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A LA CARTE / Ann Harwood

On hot nights, serve cold make-ahead soups

As each ingredient is chopped, add to large container, let sit for 1 hour before serving.

Fruit and almond soup

When the heat and humidity strike, cold food becomes more and more appealing. Not only cold food, but also light and easy-to-eat meals, seem to quench hunger.

Cold soups are at the top of my list of refreshing foods. They have grown in popularity in this country since I was a girl. In the 60's and 70's, chilled soups were very popular. Then the 80's arrived and I remember my Aunt Kay having a Caribbean cruise and enjoying a chilled conch soup, which is a classic open cream soup, in a large glass serving bowl. I remember it so clearly because it was a new type of food that I had not experienced before. Now, let's talk about cold soups and how to prepare them. Cold soups are made by blending ingredients, vegetables, or fruits and then chilling them. The flavors of the ingredients blend together beautifully.

The recipe for the Fruit and Almond Soup came about when I had to find a way to use up some fresh fruit. I decided to make a soup that would be light and refreshing, and it would work well for a summer brunch.

DEBBIE LOWFAT GAZPACHO

Gazpacho (Adapted from Pierre Franey’s “Lowfat Gourmet”)

This Gazpacho is a healthy and refreshing way to enjoy the flavors of Summer. It is a great feature to have during the Summer months.

One of my favorite soups is Gazpacho. I have a recipe for Gazpacho that I have kept in my recipe box for years. It is a recipe that I have modified over the years to make it more lowfat.

The flavors of each ingredient blend together beautifully. When it's not put through a blender and left to settle, the flavors become more pronounced. And it's a great way to use up fresh fruits and vegetables. I like to use a variety of fruits and vegetables in my Gazpacho. This recipe uses a combination of fruits and vegetables to create a unique and flavorful dish.

As I continue to try editing out the fat in my recipes, I often come up with new ideas for making healthier versions of classic dishes. I have always been interested in healthy eating, and I think the soup takes more flavor when it’s not put through a blender to make.

This Gazpacho is a great feature to have during the Summer months. It is a healthy and refreshing way to enjoy the flavors of Summer. It is a great feature to have during the Summer months.

As I continue to try editing out the fat in my recipes, I often come up with new ideas for making healthier versions of classic dishes. I have always been interested in healthy eating, and I think the soup takes more flavor when it’s not put through a blender to make.

When I want to make a soup that is low in fat, I use a combination of fresh fruits and vegetables. I like to use a variety of fruits and vegetables in my Gazpacho. This recipe uses a combination of fruits and vegetables to create a unique and flavorful dish.

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Bill would let land be used for estate taxes

By David M. Moore

Inflation and tax laws have created fantastic opportunities to avoid the possibility to keep the family together in perpetuity. The estate tax can take a heavy toll without careful planning for preserving family land.

A bill before Congress would give rise to a new era in which the family estate can be preserved, and it is the first step toward preserving land for future generations.

It allows estate tax payers to be able to develop their land to be used as far as they want. The federal government is interested in the area.

The bill, authored by Senator John Hoeven, North Dakota, and introduced in the Senate, is a step toward preserving land for future generations.

Passed years and years of land have been saved for various purposes. The first piece that Stirling and Gladys North sold was a tidy $420,000, and the second piece that a stroke may occur.

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The report examines state school aid

Services has compiled "State Aid for the Public School Education Act of 1990" annual appropriations act footnotes that form Act of 1992. ("PSRA," a report that examines the history of the state Supreme Court's mandate to fund state aid for schools under Chapter 212, 1976-77 to 1993-94), including subsequent amendments, that resulted in very limited changes. The report's objectives are to:

- Describe the formulas that have been used over the past two decades for distributing state aid to New Jersey's local school districts.
- Show the implementation of various formulas.
- Show the trends of expenditures for state aid over this period and, where possible, provide some explanation for these trends.
- Place state aid and schools in a broader context.

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Somerset County receives funding for veterans transportation

County Transportation Director Michael Pappas, county and veteran's affairs, said that state funding has been used, our policy is to treat the veteran passenger as if they were our residents.

Projects receiving the smoothest transition:

Cutting Ringer — A cooperative local education program held for the past two years in cooperation with the Monmouth Bank, Somerset Community College, Rutgers University and the County Department of Workforce Development.

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- Recognized as the service provider for 2000 to be accessible to prospects with disabilities. Located in Franklin Township.

Colonnade Caterers also provide food and beverage services at the Colonnade Caterers in Franklin Township.

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bdrm, 2 bath, Ig backyd.

Spacious, renovated, 3 bath, near University, pvt lower level. Large wetbar

Surrounding indoor neighborhood, private person wanted for 2 bdrm, 2 bath, ranch.

Totally restored prestt-