

# A bundle of energy likes Mexican meal

When I survived. More specifically, my husband and I survived a four-day trip to Toronto by train with "the Boys."

It was a trip, all right, and although we did have fun, traveling with children can certainly tax one's patience to the limit. Because they are still of an age where punching, slugging and generally bugging each other is the fun thing to do, there were moments when my husband and I felt like we were West-Indian referees.

We did shop, though, saw a lot of plays and took in the sights of the city. Sounds good, doesn't it? Let me give you a more in-depth explanation. As for "shopping," we hit every gag and trick shop in Toronto and checked out all the electronic equipment shops that we encountered as we walked along.

As for "great plays," the only ones the boys saw were the ones they experienced at a video arcade. We did see the "sights," though, and thoroughly enjoyed the Ontario Science Centre, the CN Tower and the pool in our hotel.

ALTHOUGH OUR boys' cultural awareness has yet to be fully awakened, I am grateful for people like this week's Winner Dinner Winner, Gayle Eubanks, who does spend time giving school-age children an opportunity to develop an interest in the arts.

Eubanks, who hails from West Bloomfield, has been a member of the Harbinger Dance Company since 1978 and is currently the assistant artistic director. Specializing in contemporary dance, this group is in residence at the Orchard Ridge Campus of Oakland Community College in Farmington Hills and has performed all over the Midwest, as well as throughout Michigan.

Thanks to grants from the Michigan Council for the Arts, the Harbinger Dance Company has just completed a temporary six-week residency at a Bingham Farms school. At all these schools, students had the opportunity to learn and choreograph their own dances, movements and then perform them to music.

At 4 feet 11 inches and a bundle of energy, Eubanks loves to eat and cook. Her husband and 5-year-old daughter are especially fond of her recipes for chicken fajitas and guacamole. Served with baked potatoes and a fruit compote, this is one din-



family-tested winner dinner

**Betsy Brethen**



BLAKE J. DISCHER

Gayle Eubanks of West Bloomfield serves her husband and daughter this Winner Dinner, centering around Chicken Fajitas.

ner that will have your family doing the Mexican Hat Dance.

Thank you, Gayle Eubanks, for sharing your tasty dinner with us and have a ball dancing around the kitchen in your well-deserved Winner Dinner Winner apron.

Submit your recipes, to be considered for publication in this column or elsewhere, to: Winner Dinner, P.O. Box 3503, 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.

## Observer & Eccentric

### Winner Dinner

#### Menu

CHICKEN FAJITAS  
GUACAMOLE  
SNAPPY POTATOES  
FRUIT COMPOTE

#### Recipes

##### CHICKEN FAJITAS

This tasty dish requires no more than 15-20 minutes to prepare. It makes enough to feed 4-6 people and can be prepared in advance and reheated.

4 boned and skinned chicken breasts, cut into strips  
1 small onion, chopped  
½ pound mushrooms, sliced  
¼ green pepper, chopped (optional)  
1 package soft flour tortillas  
8 ounces grated cheddar cheese  
2 tablespoons oil

Cook chicken strips in oil. Add onions, mushrooms and green pepper and saute. Heat or microwave tortillas according to directions on the package. Serve the fajitas with guacamole sauce or low-fat yogurt. Garnish with grated cheddar cheese and, if desired, salsa.

##### GUACAMOLE

2 ripe, peeled and pitted avocados  
1 tablespoon grated onion  
1 tablespoon lemon juice  
1 teaspoon salt  
¼ teaspoon chili powder  
½ cup mayonnaise  
2 garlic cloves, chopped finely (optional)

Mash the avocados with a fork or mixer. Add all the ingredients except for the mayonnaise and mix well. Add ½ cup mayonnaise over the mixture and chill. At

serving time, blend the mayonnaise and mixture. This recipe makes 1½ cups of guacamole.

##### SNAPPY POTATOES

The following recipe is a quick and easy variation on the basic baked potato. Makes 6 servings.

3 medium-sized baking potatoes, halved lengthwise  
2 tablespoons melted butter or margarine  
salt and pepper and/or taco seasoning

Scrub 3 medium-sized baking potatoes and halve lengthwise. Slash the cut surfaces of the potatoes in a criss-cross design. Brush the surfaces with 2 tablespoons of melted butter or margarine and season with salt, pepper and, if desired, some taco seasoning. Bake at 350 degrees for 1 hour.

##### FRUIT COMPOTE

This delicious topping tastes great when used over vanilla ice cream or lemon-flavored yogurt.

2 bananas, sliced  
1 package frozen raspberries, thawed  
2 teaspoons raspberry Chambord liqueur

Mix ingredients together and pour over ice cream or yogurt.

## Shopping List

4 chicken breasts, boned and skinned  
2 small onions  
½ pound mushrooms  
¼ green pepper  
2 ripe avocados  
3 medium-sized baking potatoes  
2 bananas  
1 lemon  
1 package frozen raspberries  
raspberry Chambord liqueur  
your choice of ice cream or yogurt  
mayonnaise  
1 package soft flour tortillas (found in the dairy case)  
8 ounces grated cheddar cheese  
oil  
chili pepper  
salt  
pepper  
taco seasoning (optional)  
butter or margarine  
garlic (optional)

## Notes

**Observer & Eccentric®**  
**CLASSIFIED**  
**ADVERTISING**

644-1070 Oakland County  
591-0900 Wayne County  
852-3222 Rochester/Avon

Convenient Shopping and Personal Service

WE BAKE  
FRESH  
DAILY

**COUNTRY RIDGE QUALITY MARKET**  
SALE PRICES EFFECTIVE  
APRIL 16, 1990 THROUGH APRIL 29, 1990  
BUTCHER HOUSE PLUS FINE SELECTION OF LIQUOR, BEER & WINE, AND GROCERIES

31102 Haggerty Rd.  
Just south of 14 Mile Rd.

OPEN FOR YOUR CONVENIENCE  
Mon-Thurs: 9-6 Sat: 9-9 Sun: 9-9

PHONE  
661-9900

USDA  
CHOICE  
FRESH MEATS!

#### GROCERY

<b>COTTONELLE BATHROOM TISSUE</b> 4 ROLL PACK <b>\$1.19</b>	<b>KINGSFORD CHARCOAL</b> 20 LB. BAG <b>\$4.99</b>
<b>ALPO DRY DOG FOOD BONUS BAG</b> 30 LB. BAG <b>\$7.99</b>	<b>JOY LIQUID DISH DETERGENT</b> 32 OZ. <b>\$1.29</b>
<b>9 LIVES CAT FOOD</b> 6 OZ. CAN ASST. FLAVORS <b>4/\$1.00</b>	<b>CLOROX BLEACH</b> 1 GAL. <b>99¢</b>
<b>DIXIE FUNWARE LOONEY TUNES CUPS/PLATES</b> 102 CUP DISCS - 79¢ 24 CT. 50 PLATES - 99¢ 24 CT. 7 PLATES - 1.19 24 CT.	<b>ELECTRASOL AUTOMATIC DISH POWDER</b> 50 OZ. BOX <b>99¢</b>
<b>STARKIST TUNA</b> 5.5 OZ. CAN WATER OR OIL <b>79¢</b>	<b>HEFTY LAWN &amp; LEAF BAGS</b> 10 CT. <b>\$1.59</b> SAVE \$1.40
<b>MINUTE PREMIUM LONG GRAIN RICE</b> 28 OZ. <b>\$1.99</b> REG. \$4.29	<b>WYLER'S 4 PK. FRUIT SLUSH BUY 1 GET 1 FREE</b> <b>99¢</b>
<b>PLANTERS DRY ROASTED PEANUTS</b> 24 OZ. JAR <b>\$2.99</b>	<b>BROWNBERRY BREAD</b> 18 OZ. LOAF HEALTHY NUT OATMEAL WHOLE BRAN <b>99¢</b>
<b>DUTCHMAID NOODLES</b> 16 OZ. BAG FINE REGULAR BROAD <b>79¢</b>	<b>TEENAGE NINJA TURTLES CEREAL</b> 12.5 OZ. <b>\$2.99</b>
<b>VALUABLE STORE COUPON</b> GOOD APR. 24-29 SENECA APPLE JUICE 84 OZ. <b>99¢</b>	<b>VALUABLE STORE COUPON</b> GOOD APR. 24-29 KELLOGG'S RICE KRISPIES 13 OZ. BOX <b>99¢</b>

#### MEAT DEPARTMENT

<b>USDA CHOICE ROUND BONE OR ENGLISH CUT ROAST</b> <b>\$1.49</b> LB. <b>BLADE CHUCK ROAST</b> <b>\$1.39</b> LB.	<b>FRESH GRADE A PORK STEAKS</b> <b>\$1.29</b> LB.
<b>GRADE A FRESH WHOLE BONE-IN CHICKEN BREAST</b> <b>\$1.19</b> LB. SOLD AS WHOLE ONLY	<b>LEFKOWSKY'S ROAST BEEF</b> 3.29 LB. BACED TO ORDER
<b>USDA CHOICE FLANK STEAKS</b> <b>\$3.99</b> LB.	<b>FRESH FROZEN ORANGE ROUGHLY</b> <b>\$3.99</b> LB.
<b>KOWALSKI'S STADIUM KIELBASA</b> <b>\$2.99</b> LB.	<b>FRESH FROZEN JUMBO SHRIMP</b> 15-20 PER LB. <b>\$7.99</b> LB.
<b>USDA CHOICE TOP SIRLOIN STEAK</b> <b>\$2.49</b> LB.	<b>USDA CHOICE CUBE STEAKS</b> <b>\$2.69</b> LB.
<b>HOMEMADE BREAKFAST SAUSAGE IN LINKS</b> <b>\$1.49</b> LB.	<b>USDA CHOICE WHOLE TOP BUTTS BONELESS SIRLOIN CUT &amp; WRAPPED FREE</b> <b>\$2.99</b> LB.
<b>USDA CHOICE GROUND CHUCK</b> 5 LBS. OR MORE <b>\$1.49</b> LB. LESSER QUANTITIES <b>\$1.89</b> LB.	<b>THORNAPPLE VALLEY BACON</b> 12 OZ. PKG. <b>99¢</b>
<b>OUR OWN MARINATED BUTTER &amp; DILL CHICKEN BREAST</b> <b>\$3.99</b> LB.	<b>OUR OWN MARINATED BBQ CORNISH HENS</b> <b>\$1.99</b> LB.

#### PRODUCE

<b>SNOW WHITE MUSHROOMS</b> 8 OZ. TUB <b>89¢</b>	<b>CHICUITA BANANAS</b> 29¢ LB.
<b>FRESH CRISP GREEN PEPPER</b> <b>25¢</b> EA.	<b>VINE RIPENED TOMATOES</b> <b>39¢</b> LB.
<b>MELODY FARMS PRESTIGE ICE CREAM ½ GAL BUY ONE GET ONE FREE</b>	<b>BIRDSEYE COOL WHIP</b> 12 OZ. TUB <b>99¢</b>
<b>MELODY FARMS HOMO MILK</b> GAL. <b>\$1.99</b>	<b>MELODY FARMS SOUR CREAM OR CHIP DIP</b> 8 OZ. <b>2/\$1.00</b> MIX OR MATCH
<b>MELODY FARMS ORANGE JUICE</b> 64 OZ. CTN. <b>\$1.89</b>	<b>GRADE A FRESH EXTRA LARGE EGGS</b> 79¢ DOZ.
<b>HOMEMADE APPLE STICKS</b> <b>2/\$1.00</b>	<b>OUR OWN CHOCOLATE MACADAMIA OR CHOCOLATE CHUNK COOKIES</b> MIX OR MATCH <b>2 FOR \$1.00</b>
<b>CORONA CROSS THE BORDER</b> 12 PK. 12 OZ. BTLs. <b>\$8.99</b> + TAX + DEP.	<b>MOLSON'S CANADIAN</b> 11.5 OZ. BTLs. <b>\$9.99</b> + TAX + DEP.
<b>WINE</b> NAPA RIDGE WHITE ZINFANDEL 750 ML. WHITE CHARDONNAY 750 ML. <b>\$5.99</b> 2/\$11.00	<b>SEANINGER WHITE ZINFANDEL 750 ML.</b> <b>\$5.99</b> 2/\$11.00
<b>JUG WINE SALE</b> ALMADEN CARLO INGLENOOK 3 LITER BOTTLE BOTTLE \$1.99 4 LITER \$2.99	<b>SEE OUR FINE SELECTION OF AWARD WINNING WINES</b> 20% OFF ON THE CASE
<b>COKE 12 PK. 12 OZ. CANS</b> COKE, COKE CLASSIC, DIET COKE CAFFEINE FREE <b>\$2.99</b> DEP.	<b>COKE - 2 LITERS</b> COKE, COKE CLASSIC, DIET COKE CAFFEINE FREE <b>99¢</b> + DEP.