

November 2020 Race Schedule

Monster Energy Cup Series



Day/Date/Time	Race Facility	TV
Sun., Nov. 1, 2:00	Martinsville	NBC
Sun., Nov. 8, 3:00	Phoenix	NBC

This ends the Monster Energy Cup Series for 2020

Radio - WNDB 1150AM - in our area

Comfort foods

Made fast and healthy



by Healthy Exchanges

Chicken Spaghetti

A chicken in every pot! I'm not running for elected office – but if I was, this is the dish I'd be sharing on the campaign trail. It would ensure a landslide victory for me!

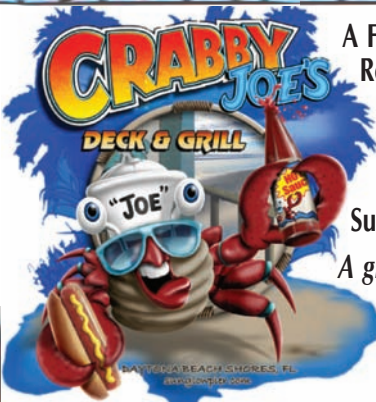
- 1/4 cup finely chopped onion
- 1 full cup diced cooked chicken breast
- 1/2 cup (one 2.5-ounce jar) sliced mushrooms, drained
- 1/4 cup sliced ripe olives
- 1 3/4 cups (one 15-ounce can) Italian stewed tomatoes, undrained
- 1 (10 3/4-ounce) can reduced-fat cream of chicken soup
- 2 cups hot cooked spaghetti, rinsed and drained
- 1/4 cup grated reduced-fat Parmesan cheese

1. In a large skillet sprayed with olive oil-flavored cooking spray, saute onion for 5 minutes or just until tender. Add chicken, mushrooms, olives, stewed tomatoes and chicken soup. Mix well to combine. Stir in spaghetti.

2. Lower heat and simmer for 10 minutes, stirring occasionally. When serving, top each dish with 1 tablespoon Parmesan cheese. Makes 4 (1 1/2 cups each) servings.

* Each serving equals: 264 calories, 4g fat, 20g protein, 37g carb., 816mg sodium, 4g fiber; Diabetic Exchanges: 2 Meat, 1 1/2 Starch, 1 Vegetable.

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A Full Service Restaurant & Bar
On the 1,000 ft. Sunglow Pier
A great tasting view

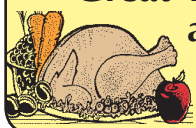
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Daytona Beach Shores
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HAPPY HOUR DAILY 4-6PM
OPEN 7 Days a Week • 7AM - 10PM

BREAKFAST, LUNCH & DINNER

**We will be serving...
A Thanksgiving Dinner**
Thursday, Nov. 26th, 1-8pm
Great Turkey or Ham & all the Trimmings
Everyone Welcome!!



FALL/WINTER DINNER SPECIAL!!
Friday Nights 4pm to Close
Our Famous ALL-YOU-CAN-EAT Fried Fish Dinner
only \$12⁹⁹

Includes: French Fries, Cole Slaw & Hush Puppies

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