



Fried Chicken: Warming the Soul

By Catherine Redford

Southern Fried Chicken

Ingredients

1 (3 pound) whole chicken, cut
into
pieces

1 cup all-purpose flour

salt to taste

ground black pepper to taste

1 teaspoon paprika

1 quart vegetable oil for frying

Directions

Season chicken pieces with salt,
pepper, and paprika.

Roll in flour.

Add 1/2 to 3/4 inch oil to a large,
heavy skillet.

Heat to approximately 365 de-
grees F (185 degrees C).

Place chicken pieces in hot oil.

Cover, and fry until golden, turning
once, 15 to 20 minutes.

Drain on paper towels.

We often hear about the consequences of eating fried chicken, heart attacks, obesity, and high cholesterol. But we forget the memories and comfort certain kinds of foods can bring us.

My friend told me a story about how much fried chicken had helped him in his life and I thought I would pass the story along. He grew up in a family that lived way below the poverty line. One afternoon a social worker came by and told his parents that there were too many kids in the house. It became obvious to his parents that the social worker was indicating that they couldn't take care of all of them and that they would need to give some of them up for adoption.

So they elected to give my friend and his little brother up for adoption.

He was six at the time and remembered his parents telling him that he was going away for a while. Not really understanding what was happening he agreed and began to pack his things. When the social worker came to drive them to their new family, he remembers falling asleep in the car as they drove up to his new life he was scared because he didn't know what to expect. As he sat on the couch pretending to be asleep he smelt the sweet aroma of fried chicken.

He opened his eyes and saw the meal that his wonderful adopted mother had prepared. The table was laid out with more food than he had ever seen in his life and he knew that it was going to be all right. He took his brother by the hand and led him to the table.

Even though the transition was hard for him and his brother sixty years later it is still a tradition between him and his brother to comfort each other with some fried chicken.

Veggie Salad: A Yummy Lift

By Heidi Neilson



Have you ever looked in your cupboards or your refrigerator and realized that every piece of food you own has over 600 calories and 10 grams of fat per serving? That's the life of a college student. Junk food seems to be much easier to prepare and cheaper to buy than a real, well-balanced meal is.

That's where a lot of college students get it wrong.

Fresh fruits and vegetables are surprisingly cheap. At Albertsons, a sizeable bunch of celery only costs 89 cents. Fuji apples are only \$1.29 per pound and you can get about 3 apples per pound. Eating healthily is possible on a budget. To prove this, I'd like to suggest a recipe that is cheap, fast, easy, yummy, and nutritious.

First you'll need a box of Suddenly Pasta Salad, although probably most types of boxed pasta salads would work. I got my box from Walmart and it only cost \$1.66. Prepare the pasta salad according to the instructions. While the pasta is boiling, get out a cutting board and a knife and get ready to use your imagination.

You can add almost any vegetable to pasta salad.

Some of the ingredients I like to use include broccoli, carrots, green onions, peas, and green pepper. Listed above are some of the proportions I would suggest you use of each of these items. You can also add diced ham if you want to make it a complete meal.

Rinse, chop, mince, or slice whatever ingredients you choose and set them aside. When I make this pasta for dinner, I rinse the boiled pasta with hot water instead of cold because I prefer my suppers to be warm. After stirring the pasta into the seasoning mixture you get to add your own extra ingredients. If you feel like your pasta salad is too dry once you add the vegetables, you can add an extra tablespoon or two of oil to the mix. Serve immediately or chill. It serves about four people.

Ingredients

Suddenly Pasta Salad

3 Tbs Water

2 Tbs Vegetable Oil

Suggested Add-ins

1/2 C chopped
broccoli

1/3 C coined carrots

2 chopped green
onions

1/3 C peas (steamed,
drained)

1/4 chopped green
pepper

1/2 C cubed ham