

RECIPE FILE

Add broccoli and cauliflower to your grocery shopping list

As summer vacations come to an end and school and jobs go into high gear, the daily pace quickens. This doesn't leave much time for preparing nutritious and appetizing family meals. Adding broccoli to your weekly grocery list simplifies the task.

Bursting with a fresh, crisp taste, this brassica (cabbage family) is packed with vitamins, calcium and soluble fiber. A versatile vegetable, broccoli is often served raw with creamy dips but is memorable in a vinaigrette salad Italian style or partnered with cheese for a hearty entree. It is now in peak season and available through later October.

Prepared in minutes, Eight Treasure Soup demonstrates the versatility of broccoli. It is ideal for family or guests. A simplified Chinese classic, this low calorie soup combines tofu, broccoli and other seasonal vegetables in a savory broth.

Eight Treasure Soup

- 2 cups (500 ml) broccoli florets;
- 6 green onions;
- 1 tbsp (15 ml) vegetable oil;
- 4 cups (1 L) chicken stock;
- 1/2 cup (125 ml) very thinly sliced carrots;
- 1/2 cup (125 ml) fresh corn;
- 1/2 cup (125 ml) snow peas, trimmed;
- 1/2 cup (125 ml) sliced mushrooms;
- 4 tsp (20 ml) soy sauce;
- 1 tofu square (about 3 inches/8 cm) drained and cubed;
- 1/2 cup (125 ml) bean sprouts;

- 1 tbsp (15 ml) sherry (optional);
- Salt and pepper;

Directions: Break broccoli into 3/4-inch (2 cm) florets. Diagonally slice white and pale green parts of onions into 1 1/2-inch (4 cm) lengths. Set aside.

In saucepan, heat oil over high heat; cook broccoli and onions, stirring for 1 minute or just until broccoli turns bright green. Add stock, carrots, corn, snow peas, mushrooms and soy sauce; bring to simmer. Reduce heat to medium and simmer for 2 to 5 minutes or just until vegetables are tender-crisp. Add cubed tofu, bean sprouts, and sherry (if using); cook for 1 to 2 minutes or just until tofu is heated through. Season with salt and pepper to taste. Makes 4 generous servings.

Preparation time: 15 minutes.

Cooking time: 6 to 8 minutes

Nutritional information: 1 Serving: Protein 6.0 grams, Fat 4.5 grams, Carbohydrate 14.5 grams, Calories 123.

Quick idea

Make supper for one in less than 10 minutes. Pierce a well-scrubbed potato and microwave at high for 5 to 6 minutes or until tender, turning halfway through. Cut thin slice from top of potato and mash interior with fork.

Flatten slightly and cover with thin slice of cheddar cheese. Top with about 1/2 cup (125 ml) tiny cooked broccoli florets and another thin slice of cheddar. Microwave at high for 35 to 45 seconds or until cheese is melted.



Prepared in minutes, Eight Treasure Soup is delicious proof of the versatility and savory goodness of broccoli.

Submissions wanted for Trillium Book Award

Submissions are now being accepted for the fourth annual Trillium Book Award.

The \$10,000 prize will go to a book of literary excellence written by an Ontario author. The provincial Ministry of Culture and Communications is sponsoring the contest.

An additional \$2,000 will be presented to the book's publisher in recognition of their contribution and to encourage special marketing of the winning title.

Books are submitted by publishers on behalf of the author and reviewed by an independent, bilingual jury.

A book of any genre, published in 1990 in either English or French, may be submitted for consideration. Additional eligibility criteria is available from the ministry.

A short list of titles will be presented in February and promoted extensively throughout Ontario. The winning book will be announced at a gala reception in April.

The Trillium Book Award was established in 1987. Previous winners include Michael Ondaatje for *In the Skin of a Lion*, published by Penguin Books Canada, and last year's winner Modris Eksteins who wrote *Rites of Spring*, published by Lester and Orpen Dennys.

PITCH-IN AND RECYCLE!

RELIGIOUS SERVICE DIRECTORY

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.
Prayer and Bible Reading

"This man, (Christ) after he had offered one sacrifice for the sins forever sat down on the right hand of God."
Heb. 10:12

MILTON ALLIANCE CHURCH
2880 DERRY RD.
Pastor: Rev. Ernest Rempel
Minister to Youth: Rev. Mark Katschaper
878-5664

9:45 a.m. Family Sunday School
11:00 a.m. Morning Worship Service
6:30 p.m. Evening Service
Nursery Facilities at all Services

First Community Church of Milton
Sunday Services and Church School 10 a.m.
Nelson Centennial Manor
Auditorium
Off from Child Drive

Sunday Evening Services 7:30 P.M.
Worship and Music: Hugh Foster Hall
in a Casual Setting

Everyone Welcome
A Caring Community
Pastor: Emrys Jenkins
Church Office: 878-0354
581 McGeech Drive Unit 85
Milton, Ontario

MILTON BAPTIST CHURCH
900 Nipissing Road
875-1626
CANADIAN BAPTIST FEDERATION

Pastor: Rev. Terry Laing
Sunday, September 23, 1990
Church School: 9:45 a.m.
Morning Worship: 11:00 a.m.
Junior Church and Nursery
Wheelchair Accessible
A warm welcome awaits you!

HOLY ROSARY ROMAN CATHOLIC PARISH
139 Martin St. Milton
878-6535
Mass Times:
Sat. 7:15 p.m. Sun. 9:00 a.m., 10:30 a.m., 12 noon

OUR LADY OF VICTORY
Milton Heights
Mass at 10:30 a.m. Sunday
ST. PETER'S CHURCH
96 Line Trailway
Mass at 9:00 a.m. Sunday
Revs. Earl Tobin, Donald Wilton,
Harold Bedford, S. J.

NEW LIFE PENTECOSTAL FELLOWSHIP
6620 THIRD LINE
(Just South of Thompson & Derry Rd.)
Phone 878-3358

Pastor: Rev. Don Forrest
Youth Pastor: Scott Couper
Sunday, September 23, 1990
9:45 a.m. — Sunday School
10:45 a.m. — Morning Worship
Nursery Provided During Service

EPIPHANY LUTHERAN CHURCH
LUTHERAN CHURCH — CANADA
at Robert Baldwin Public School
180 Wilson Drive at Woodward
F. Schmitt: Vicar/ Pastor 878-6284
9:00 a.m. — Worship Service
No Sunday School During Summer
Nursery Available
Contact: Andrew Wiloughby Chairman
878-1278
For God so loved the world,
that he gave his only begotten son,
John 3:16

GRACEWAY BAPTIST CHURCH
Pastor: Walter H. Isard
878-2298
We welcome you to meet with us at:
467 Pine Street
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"

THE PRESBYTERIAN CHURCH IN CANADA KNOX, MILTON
178 Main St., E. 878-6066
Minister — The Rev. Nelsie Dean
Diocesan Minister —
Miss Terrie-Lee Hamilton
878-4379
FALL SUNDAY, SEPT. 23, 1990
9:45 a.m. — Junior-Senior High
Bible Study
10:30 a.m. — Church School
Registration
11:00 a.m. — Morning Worship
— Church School (Ages 3 to
Grade 6)
— Nursery (Infants up to 2 years)
All Welcome
Please call 878-6066 to arrange
for wheelchair access

GRACE ANGLICAN CHURCH
317 Main St., Milton, Ont.
878-2411
8:00 a.m. — Holy Eucharist
10:30 a.m. — Holy Eucharist

SALVATION ARMY MILTON
All church services held in
Royal Canadian Legion Hall
Charles-Street
Services held every Sunday
at 7:00 p.m.

ST. PAUL'S UNITED CHURCH
123 Main St. at James
878-8895
Rev. Robert Hyde
Rev. Elaine Longland

SUNDAY, SEPTEMBER 23, 1990
"Sacrament of Baptism"
10:30 a.m. Worship Service
Sermon Title:
"It Isn't Fair"
Lessons:
Exodus 32: 1-14
Matthew 20: 1-16
Nursery up to 2 years
Supervised care for
older children available

GOD DON'T SPONSOR NO FLOPS!!
When God remakes a life, it's complete! He has never made an error, nor produced a faulty part. He is not a party to failure and does not endorse defeat.
For a lift in your spiritual life, visit OMAGH CHURCH OF CHRIST this Sunday and see firsthand some of His successes. Then, we invite you to become a part of the family of God — for some of the most meaningful relationships you'll experience here on earth.

OMAGH CHURCH OF CHRIST (MILTON)
1412 Britannia Rd. (at 4th Line)
878-3345
Bible Study — 9:45 a.m.
Worship — 11:00 a.m.
Mike Bolton — Minister
878-3345
"Where the Bible is preached"

BAHA'I FAITH
P.O. BOX 13
MILTON, L9T 2Y3
878-3098
"The purpose underlying the revelation of every heavenly Book... is to endow all men with righteousness and understanding, so that peace and tranquility may be firmly established amongst them." — Baha'i Baha'

Come visit us at the
Lost Children Centre
at
Milton's Fall Fair
For other activities or general enquiries on the Baha'i Faith call 878-3098