# 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

> Miss an issue of The Weekly Handout?? Catch up on all the past issues on our web site!!

### Green Bean Bundles



1 pound fresh green beans, trimmed

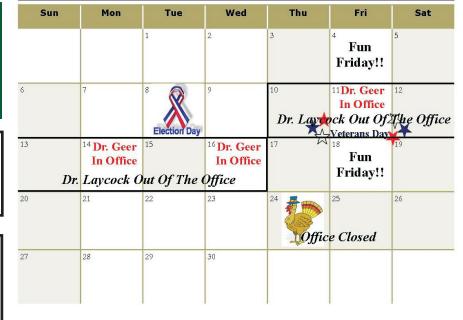
- 8 bacon strips, partially cooked
- 1 tablespoon finely chopped onion
- 3 tablespoons butter or bacon drippings
- 1 tablespoon white wine vinegar
- 1 tablespoon sugar
- 1/4 teaspoon salt

### **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.

# November 2011





614 S. 225th Street Des Moines, WA 98198 (206) 878-BACK (2225) www.todayschiropractic.net

~Serving Our Community Since 1990~