

Favorite recipe helps wife, mother, lawyer

I was impressed when I read an article profiling Detroit Carol Gist, the newly crowned Miss U.S.A. What impressed me was her answer to pageant host Dick Clark, as to why she should be chosen over the two other finalists.

Her answer was this: "If you keep believing, keep striving, you can be whatever you want to be."

THAT SAME thought kept this week's Winner Dinner going. Sally Adamson of Orchard Lake went to school for seven years, first earning a degree from the University of Michigan and then a law degree from the University of Detroit.

Now in her own practice, specializing in juvenile criminal defense, this mother of two grown sons took a minute out of her busy schedule to share a dinner she fed to her family at least 100 times while she was going through law school.

BECAUSE SHE had so little extra time when she was in school, Adamson would spend her Sundays preparing and freezing a week's worth of meals at a time as well as doing the family's laundry.

One dinner that was and still is a family favorite is a recipe for chicken breasts that have been marinated in picante sauce.

Quick and easy to prepare, and served with Spanish Rice-a-Roni, a fresh fruit salad and a yummy chocolate sauce that goes over vanilla ice cream, this dinner is sure to become a favorite at your house as well.

TODAY, ADAMSON is happy in the knowledge that she has achieved the goals she set for herself many years ago.

She believes she can make a difference in the lives of the teenagers she deals with, and works very hard at doing the best job she can to help them.

As a way of encouraging them to accept responsibility, she insists they, not their parents, pay her fees.

Possessing an ability to relate to these teens, Adamson feels a strong sense of responsibility to pass on to these young people the idea that one mistake does not always ruin one's life and that by setting goals and working hard, dreams can be achieved.



family-tested winner dinner

Betsy Brethen



Sally Adamson of Orchard Lake likes the menu of Easy Mexican Chicken with Spanish Rice, Fruit Salad and Vanilla Ice Cream.

Thank you, Sally Adamson, for sharing your recipes, and continued good luck with your legal practice.

And, as a new week begins, let us all remember that the only limitations we have are the ones we place on ourselves.

Submit your recipes, to be considered for publication in this column or elsewhere, to: Winner Dinner, P.O. Box 3593, Birmingham 48012.

All submissions become the

property of the publisher. Each week's winner receives an apron with the words Winner Dinner Winner on it.

Recipes are printed the same size so that you may clip and save them in a three-ring binder.

Use a paper punch to make holes in the clipping, or paste the clipping on a blank sheet of three-ring notebook paper.

Another option is to simply file the clippings in a folder with pockets that will hold them.

The Observer & Eccentric®

Winner Dinner

Menu

EASY MEXICAN CHICKEN
SPANISH RICE
FRUIT SALAD
VANILLA ICE CREAM WITH CHOCOLATE CRUNCH SAUCE

Recipes

EASY MEXICAN CHICKEN

This tasty dish can be made quickly at the last minute or it can be made the night before, refrigerated and then re-heated. Turkey scallopini can be substituted for the chicken breasts, if desired.

6 boneless, skinless chicken breast halves
1 jar picante sauce — medium hot, 16-ounce size
juice of 1 lime
flour for dredging
2 tablespoons oil
1 tablespoon butter or margarine

In a bowl, squeeze juice of the lime, add the jar of picante sauce and mix. Place the chicken in this mixture and allow it to marinate overnight or for 20 minutes. Heat the oil and butter in a non-stick frying pan. Shake off the marinade, dredge the chicken quickly in the flour, then brown each breast in the frying pan. Cook 5 minutes on each side, then add the marinade, cover and cook until done, approximately 5 more minutes. Put on hot plates and spoon a little of the marinade over the chicken.

SPANISH RICE

Follow the directions given on the box for Rice-a-Roni Spanish Rice. This, too, can be made in advance and reheated just prior to serving.

FRUIT SALAD

Because of the spiciness of the meat, this fruit salad will refresh your palate.

1 kiwi, peeled and sliced
1 orange, peeled and sliced
sliced strawberries or some other red fruit (for color)

Top with the following mixture:

1 cup sour cream or plain yogurt
3 tablespoons brown sugar
2 tablespoons honey
2 tablespoons flaked coconut (optional)

Pour over fruit that has been arranged on individual plates.

VANILLA ICE CREAM WITH CHOCOLATE CRUNCH SAUCE

2½ squares (1 ounce each) unsweetened chocolate
½ cup milk
½ cups light brown sugar
½ teaspoon vanilla
½ cups crunchy-style peanut butter

In the top of a double boiler, melt chocolate. Add milk and brown sugar and stir until smooth. Put the pan over direct heat and cook just until it bubbles. Remove from the heat, add the vanilla and cool slightly. Add the peanut butter and stir until smooth. Serve warm over vanilla ice cream.

Shopping List

6 boneless, skinless chicken breast halves
1 jar picante sauce — medium or medium hot, depending on your taste, 16-ounce size
flour
oil
butter or margarine
1 box Spanish Rice-a-Roni
1 can sliced tomatoes, 15-ounce size
1 lime
1 kiwi
1 orange
sliced strawberries or other red fruit of your choice
sour cream or 1 carton plain yogurt
brown sugar
honey
flaked coconut (optional)
vanilla ice cream
unsweetened chocolate
milk
brown sugar
vanilla
crunchy-style peanut butter

Notes

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