



We had a wonderful turnout for our anniversary celebration and in spite of the somewhat wet weather everyone enjoyed themselves. Several former staff and clients joined with many current members and several of our advisory committee members. There was a lot of warm hugs and greetings between many old friends who had not seen each other in a while. Speeches were made by Lori Iannidinardo our coordinator, Kay Wyckham Founder and original coordinator and Sharon Jackson, representing the City of Duncan.

We would like to thank Island Savings for coming and doing face painting with the children. Thanks to St. John's Church for the use of their tables, table cloths and chairs. A big thanks to the family members of our staff who helped set up the tents, tables and chairs, and take them back down again, and to the kitchen members who prepared goodies and helped with the fruit and vegetable trays. Everyone left with smiles on their faces.

Summer has officially arrived, and with it somewhat warmer weather. Since last month's newsletter didn't include a recipe I am including two summer related recipes this month. The first is a new one that the Chili Peppers tried this past month, Bean and Cabbage Salad, and an old C.C.K. recipe Corn Meal Chicken with Peach Salsa.

BEAN & CABBAGE SALAD

Makes 4 Cups

1 19 oz. Can Kidney Beans	1 Cup Feta Cheese
2 Cups Diced Cabbage	
1 Pepper, Diced	Dressing:
2 or 3 Green Onions, chopped	2 Tbsp. Lemon Juice
1 or 2 Garlic Cloves	1 Tbsp. Oil

1. Drain kidney beans. Gently mix all main ingredients together.
2. Mix lemon juice and oil together using whisk.

3. Pour over salad and gently toss to cover all. Refrigerate for several hours or overnight. Tastes best when it stands for 24 hours.

CORNMEAL CHICKEN WITH FRESH PEACH SALSA

Serves 4

½ Cup Yellow Cornmeal	*Peach Salsa:
½ Tsp Salt	3 Cups Chopped Peeled Peaches
¼ Tsp Pepper	¼ Cup Cilantro
4 Boneless, Skinless Chicken Breast Halves, 1 ¼ lbs.	1 Large Tomato, Chopped
2 Tbsp Vegetable Oil	3 Tbsp Vegetable Oil
	2 Tbsp White Vinegar
	¼ Tsp Salt

1. Mix cornmeal, salt, and pepper. Coat chicken with cornmeal mixture.
2. Heat oil in 10-inch skillet over medium-high heat.
3. Cook chicken in oil 15 to 20 minutes, turning once, until juice is no longer pink when centers of thickest pieces are cut.
4. Serve with peach salsa.
5. Peach Salsa: Mix all ingredients for salsa and serve with cornmeal chicken.
 - This recipe makes approx. 4 Cups of salsa, which is one cup per chicken breast. Some people may prefer only ½ cup per serving which will save money on ingredients.