form stiff shiny peaks. Thoroughly blend egg white mixture and whipped topping into remaining gelatin mixture. Layer creamy gelatin mixture in parfait glasses with reserved clear gelatin. Chill until set, about 1 hour. Garnish with additional whipped topping and chocolate sauce, if desired.

Makes about 5 cups or 8 to 10 servings.

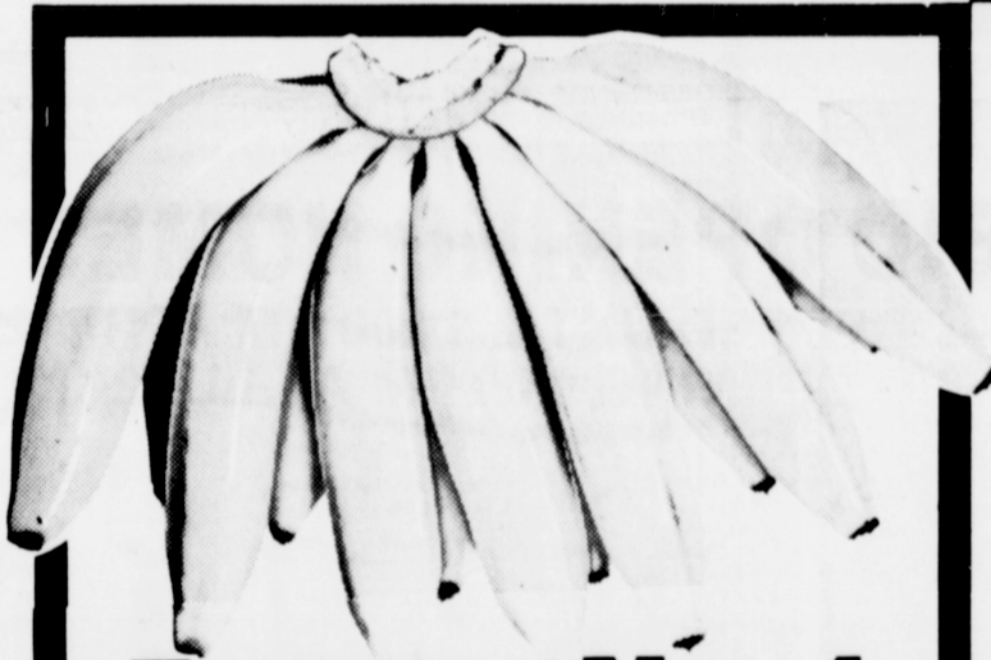


## Beef Rib Steaks

Lean, Tender Safeway Quality Beef

**\$2.98**  
Lb. No Limit

**Ground Beef** Regular Grind, Approx. 5-Lb. Chub **98¢** Lb.



## Fancy, No. 1 Bananas

Golden Ripe  
**Lb. 28¢** No Limit



## Jumbo Yams

Jewell Variety, Save 34¢ On 4 Lbs.

**4 lbs. \$1**



### 5-Pound Sugar

Town House, Granulated

**\$1.39**

No Limit At Safeway



### Peas & Carrots

Bel air, Frozen, 32 Ounce Pkg.

**99¢**

No Limit At Safeway



### Yuban Coffee

Assorted Grinds, 3-Lb. Can

**\$5.99**

No Limit At Safeway



### Refried Beans

Old El Paso, 16-Ounce Can

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No Limit At Safeway



### Ivory Liquid

White Detergent, 22-Oz. Btl.

**99¢**

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### Faberge Shampoo

Or Conditioner, 15 Ounce Btl.

**99¢**

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