FOOD FOR THOUGHT



RESOLUTION FOR THE

COLD CHICKEN TONNATO

Perdue boneless chicken breasts (about 2 pounds)

1/2 cup flour, seasoned with salt and pepper

- 1/2 cup (I stick) butter or margarine cans (13-ounces) tuna, drained
- cup olive oil
- nchovies
- tablespoons white vinegar
- tablespoons light cream
- cloves garlic, peeled
- tablespoons capers

ip cutlets in flour to coat lightly; shake Joff excess. In large, heavy skillet, melt butter; add cutlets and saute about 5 minutes; turn once. Drain cutlets on absorbent paper. Transfer to serving platter; chill.

In blender, combine tuna, oil, anchovies, vinegar, cream, and garlic. Blend at high speed 2 minutes. Pour over cold cutlets, sprinkle with capers and serve.

Makes 6 to 8 servings.

TOMATO ARTICHOKE SALAD

- 2 packages (9 ounces) frozen artichoke
- large plum or small tomatoes

Cook artichoke hearts as directed on package. Drain and chill. Arrange sliced tomatoes and artichokes on platter.

1/4 cup red wine vinegar

- 34 cup olive oil
- tablespoon prepared mustard
- teaspoon sugar
- teaspoon salt
- 1/4 teaspoon pepper

clove garlic, mashed

Combine ingredients in a jar with a tight-Litting lid. Shake until well blended. Pour dressing over salad. Chill until ready to serve. Makes 8 servings.

WINE-POACHED PEARS WITH CHOCOLATE-ALMOND SAUCE

- large firm pears with stems
- bottle (4/5 quart) sauterne
- 1/2 cups sugar
- 16 whole cloves
- cinnamon sticks

Deel pears but leave them whole and do not core. Place pears in large saucepan and add sauterne, sugar, cloves, cinnamon

sticks, and enough water to cover pears. Bring to a boil; lower heat and simmer until pears are tender but still hold their shape. about 15 to 20 minutes. Cool pears in syrup. Drain pears and place on serving plates. To serve, spoon sauce over pears.

Chocolate-Almond Sauce

pound milk chocolate almond bars

1/2 cup boiling coffee

In a saucepan set over warm water, place chocolate bars which have been broken into pieces. Stir until melted. Gradually stir in boiling coffee until sauce is desired thickness. Remove from water and cool. If sauce thickens too much on standing, thin with more hot coffee.

Serves 8.

CONSUMERS

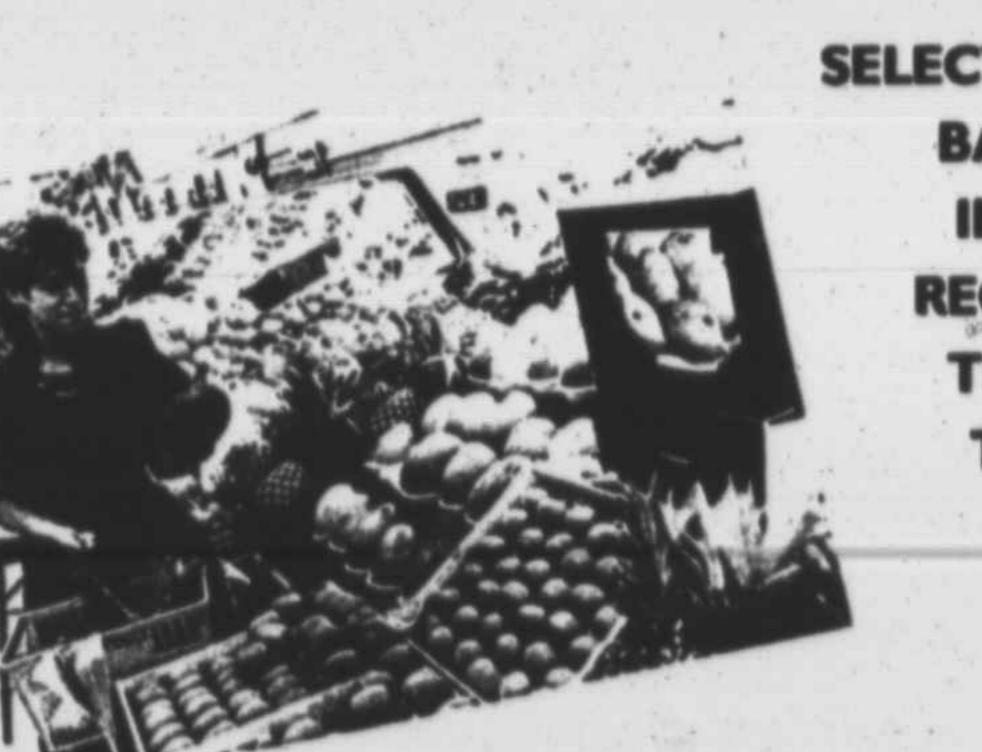
RESH FRUIT VIDEO SPOTS... COMING SOON TO A GROCER NEAR YOU

onsumers are flocking to the produce departments of grocery stores in increasing numbers, motivated by a number of reasons. One is the focus on the positive role of fresh fruits and vegetables in the diet. Another is the proliferation of specialty produce. Better educated consumers want to know more about the role of "fresh" and the new unfamiliar items that are tempting them from the produce counters.

In response to this, the United Fresh Fruit and Vegetable Associated has captured the interest of both produce retailers and their shoppers via the video revolution.

United has developed and produced a series of 90-second video tapes called Fresh Tip Tapes which are shown on television screens in produce departments nationwide. Supermarket shoppers are provided with 90 seconds of lively, concise nutrition, selection and storage information plus recipe ideas for a particular fresh fruit or vegetable. The tapes provide consumers with new ideas for some of the more common commodities, such as potatoes and broccoli, and acquaint shoppers to the growing array of produce specialties that may be unfamiliar, such as jicama, tomatillos and cherimoyas.

he videotape series used by supermarkets at point-of-purchase include 43 commodities, and, according to the United, an additional 12 will be completed by March.



A SHOPPER **SELECTS A PAPAYA BASED ON THE** INFORMATION RECEIVED FROM THE FRESH TIP TAPES IN THE PRODUCE DISPLAY

Fresh fruits and vegetables have come a long way since the colonists enjoyed the wild blueberries, grapes and cranberries of North America. Other changes in the fresh produce industry include the substantial increase in varieties. Just ten years ago, a supermarket carried about 65 fresh fruits and vegetables. Today, the average is usually 200.

Eyes on the Prize...continued from Page 2

Voting Rights Act was signed by President Johnson. The leadership of the civil rights movement began to move in different directions, as organizations like the Student Non-Violent Coordinating Committee (SNCC) grew impatient with church-led groups like the Southern Christian Leadership Conference. Center stage of the struggle moved from south to north, as the first wave or urban riots

What happened to the civil rights movement after that? When and how did the black militant movement arise? Are blacks better off as a result of the movement? What lessons can South Africa learn from America's desegregation experience? Hopefully, some of those questions will be answered one day in a follow-up series.

"Eyes on the Prize" was produced by Blackside Productions, a black-owned film company based in Boston, Massachusetts. Henry Hampton, president of the company produced the series on a budget of \$3 million with an interracial production team. Julian Bond narrated the entire film. Hampton is already beginning to raise funds for a sequel and consulting with various journalists, scholars and former activists to determine where the story of the black struggle for equality should go from here.

Big Win...continued from Page 4

of his players. Thus, he started anew when he came to Howard in 1983. Jeffries constantly reminds his players that they are students first and athletes second. Twenty-seven of the 30 (90 per cent) freshmen football players he recruited in 1983 are still on Howard's team and in good academic standing. Nine are on the Dean's list. Several of the Howard players are majoring in Engineering, Architecture, and other highly competitive areas.

oward places education and the students' futures ahead of athletics and bowl game appearances. All students must earn at least a 2.0 average in order to participate in extracurricular activities, including athletics. All football team members who need tutors are required to attend sessions four days a week from 6:00 am to 8:00 am during the entire year.

Like Georgetown on its level, Howard has tough requirements for both its students and its student-athletes. In spite of the requirements — or perhaps because of them — Jeffries has been able to recruit excellent players and turn around Howard's athletic fortunes. Howard recruited six regulars from Florida State runner-up Southridge High School in Miami. Three of them had over fifty offers to large football universities. All said they chose Howard because of its academic reputation. They have not regretted their decision. All were instrumental in helping their school enjoy a successful season, and each has a G.P.A. of 2.2 or better (C+ or better).

Jeffries' advice to all coaches is that they seek to recruit athletes who are academically motivated and who they feel can succeed at their school in the classroom as well as on the field of competition. John Thompson has been saying the same thing for 15 years.

Can coaches win and not cheat? Can they win and educate their players? If coaches wonder about these questions, a trip to our nation's capital can provide some of the answers.