



## **FOOD/RECIPES**

Zesting is a cheap, efficient way to get flavor. Once shreds of citrus rinds are dry (on a towel over the microwave or frig) and put into a container, with cap, they can be used all winter.

And that's only one advantage. The rinds can now be roughly cut and put in with the compost.

### **Baked Kale**

1. Preheat oven to 350 degrees.
2. Remove the thick stems and tear into bite size pieces.
3. Drizzle kale with olive oil and sprinkle with seasoned salt, or seasoning of your choice -- Salsa, Ranch, Cajun or Caribbean are favorites.
4. Bake until dry and crisp, but are not black -- about 10 to 15 minutes.

### **Chocolate Dream Pie**

What's your take on this controversy? Chocolate Dream Pie, apparently, can be done several ways -- here's one:Ingredients

- (2) 4-oz. bars of Baker's sweet chocolate
- 1/2 cup milk
- (1) 8-oz. bar of cream cheese
- 2 Tbsp. granulated sugar
- (2) 8-oz. containers of whipped topping
- 9" chocolate-wafer pie crust
- Crushed peppermint candy

What do you think? If you've had any experience(s) with this or other food/recipe matters, let us know by submitting yours -- see the home page at [www.Iredellwatch.org](http://www.Iredellwatch.org).