

WHAT'S COOK'N

Corn Bread Casserole

- 1 can of whole kernel corn, drained.
- 1 can of cream style corn
- 1 pkg. Jiffy corn bread mix
- 1 egg
- 2 T. margarine, melted
- 1/4 tsp. garlic powder
- 1/4 tsp. paprika

Combine all the ingredients in a mixing bowl and transfer to a greased 11 x 7 casserole dish. Bake, uncovered at 400 degrees for 35 to 40 min.



Lemon Dijon Chicken Breasts

- 1/2 c. dry bread crumbs
- 2 tsp. grated lemon rind
- 3 T. lemon juice
- 2 T. Dijon mustard (country style)
- 1 T. Lime Juice
- 6 4oz. skinned, boned chicken breast, halved, halved vegetable cooking spray lemon slices (optional)

Combine bread crumbs and lemon rind, stirring well. Combine lemon juice, mustard, and lime juice, brush mixture over both sides of chicken. Dredge chicken in bread crumb mixture. Place chicken in a 9 X 13 baking dish coated with cooking spray: sprinkle with any remaining bread crumb mixture. Bake uncovered at 375 degrees for 15 minutes. Turn chicken and bake an additional 15 minutes or until done. Garnish with lemon slices, if desired.



Fun things to do with the kids this summer

1. Think outside the cardboard box. Your child will love making a fort, car or spaceship in your living room or backyard.

2. Make musical instruments and have your kids put on a summer evening concert. An empty water bottle and some dried beans makes a great shaker; a plastic container and spoons become a drum; and pot covers can be cymbals.

3. Help your child make a card -- from scratch -- for someone she loves. Use materials from around your home and garden. Pieces of grass, leaves and flower petals can punch up the design.

4. Together with your kids, go through old magazines, wrapping paper and gift bags. Cut out different pictures and make a collage on an old clay pot for the garden. If you have more pots, make a few your kids can sell at yard sales.

5. Organize a weekly neighbourhood talent night, where kids and their parents can show off their singing, dancing and drama talents. You can have theme nights and include story and poetry readings.

6. Make and decorate papier-mache face masks with your kids. They can reflect your child's personality or be completely whimsical.

7. Set your kids up with a bucket of water and paintbrushes and let them

"paint" the fence, an outside wall of your house or the garden furniture.

Green pursuits

8. Build and decorate a birdhouse together, and learn about the birds that will use it in your backyard.

9. Set your tot outside with some large pieces of white paper and crayons and have her draw all the nature she sees, such as birds, butterflies, gardens and trees.

10. Encourage your child to create his own illustrated nature journal, keeping track of all the things he hears, sees, touches and smells outside over the summer months.

11. With an insect book in hand, discover the creatures living in your garden, and learn about their benefits together.

12. Plant veggies (cucumbers, peas, tomatoes) or herbs in your garden or a large pot. Your kids can help tend to them, water them, watch them grow and then eat them when they're ripe.

13. Go for a walk and collect leaves and flowers as you go. Back at home, use a field guide to help you find out what the plants are called.

14. Take a trip to your local farmer's market and teach your children about local fruit and vegetables. Don't forget to try new fare.

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