

Bringing sprouts to life again

The words Brussels sprouts usually conjure up a vision of an overcooked and mushy vegetable resembling a miniature cabbage.

Their notorious reputation can be dispelled however if proper and inventive cooking techniques are used to enhance this often overlooked member of the vegetable family. Stir frying leaves vegetables tender-crisp and full of flavor. This terrific cooking method speeds preparation time, adding another plus to the Oriental technique. The total cooking time for Salmon and Sprout Stir Fry is 15 minutes, a real savior for busy cooks.

Salmon and Sprout Stir Fry 3 tablespoons oil

1 medium onion, chopped 2 cups Brussels sprouts, cut in half lengthwise 1½ cups diagonally sliced carrots

11/2 cups diagonally sliced celery

2 cans (73/4 oz. each) Pacific Salmon 2 cup water

2 teaspoon lemon pepper 1 teaspoon cornstarch

2 tablespoons cold water Saute onion in hot oil in skillet, stirring constantly, for about 2 minutes. Add vegetables, tossing to coat with oil. Drain salmon juices directly into skillet; add water and pepper. Continue cooking, stirring constantly, over high heat until vegetables are tender-crisp, about 3-4 minutes. Add salmon, broken into chunks, and cook just until salmon is heated through. Mix cornstarch with water and add. Cook over medium heat until mixture bubbles and thickens, about 2 minutes.

Serve over cooked rice or noodles.

Emfertaimmemi



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HO! HO! HO!

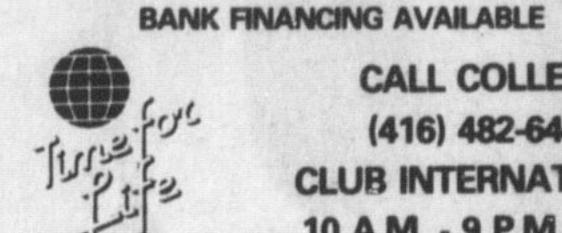
Exciting news. I am coming back to visit all you kids again this year.

At the Plainsman Yes! Santa will have Brunch with the children Sundays, November 29, December 6th, 13th to 20th. Have Brunch with Santa between 11 a.m. & 2 p.m. Surprises for all the children.

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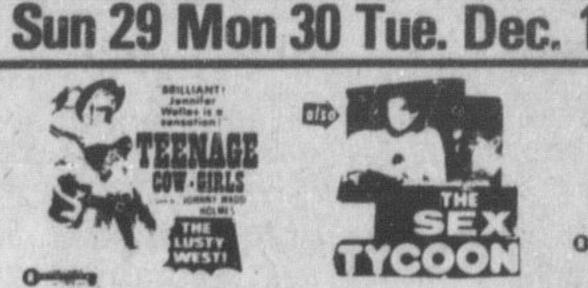
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Wed 25 Thu 26 Fri 27 Sat 28



Saturday 28th Matinee 2 p.m.



Showtimes: Sun-Thurs 8 p.m. Fri & Sat 6:45

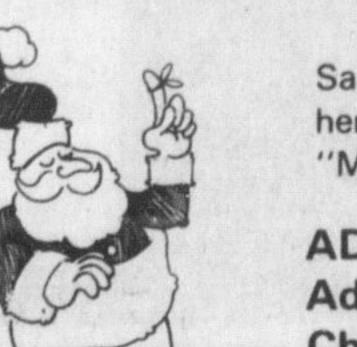


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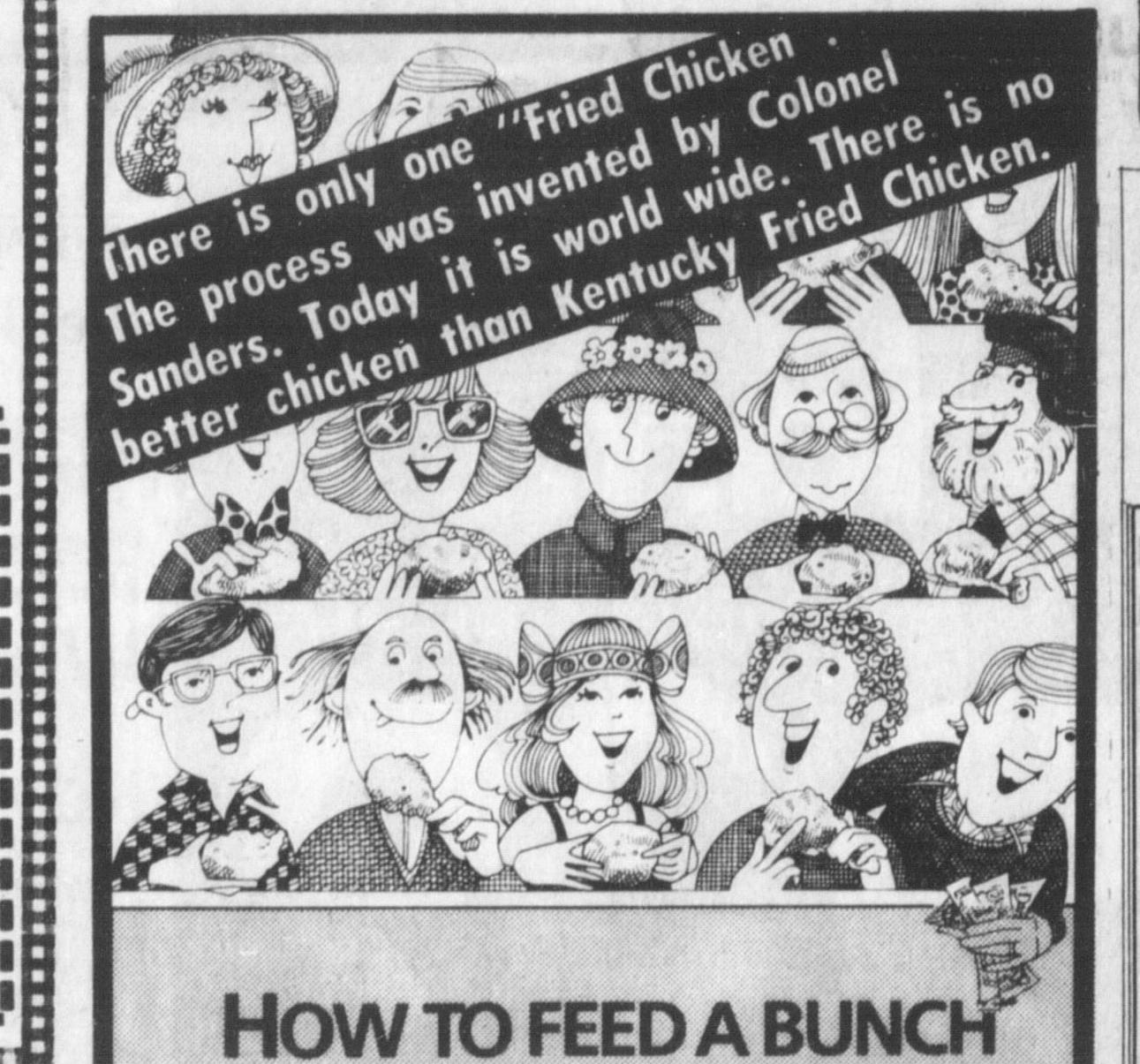
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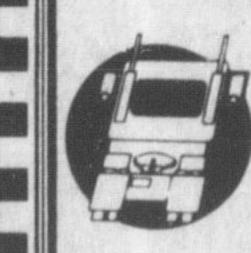
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