


Americanisms



“Skilled labor isn’t cheap;
cheap labor isn’t skilled.”

— *Sailor Jack*

© 2022 King Features Syndicate, Inc.




All parts of the dandelion are edible and healthy. Its roots contain inulin and levulin (which balance blood sugar) and taraxacin (which helps digestion) and can be eaten raw or cooked. Its leaves are rich in potassium, antioxidants, and vitamins A and C, and can be eaten raw, steamed, boiled, sautéed or braised. The flowers can be added to salads, made into jellies or used to make wine.

Dandelion

Sources: www.motherearthnews.com - Brenda Weaver
en.wikipedia.org

© 2022 by King Features Syndicate, Inc. World rights reserved.



OYSTER
Happy Hour
Every Sat. & Sun.
11:30am til 7pm
(While supplies last)



Voted Best
Seafood
Restaurant

**Fresh
Local
Seafood!**

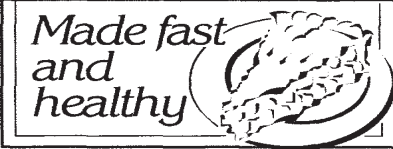


**Best Daytona Beach
Area Restaurants**
as seen on urbanspoon.com

(386) 402-9300
747 EAST 3RD AVENUE, NEW SMYRNA, BEACHSIDE
(South Causeway - Publix Shopping Center)

OFFTHEHOOKRAWBAR.COM

Comfort foods



by Healthy Exchanges

No-Bake Creamy Strawberry Pie

This is almost like whiling away the hours in a strawberry patch and indulging to your heart’s content.

- 1 (4-serving) package sugar-free vanilla cook-and-serve pudding mix
- 1 (4-serving) package sugar-free strawberry gelatin
- 1 cup water
- 1 cup reduced-calorie whipped topping
- 2 cups finely chopped fresh strawberries
- 1 (6-ounce) purchased graham cracker pie crust

1. In a medium saucepan, combine dry pudding mix, dry gelatin and water. Cook over medium heat until mixture thickens and starts to boil, stirring constantly. Remove from heat. Place saucepan on a wire rack and allow to cool for 30 minutes, stirring occasionally.

2. Fold in whipped topping. Add strawberries. Mix gently just to combine. Evenly spoon mixture into pie crust. Refrigerate at least 2 hours. Makes 8 servings.

* Each serving equals: 141 calories, 5 g fat, 2 g protein, 22 g carbohydrate., 200 mg sodium, 2 g fiber; Diabetic Exchanges: 1 1/2 Starch/Carbohydrate, 1

© 2022 King Features Synd., Inc.