

# On the Front in Soil Tests

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University of Delaware archaeologist Keith Doms shows soil scientists Catherine Olsen and Karen Gartley artifacts collected at Delaware excavation sites.



## HAPPENINGS

On January 4 the P.A.W.S. 4-H Dog Obedience Club held a business meeting. The club discussed new and old business. New business was addressed by Andrea Proscis of Lebanon, President. Plans were made for going to the Veterans Hospital on January 19 as a club with the dogs to demonstrate drill team and square dancing.

The group also talked about the upcoming 4-H dance that the club will hold on February 4 for all 4-H'ers. The admission will be \$3. It is from 7:30 - 11 at the Extension Center.

The Beagle Brigade also gave a demonstration on how their dogs are trained to sniff out food that is brought into our airports illegally.

The next meeting will be held on February 2 at 7 p.m. Peter Staples, reporter.

All Cooperative Extension programs are offered without regard to race, sex, age, handicap or disability, color or national origin.

## Happy Heart

(Continued from Page B28)

### HEART HEALTHY CHICKEN

- 2 boneless breasts of chicken, skinned
- 1/2 cup chopped celery, with greens
- 1/4 cup basil vinegar
- 1/4 cup honey

Cook chicken 5 to 10 minutes on each side in 350 degree oven, remove juices. Pour vinegar and honey over chicken. Add celery on top. May add parsley and pepper to taste. Bake for 30 minutes. May need to add additional liquid. Serve over rice.

Sue Pardo  
Jarrettsville, MD

### HONEY OAT BRAN BREAD

- 2 1/2 - 3 cups all-purpose flour
- 1 cup oat bran hot cereal, uncooked
- 1 package quick rise yeast
- 1 1/4 cups water
- 1/2 teaspoon salt
- 2 tablespoons honey
- 2 tablespoons margarine

In large mixing bowl, combine 1 cup flour, oat bran, yeast, and salt. Heat water, honey and margarine until very warm. Add to dry ingredients; beat at low speed of electric mixer until moistened. Increase speed to medium. Continue beating 3 minutes. Stir in enough remaining flour to form a stiff dough. Lightly spray bowl with cooking spray. Turn dough onto lightly floured surface. Knead 8 to 10 minutes or until smooth and elastic. Place into prepared bowl, turning once to coat surface of dough. Cover and let rise in warm place 30 minutes or until double.

Lightly spray 8x4-inch loaf pan with cooking spray. Punch down dough. Roll into 15x7-inch rectangle. Starting at narrow end, roll up dough tightly. Pinch ends and seam to seal. Place seam side down in prepared pan. Cover, let rise in warm place 30 minutes or until doubled in size. Heat oven to 375 degrees. Bake 35 to 40 minutes or until golden. Remove from pan and cool on wire rack.

Calories 120, fat 2g, chol 0 mg.

Nancy Kramer  
Newmanstown

### TURKEY CHILI

- 1/2 pound ground turkey
- 1 cup chopped celery
- 16-ounce can reduced sodium cutup tomatoes
- 15-ounce can red kidney beans, drained
- 8-ounce can reduced sodium tomato sauce
- 6-ounce can vegetable juice cocktail
- 2 tablespoons minced onion
- 1 teaspoon basil
- 1/2 teaspoon instant beef bouillon low-sodium
- 1/4 teaspoon garlic powder

Spray skillet with nonstick cooking spray. Add turkey and celery. Cook until turkey is no longer pink, stirring to break up pieces. Stir in undrained tomatoes, remaining ingredients and 1/2 cup water. Bring to boiling, reduce heat, simmer, uncovered, for 20 minutes, stirring occasionally. Serves 4.

260 calories, 7 g total fat, 2 g sat. fat, 32 mg chol.

Nancy Kramer  
Newmanstown

### CRISPY FISH FILLETS

- 1 small potato
- 1 carrot
- nonstick vegetable spray
- 4 4-ounce pieces of cod or orange roughy
- 1/2 teaspoon lemon pepper

Peel and coarsely shred potato and carrot. Place in cool water. Drain well. Press with paper towel to remove excess moisture.

Spray a large nonstick skillet with nonstick vegetable spray. Place over medium heat. Spoon carrot-potato mixture into skillet in four portions, spreading with back of spoon to form ovals. Sprinkle with lemon pepper. Cook, covered, over medium heat for 6 minutes or until golden on bottom.

Place fish fillets on vegetables; cook uncovered 2 minutes. Carefully turn fish and vegetable stack. Cook, uncovered, for 6 to 7 minutes or until fish flakes with a fork.

Cal. 112, 1 g total fat (0 g sat. fat) 43 mg chol.

Nancy Kramer  
Newmanstown

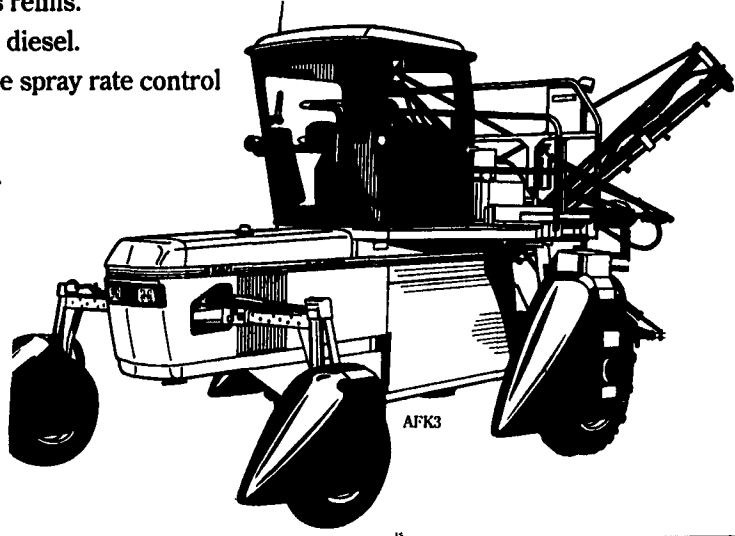
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