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**FOR RENT**

**Bayboro -South Second Street** - 2BR/1BA home convenient to all of the schools. Gas fireplace, faced with stonework, in living room. Gorgeous classic tiling in kitchen. Breezeway leading to garage. Large deck in back. Workshop.  
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**FOR SALE**



**Minnesott Beach** - Inviting 3BR/2 Bath home overlooking championship golf course. Features a sunroom, formal dining, separate laundry, pinewood plank flooring, and welcoming backyard patio area with fire pit. Convenient to Neuse River.  
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**Kitchen Chatter** by Nancy Winfrey



Here you will find recipes that go back decades. Good southern recipes from southern cooks. Country food that is satisfying...

**Parmesan Crusted Chicken**

- 4 boneless, skinless chicken breasts
- 1/2 cup Hellmann's Mayonnaise
- 1/4 cup freshly grated Parmesan cheese
- 4 teaspoons cracker crumbs
- Olive oil

Combine the mayonnaise and Parmesan cheese and coat each breast with the mixture and place in baking dish. Sprinkle with cracker crumbs and drizzle with a bit of olive oil. Place in 425 degree oven and bake for 25 minutes.

**Carmalized Onion Stuffed Potatoes**

- 2 medium baking potatoes
- 1/2 cup grated Gruyere cheese, divided
- 1/4 cup sour cream
- 1/2 teaspoon salt
- 1/8 teaspoon pepper
- 2 tablespoons butter
- 2 cups sliced red onions
- 2 teaspoons sugar
- 2 tablespoons sherry
- 1 teaspoon Worcestershire sauce
- 1/2 teaspoon thyme
- 1 clove garlic, minced

Pierce the potatoes with a fork and place in microwave on HIGH for 10 minutes or until done. Cut the potatoes in half lengthwise and scoop out the pulp leaving a 1/4-inch thick shell. Combine the potato pulp, 1/4 cup of the cheese, sour cream, salt and pepper, blend, and spoon potato mixture back into the shells. In a non-stick skillet, melt the butter over medium-high heat and add the onions and sugar and sauté 8 minutes or until browned. Stir in the sherry, Worcestershire, thyme and garlic and cook and stir 1 minute or until liquid evaporates, scraping pan to loosen browned bits. Top each potato half with about 2 tablespoons of the onion mixture and 1 tablespoon of the reserved cheese. Arrange stuffed potato halves on paper towel and microwave on HIGH for 1 minute or until thoroughly heated. Serves 4.

**Vegetable Quesadillas**

- 1 can (10-3/4-oz.) condensed Cheddar Cheese Soup
- 1/4 cup milk
- 1 cup chopped fresh tomato
- 3/4 cup chopped green pepper
- 1/4 cup chopped onion
- 1 tablespoon canned chopped jalapeño pepper
- 6 flour tortillas (6-inch)
- Sour cream
- Salsa

In a medium bowl, combine the soup, milk, tomato, green peppers, onions and jalapeño pepper and blend well. Arrange the tortillas on a large baking sheet (or 2 baking sheets) and top each tortilla with about 1/3 cup of the soup mixture, spreading evenly to within 1/2-inch of edge. Bake in 400 degree oven for about 10 minutes or until hot and tortillas are crisp. Serve with sour cream and salsa. Makes 6 quesadillas.

**Crusty Baked Chicken**

Oh, so good!

- 3 whole chicken breasts with bone, each cut in half and skin removed
- 1/4 cup prepared mustard
- 1 cup breadcrumbs
- 1/4 cup grated Parmesan cheese
- 1 tablespoon dried minced onion
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1/4 teaspoon garlic powder
- 1/4 teaspoon dried oregano
- 3 or 4 tablespoons butter or margarine, melted
- 6 tablespoons sour cream

Wash the chicken breasts and pat dry. Brush the chicken breasts with mustard - set aside. In a shallow dish or plate, combine the breadcrumbs, Parmesan cheese, dried onions, salt, pepper, garlic powder and oregano and toss to blend. Roll the chicken in the breadcrumb mixture to coat well. Place chicken in a large and lightly greased baking dish or pan, meaty side up. Drizzle breasts with the melted butter and bake-uncovered-in preheated 350 degree oven for about 50 minutes or until fork-tender. To serve, top each chicken breast with a dollop of sour cream. Serves 6.

**Quick & Easy Gazpacho**

With fresh vegetables coming in, a cold bowl of Gazpacho served along with buttered and toasted Italian bread is hard to beat!

- 1 can (10-3/4-oz.) tomato soup
- 1 cup canned chicken broth
- 2 tablespoons red wine vinegar
- 1 tablespoon olive oil
- 1 green onion, finely chopped, including tops
- 1 small garlic clove, minced
- 1 cup cucumbers, seeded and chopped
- 1 small green pepper, chopped
- 1 large ripe tomato, peeled and diced

In a bowl, combine the soup, chicken broth, vinegar, oil, chopped green onion, minced garlic and blend. Stir in the cucumbers, green peppers and tomatoes. Cover and refrigerate at least 2 hours before serving. Serves 4.

**Lemon Chicken Pasta**

- 1 package (8-oz.) thin spaghetti, cooked, drained
- 2 tablespoons cornstarch
- 1 can (14-1/2-oz.) chicken broth
- 2 tablespoons lemon juice
- 1 tablespoon Dijon mustard
- 1/2 teaspoon garlic powder
- 1 tablespoon olive oil
- 1 pound skinless, boneless chicken breasts, cut into strips
- 3 tablespoons chopped fresh parsley

In a small bowl, stir together the cornstarch, chicken broth, lemon juice, mustard and garlic powder and blend until smooth - set aside. In a large skillet over medium-high heat, add the oil and heat until hot. Add half the chicken and cook and stir until browned. Remove the chicken and set aside. Repeat with remaining chicken. Pour drippings off. In the same skillet, reduce heat to medium and add reserved cornstarch mixture. Cook and stir until mixture boils and thickens. Return chicken to the skillet and heat. Stir in the parsley. Toss the chicken mixture with the spaghetti. Serves 4.

NOTE: If desired, after tossing with the chicken mixture, add a bit more olive oil.

**Garlic & Shrimp Pasta**

- 1 package (8-oz.) angel hair spaghetti, cooked and drained
- 2 tablespoons cornstarch
- 1 can (14-1/2-oz.) chicken broth
- 3 tablespoons lemon juice
- 2 tablespoons olive oil
- 1 pound shelled and deveined shrimp
- 4 garlic cloves, minced
- 1/8 teaspoon cayenne pepper
- 3 tablespoons chopped fresh parsley or 1 tablespoon dried

In a small bowl, stir together the cornstarch, broth and lemon juice and stir until smooth - set aside. In a large skillet over medium-high heat, add the oil, heat and then add the shrimp, garlic and cayenne pepper. Cook and stir until shrimp turns pink and with a slotted spoon remove shrimp mixture from pan and set aside. In the same skillet add the cornstarch mixture and parsley. Cook and stir until mixture boils and thickens. Return the shrimp mixture to the skillet and heat through and through. Spoon over spaghetti and toss to coat. If desired, sprinkle dish with freshly grated Parmesan cheese. Serves 6.

**Tomato & Basil Zucchini**

- 1 can (10-3/4-oz.) tomato soup
- 2 tablespoons freshly grated Parmesan cheese
- 1 tablespoon lemon juice
- 1/2 teaspoon garlic powder
- 1/2 teaspoon dried basil
- 6 cups zucchini, sliced
- 1 cup green pepper, cut into strips
- 1 cup onions, thinly sliced

In a large pot, combine the soup, cheese, lemon juice, garlic powder and basil and heat to boiling over medium heat stirring frequently. Add the zucchini, green peppers and onions and toss to coat. Reduce the heat to low, cover, and cook for 15 minutes or until vegetables are tender, stirring often. If desired, garnish with additional grated Parmesan cheese. Goes well with hot, fluffy rice.

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