The Weekly Handout

Issue 38, 2011

Dr. Charles M. Laycock

Hot Spiced Cranberry Cider



Ingredients

2 quarts apple cider 6 cups cranberry juice 1/4 cup packed brn. sugar 4 cinnamon sticks 1 1/2 tsp whole cloves 1 lemon, thinly sliced

Directions

In a large pot, combine apple cider, cranberry juice, brown sugar, cinnamon sticks, cloves and lemon slices. Bring to a boil, reduce heat, and simmer for 15 to 20 minutes. With a slotted spoon, remove cinnamon, cloves, and lemon slices. Serve hot.

Office Hours:

Mon: 8:30am-12pm & 2:30pm-6:30pm Tues: 8:30am-12pm & 2:30pm-5pm Wed: 8:30am-12pm & 2:30pm-6:30pm Fri: 8:30am-12pm & 2:30pm-6:30pm

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Green Bean Bundles



1 pound fresh green beans, trimmed

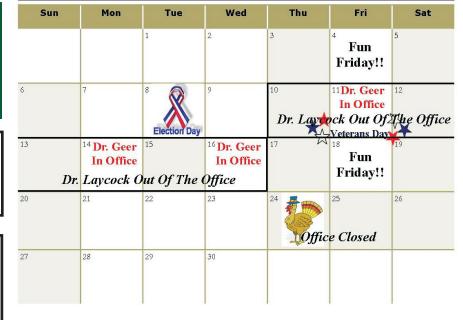
- 8 bacon strips, partially cooked
- 1 tablespoon finely chopped onion
- 3 tablespoons butter or bacon drippings
- 1 tablespoon white wine vinegar
- 1 tablespoon sugar
- 1/4 teaspoon salt

Directions

Ingredients

Cook the beans until crisp-tender. Wrap about 15 beans in each bacon strip; secure with a toothpick. Place on a foil-covered baking sheet. Bake at 400 degrees F for 10-15 minutes or until bacon is done. In a skillet, saute onion in butter until tender. Add vinegar, sugar and salt; heat through. Remove bundles to a serving bowl or platter; pour sauce over and serve immediately.

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