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Put Some South In Your Mouth

07/28/2010  
Issue # 045



Join us for Breakfast, Lunch or Dinner at LuVici's on The Square. Located Inside Historic U.G. White Hardware!

Hours:

Mon. - Wed. 7:00 A.M. to 2:00 P.M.

Thur. - Sat. 7:00 A.M. to 8:30 P.M.

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LINKS:

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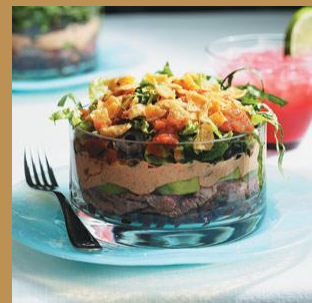
Featured Dinner Entree  
July 29th, 30th & 31st

## Muscadine Glazed Pork Tenderloin



Pork Medallions Muscadine Glazed  
served w/Garlic Mashed Potatoes &

## RECIPE BY PAULA



### Taco Salad

Fresh ingredients and sizzling steak offer a terrific new twist on an old favorite.

## Bacon-Wrapped Green Bean Bundles

Makes: 4 salads

Total time: 45 minutes

### Chef's Corner with Paula

Unbearably hot temps call for something that doesn't require an oven. Try this layered taco salad for your family!

#### **TIP OF THE WEEK:**

Flank steak is a flavorful cut of beef. For even more flavor, try grilling the steak. For rare, 5 minutes per side over medium-high heat. Add grilling time per side, for desired doneness.

Be sure to slice against the grain at an angle to achieve best texture.



### Patty's Pantry:



This a delicious Southern Living recipe. Squash is bountiful this time of year and so many ways to pre- pare it. This is one of my favorites.

### **Squash Casserole:**

- 3 pounds yellow squash, cut into 1/4-inch-thick slices ( about 6-8 cups)
- 1 small onion, chopped
- 1 1/2 tablespoons salt
- 16 saltine crackers, divided
- 1 1/2 cups (6 oz.) shredded sharp Cheddar cheese, divided
- 1/2 cup mayonnaise
- 1 large egg, lightly beaten
- 2 tablespoons butter, melted
- 1/4 teaspoon pepper
- 1/8 teaspoon salt

#### **FOR THE DRESSING-**

1 cup sour cream  
1 Tbsp. chili powder  
1 1/2 tsp. ground cumin  
1/2 tsp. paprika  
1/4 tsp. garlic powder  
1/4 tsp. dried oregano  
Salt and black pepper  
to taste

#### **FOR THE**

#### **VINAIGRETTE-**

3/4 cup purchased salsa  
2 Tbsp. vegetable oil

#### **FOR THE SALAD-**

1 lb. flank steak  
seasoned with salt and  
black pepper  
1 Tbsp. vegetable oil  
1 can black beans,  
drained and rinsed (15  
oz.)  
2 avocados, pitted,  
peeled, and sliced  
1 cup sliced black  
olives  
2 cups shredded  
romaine lettuce  
1 cup crushed corn  
chips

Combine sour cream,  
chili powder, cumin,  
paprika, garlic powder,  
and oregano in a bowl;  
season with salt and  
pepper; set aside.  
Purée salsa in a food  
processor while slowly  
drizzling in 2 Tbsp. oil.  
Blend vinaigrette until  
ingredients are

## Preparation

1. Cook first 3 ingredients in boiling water to cover in a Dutch oven 25 minutes or until squash is very tender. Drain well, and mash mixture with a fork.
2. Crush 10 crackers, and stir into squash mixture; stir in 1/2 cup cheese and next 5 ingredients. Spoon mixture into a lightly greased 11-x-7-inch baking dish.
3. Crush remaining 6 crackers, and sprinkle over casserole; sprinkle remaining 1 cup cheese evenly over casserole.
4. Bake, uncovered, at 350° for 30 minutes or until cheese melts and casserole is bubbly.

Note: To make ahead, prepare recipe as directed; do not top with crackers or cheese. Cover and chill overnight. Remove from refrigerator; let stand 30 minutes. Uncover and top with crackers and cheese; bake as directed.

**TIP OF THE WEEK:** Squash belongs to the plant family that includes melons and cucumbers. The skin and rind of summer squash are rich in the nutrient beta-carotene, but the fleshy portion of this vegetable is not. To gain the full nutritional benefits of this vegetable, the skins or rinds must be eaten.

### Jerry's Two Cents Worth:

Plenty of time to drop by LuVici's for dinner before either of these events.

#### **Alabama Championship Tractor & Truck Pull (Tanner)**

July 30-31

One of the largest tractor and truck shows in the south, with a purse of \$39,000+, will be the *34<sup>th</sup> Annual Alabama Championship Tractor and Truck Pull* at Tanner High School July 30<sup>th</sup> & 31<sup>st</sup> at 7:00 PM. There will be fifteen categories of competition from Super Stock Tractors to 2-wheel Drive Dual Wheel Farm Tractors. If you like the big tractors and trucks, this is the show for you. For more information call 256-431-1292.

**July 31 - A fundraiser for heart transplant recipient Bracy Hamilton will be at the Limestone County Sheriff's Rodeo Arena. Contact Emily Tudor at 256-652-4725 if you would like to donate or help. more info at [www.athensplus.com/athensevents.htm](http://www.athensplus.com/athensevents.htm)**

Sincerely,

Jerry Sandlin  
LuVici's

thoroughly combined. Sear steak in 1 Tbsp. oil in a large sauté pan over high heat. Cook steak 5 minutes per side for rare, or to desired doneness. Let meat rest, then thinly slice against the grain at an angle.

Layer salad ingredients in 4 salad bowls starting with beans, then steak, avocado, sour cream mixture, olives, and lettuce. Top each salad with salsa vinaigrette and corn chips.

