

Getting back into the school groove

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What's Cookin

Gerry is writing today...

Well, how is it going with the school lunches after seven days in?

I happened to be in the grocery store on the Tuesday before school started and the place was mobbed with mostly mothers and children buying back to school lunch items. Some interesting conversations were taking place!

It is a known fact that we eat with our eyes first, then our noses, then our mouth. Keeping this in mind, foods need to be presented well and be appealing. An idea your family might try is making skewers of food for lunch. Just pick up some wooden skewers, also ideal for the barbecue. Then arrange a wide variety of

skewer worthy bites and let everyone create their own. The family can all help in the prep and adults too can create their own lunches. Choose from a wide variety of items, such as sliced and folded deli meats, cubed deli meats, cherry tomatoes, mini bocconcini, pickles, cubed cheeses, sliced cucumbers and peppers

an endless array of choices, pick your family's favorites, then have fun with it. Be sure to do this the night before; no time in the morning, I am sure.

Next, an assortment of fresh fruit works great on a skewer and looks fantastic too. We all love dessert!

Have fun and keep cookin !

Kool Fried Chicken

INGREDIENTS

- 12 chicken drumsticks
- ¾ cup mayonnaise
- 3 cups fresh breadcrumbs
- ½ cup panko breadcrumbs
- ½ pkg. Lipton French onion soup mix

METHOD

- Rinse and pat dry chicken
- Mix breadcrumbs and soup mix
- Coat a piece of chicken in mayonnaise then roll in breadcrumbs. Repeat.
- Bake on a parchment lined baking sheet at 375 degrees uncovered for 45 minutes. Halfway through cooking, turn the chicken over to get a nice golden crisp on each side.
- Chill before serving. This will keep refrigerated for a few days.



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