

**RECIPE FILE**

*Chicken pot pie*

**A new version of an old favourite**

Traditional chicken pot pie is new in the '90s with this easy, no-crust recipe. It's just as tasty as the traditional version but it's faster to make. And with the convenience of canned vegetables, there's no cleaning or chopping.

Food canners have improved the taste and texture of vegetables to be canned with new and better varieties of seeds. In addition, fresh, ripe summer vegetables are harvested at the peak of perfection and canned within hours.

Canning helps preserve that just picked flavour while locking in taste, texture and nutrients. Contrary to consumer belief, canned vegetables do not contain additives or preservatives.

**Savory chicken-vegetable bake**

- 2 tbsp (25 ml) butter or margarine;
- 1 medium onion, chopped;
- 1 carrot, cut in thin strips;
- 1/2 cup (125 ml) sliced celery;
- 1 can (14 oz/398 ml) Canada Fancy cream style corn;
- 1 can (10 oz/284 ml) Canada Fancy peas, drained;
- 2 cups (500 ml) diced cooked chicken or turkey;
- 1/2 tsp (2 ml) salt;
- 1/2 (2 ml) thyme;
- 1/4 tsp (1 ml) pepper;
- 1/8 tsp (.5 ml) sage;
- 2 cups (500 ml) (approx.) mashed potatoes;
- 1 egg yolk;

In saucepan, melt butter; saute onion, carrot and celery until softened, about 3 minutes. Fold in cream style corn, peas, chicken and seasonings. Spoon into 8-cup (2 L) shallow casserole dish. Pipe or spoon

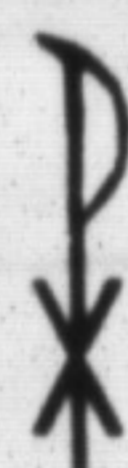


Comfort food is never out of style. This '90s version of chicken pot pie eliminates the crust but none of the flavour.

mashed potatoes on top. Brush with egg yolk lightly beaten with 1 tsp (5 ml) water. Bake at 400F (200C) for about 20 minutes or until hot and bubbly and potatoes are lightly browned.

Notes: Makes 4 servings; Preparation time: 15-20 minutes; Cooking time: 25 minutes; Excellent source: Vitamin A, niacin, folate; Good source: Thiamin, riboflavin, iron.

**RELIGIOUS SERVICE DIRECTORY**



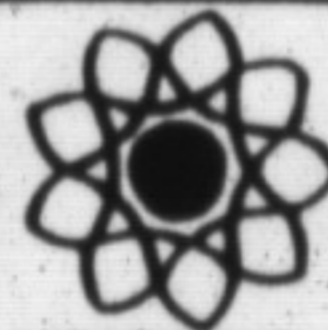
**HOLY ROSARY ROMAN CATHOLIC PARISH**  
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10:30 a.m., 12 noon

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Minister to Youth  
Mark Kotchapew  
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"Turn all your thoughts toward bringing joy to hearts... Be the source of consolation to every sad one, assist every weak one, be helpful to every indigent one, care for every sick one, be the cause of glorification to every lowly one, and shelter those who are overshadowed by fear."

Wed., January 17 "Come Read With Us"  
4:30 pm - 5:30 pm Family Story Time  
re: Life's Challenges/Choices  
Hugh Foster Hall

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**ST. PAUL'S UNITED CHURCH**  
123 Main St. at James  
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Rev. Robert Hyde  
Rev. Elaine Longland  
**SUNDAY January 21, 1990**

10:30 a.m. Worship Service  
Epphany III

**Sermon Title:**

"Above the clouds of despair"

**Lessons:**

I Corinthians 1:10-17  
Matthew 4: 12-23



Nursery up to 2 years available. Wheelchair access. Inconvenient from parking lot.



**THE PRESBYTERIAN CHURCH IN CANADA KNOX, MILTON**

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**SUNDAY, Jan. 21, 1990**

- 9:30 a.m. — Adult Bible Study
- 9:45 a.m. — Junior, Senior High Bible Study
- 11:00 a.m. — Morning Worship — Church School (Ages 3-Grade 6) — Nursery (Infants up to 2 yrs.)

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**TRINITY BAPTIST CHURCH**

P.O. Box 598, Burlington  
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Rev. W. E. Payne

634-4879

**SUNDAY, January 21, 1990**

9:45 a.m. Bible School with classes for all ages

**11:00 am & 6:30 p.m. Services of Worship, Praise and Bible Teaching**

Wednesday, 7:45 p.m. PRAYER MEETING & BIBLE STUDY  
Proclaiming God's Sovereign Grace



**MILTON BAPTIST CHURCH**  
900 Nipissing Road  
875-1626 or 878-7636

**Pastor:**  
Rev. Terry Laing

Sunday, January 21, 1990  
Sunday School: 9:45 a.m.  
Morning Worship: 11:00 a.m.

Junior Church and Nursery  
Wheelchair Accessible

**GRACEWAY BAPTIST CHURCH**

Pastor: Walter H. Isack  
876-2298

We welcome you to meet with us at:  
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Next to Milton Library

10:00 a.m. — Sunday School  
11:00 a.m. — Morning Worship  
6:30 p.m. — Evening Service  
Thursday 7:00 p.m. — Bible Study

Nursery and interpretation for the hearing impaired provided for all services.

"The Church That Cares For You!"

**MILTON GOSPEL HALL**

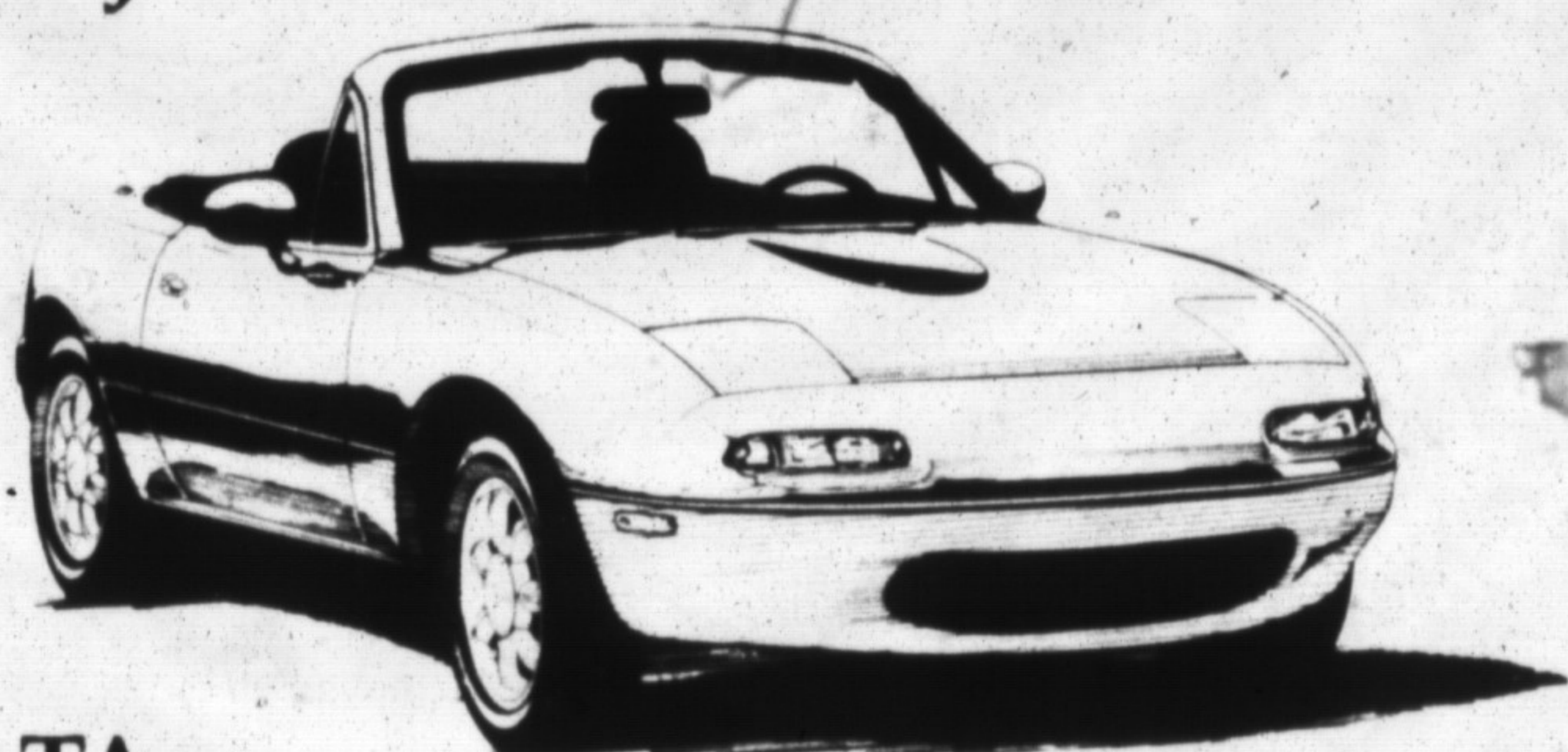
306 Ontario St. S.  
878-2022

10:00 a.m. — Breaking Bread  
11:45 a.m. — Sunday School  
7:00 p.m. — Gospel Service

Wednesday 7:30 p.m.  
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"For the Son of Man has come to save that which is lost."  
MATH. 18:11

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