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ACCENT EDITOR: KATHY KNIGHT

THE GREENEVILLE SUN

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KATHY'S KORNER
KATHY KNIGHT

Brownies!

People seem to be making brownies for just about any occasion. A couple of people asked if I had some brownie recipes around. Please enjoy!



BUTTERFINGER BROWNIES

One 16-22-ounce package chocolate brownie mix
24 Pieces Nestle's Butterfinger Bites Candy, chopped
Heat oven according to package directions. Grease baking pan according to package directions. Prepare brownie batter according to package directions; stir in chopped Butterfingers. Spoon into prepared pan. Bake according to package directions. Cool completely in pan on wire rack. Cut into pieces using wet knife.
www.butterfinger.com

CHEESECAKE BROWNIE SQUARES

Brownies are my grandson Noah's favorite, so we always make some when he comes to visit. These ooey-gooey brownies are a definite crowd-pleaser. — Barbara Banzhof.
One package fudge brownie mix (13x9-inch pan size)
6 ounces cream cheese, softened
6 tablespoons butter, softened
1/2 cup sugar
2 tablespoons all-purpose flour
1 teaspoon vanilla extract
2 large eggs, lightly beaten
One 16-ounce can chocolate frosting
Heat the oven to 350 F. Prepare brownie mix batter according to package directions. Spread 2 cups into a greased 13x9-inch baking dish; set aside.
In a small bowl, beat the cream cheese, butter, sugar, flour and vanilla until smooth. Add eggs; beat on low speed just until combined. Spread evenly over brownie batter. Top with remaining brownie batter. Cut through batter with a knife to swirl.
Bake for 28-32 minutes or until a toothpick inserted near the center comes out with moist crumbs (brownies may appear moist). Cool completely on a wire rack. Spread frosting over brownies.
Yield: 3 dozen.
Taste of Home

EASY BANANA BROWNIES

Recipe By Gloria Lee
"A small banana is added to a basic made-from-scratch brownie for a hint of banana flavor. This is a fudgy brownie, and it does not rise much. Add 1/2 cup chopped nuts or mini chocolate chips for more flavor. No mixer required!"
1/2 cup butter
2/3 cup semisweet chocolate chips
1 large egg
2/3 cup packed light brown sugar
1 small ripe banana, mashed
1/2 teaspoon vanilla extract
1/4 teaspoon salt
3/4 cup all-purpose flour
Heat oven to 325 F. Grease an 8-inch square pan.

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SUN PHOTO BY KATHY KNIGHT
Some of the women who make up the food service staff at Holston United Methodist Home For Children include, from left to right, Barbara Backus, Robin Stotz, Ella Price, Angela Parker, Darlene Johnson and Joy Rutherford. Those not pictured from the department include Teresa Roland, Evelyn Cansler and Robbie Jenkins.

‘Feed Their Bodies, Nourish Their Souls’

The mission of the Holston United Methodist Home for Children's food service is enthusiastically embraced and carried out by Ella Price, director of food services, and the eight staff members that work with her.
The mission: "We are here to feed their bodies and nourish their souls."
"We all take this mission seriously," said Ella, "and we genuinely love feeding the kids, talking to them and expanding their food selections."
In fact, Ella explained that when she accepted the job at Holston Home, "I wasn't looking for a job. They came to me and asked about the possibility, and I honestly put off talking seriously with them."
Ella said that she was happily working in her own business, Top Dog Catering With Ella, helping John (her husband) with the Top Dog Hot Dog Cart, working in their food truck and writing a biweekly column for the newspaper.
"But you know, it's a funny thing about God. He nudges you," Ella said. "I had not been feeling spiritually fulfilled for some time. I really liked writing the column for the newspaper, and stories came easily and I realized I was reaching a lot of people. But I still kept asking myself, 'What do I need to do to give spiritually? What's missing from my life?' I need to give back."

Ella shared, "One day Traci Dolese, who was with Holston Home, stood in the food truck line a long time to get her lunch and said to me, 'You need to talk to the folks at Holston Home. They want to talk with you about a job, and you really might be interested.'"
"Although I agreed to meet with the folks at Holston, I had some serious reservations," Ella said. "I had worked for myself for so long, and I liked being my own boss. I liked being creative ... just working on paperwork and budgets ... didn't quite get it for me."
However, in the interview process Ella learned that Holston Home was looking for the food and support staff to become more involved. The job was so much more.
"And when they said to me, 'You will have the opportunity to make a difference in the children's lives,' I realized this is the answer I'd been looking for," Ella said. "Although it was still kind of scary walking into a place where the other staff members had worked there from five to 16 years. And they let me know pretty quick they weren't keen on change!"
Nearly 10 months later, Ella said that there have been a lot of changes. The staff works hard and genuinely cares about one other, she said.
Ella is really excited, because later this month, they will be remodeling the cafeteria.



SUN PHOTO BY KATHY KNIGHT
Ella Price sits in her Holston United Methodist Home For Children office. She is surrounded by special notes and drawings from the young people who eat in the cafeteria there daily.

"It's going to be great," said Ella. They plan to turn what was Ella's catering business into a training business model.
"On the catering jobs that I do," explained Ella, "we will teach the children skills about preparing and serving food, clean-up, marketing and really how to run a business. I couldn't be more excited about this."
This program will be initiated following the remodeling of the cafeteria.
550 DAILY MEALS
They prepare breakfast, lunch and dinner at the home. Breakfast is usually quite simple and is served in the cottages. Lunch is prepared and delivered to three daycares and served in the cafeteria to about 350 people. Dinner is served in the evenings in the boys cottages, with one staff member cooking for them from scratch. They serve about 550 meals daily.
Ella said the menus have changed drastically. Instead of many items being fried daily, they now bake, broil, steam and saute most dishes.
"If we have something fried, it is a novelty item such as today's green beans," she said.
The kids's favorite foods include



SUN PHOTO BY KATHY KNIGHT
Gayle Mrock, vice president of programs at Holston United Methodist Home For Children, loves the colorful plate and food she enjoys daily at the home. Her selection included pork chops, fried okra or green beans, rosemary potatoes, rolls, Brunswick stew, salad and Texas sheetcake.

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FEED

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homemade chicken Alfredo, spaghetti and meatballs and steaks. She said the kids enjoy lots of new things such as the strawberry, spinach and feta cheese salad, shrimp scampi, pork chops and more. But no matter what, “kids like sandwiches,” she said.

They also like Ramen noodles, so they are on the March menu.

“We truly offer kid-driven menus,” she said. “I work the crowd at lunch, walking around and asking them what they like and don’t like, and they are eager to tell me.”

She said they have special days for certain meals, including Mexican, Greek and Italian, and they also play music to match that same day.

They have made their own cannolis, egg rolls, caprese salads and more.

“We are creating new experiences for the kids so they will know, when they go out to eat, what it is,” she said.

She’s planning for a sushi chef to come demonstrate and prepare food.

Ella admits that one of the hesitations with the staff is about seasoning, but she said, “The kids enjoy seasoned food.”

Because of preparing food for the daycares, they have to follow USDA guidelines as well. So the food in the cafeteria is sometimes a little different.

“Another difficulty we have is, because of having to prepare and deliver, we have to fix food a good bit in advance,” she said. “It has to be cooked early, packed in warmers and then delivered. It’s a struggle, but we have to figure out how to keep things that need to be moist, moist and how things that need to be crisp, to be crisp.”

Some new things that Ella has helped initiate is a monthly dinner and a movie, a book club, themed days such as cartoon days, Halloween and more.

“Seriously,” said Ella, with a twinkle in her eye, “food and relationships go hand and hand. You can’t work in food and not be relational. Our best memories are often tied up in food and relationships at the table. That’s what I want for our kids here.”

She loves coming up with positive comments for the kids and the staff.

Her March menu cover said, “It is the time to spring into action. Clean out the cobwebs and start anew. Refresh and rejuvenate your spirit. Try new things and grow. Eat healthy, move more and approach life with a cheerful attitude. March forward to being the best person you can be.”

Some of the menus for lunch during March include Philly cheese steaks on hoagie with peppers and onions, french fries and tomato salad; beef and bean burritos, tortilla chips ‘n’ salsa, sour cream, Mexican corn and potatoes and Mandarin oranges; Parmesan crusted ti-lapia/grilled chicken, cheesy grits, slaw, cheddar biscuit and blackberry cobbler.

COMMENTS

Gayle Mrock, vice president of programs at Holston Home, said that when they talked to Ella initially, they weren’t sure if after having her own business she would be happy in a job.

“But she would almost finish my sentences when we talked about the vision we had of our food program,” Gayle said.

Angie Owens, administrator of program support services at Holston Home, concurred: “Everyone has been pleased, from the kids to the teachers and support staff. The only problem is our waistlines have expanded, because the food is so good. Ella is great at getting the kids to try new things.”

The duo said they had been remarking that although the quality of the food served has been much higher, the costs are consistent.

“And in a business, that’s especially good,” said Gayle.

Gayle loved the way Ella and staff offered grilled steaks for special occasions and Angie said she especially loved the creamy tomato soup and spaghetti and meatballs.

“She has a great way with the students



SUN PHOTO BY KATHY KNIGHT

Tenth-grader Nathan Dawson likes all the food in the cafeteria at Holston Home, but especially the steaks and chicken Alfredo.



SUN PHOTO BY KATHY KNIGHT

Eleventh-grader Rob Deiman-Peterson says his favorite foods at Holston Home include chicken Alfredo and French bread pizza.

and getting them to try new things,” said Gayle.

Students Rob Deiman-Peters and Nathan Dawson commented as well.

Rob, an 11th grader, said, “It’s pretty cool having such good food here. It’s great and some of the people who have been here before and come visit go, ‘Wow!’”

Two of his favorite dishes are the chicken Alfredo and the French bread pizza.

Tenth grader Nathan Dawson said he loves the grilled steaks, the hamburger steak and the chicken Alfredo.

“Although it’s all good,” Nathan said, laughing. “I like to eat.”

Ella happily shared a couple of recipes.

ELLA’S PARMESAN-CRUSTED CHICKEN

- Boneless, skinless chicken breast, thawed
- ½ part Italian style bread crumbs
- ½ part parmesan cheese
- Basil
- Garlic powder
- Garlic salt
- Paprika
- Black pepper
- Parsley
- Mayonnaise
- Heat oven to 375 F.

Combine all dry ingredients together. Use seasonings to your taste, but you will want to be generous with the spices. I prefer lots of garlic, basil and parsley, but you can add or subtract anything you like. Some people love oregano.

Very generously coat your chicken breast with mayonnaise.

Coat the chicken in the dry ingredients and place on a pre-greased pan. Bake uncovered until the center of the chicken breast reaches 165 degrees, or about 45 minutes.

Enjoy with a pasta side dish and a salad.

HOLSTON’S TEXAS SHEETCAKE

Cake:



SUN PHOTO BY KATHY KNIGHT

Each morning, the food service workers at Holston United Methodist Home For Children pack lunches to be delivered to three day cares.

- 1 cup water
- 1 cup margarine
- 5 tablespoons cocoa
- 2 cups flour
- 2 cups sugar
- ½ teaspoon salt
- 1 teaspoon baking soda
- 6 tablespoons buttermilk
- 2 eggs
- Frosting:
- ¾ cups milk
- ½ cup cocoa
- 1 cup butter
- 1 pound powdered sugar
- 1 teaspoon vanilla
- ¼ teaspoon salt
- 1 cup pecans

For the cake, combine the water, margarine and cocoa in a pan and bring to a boil. Sift the flour, sugar, salt and soda and pour into hot mixture.

Then add the buttermilk and eggs. Bake in a 325-degree oven for 45 minutes.

For the frosting, combine the milk, cocoa and margarine and bring to a boil; combine and add sugar, vanilla, salt and pecans. Pour over hot cake and let come to room temperature.



SUN PHOTO BY KATHY KNIGHT

Joy Rutherford, back, and Robin Stotz, front, are packing up lunches to be taken to the three day care centers of Holston United Methodist Home For Children.



SUN PHOTO BY KATHY KNIGHT

Rev. Charles Hutchins, longtime vice president of development and church relations at Holston United Methodist Home for Children, stands with Ella Price just prior to lunch. “we’re having the best food around here that we’ve had in 50 years,” he said.



PHOTO SPECIAL TO THE SUN

This cartoon cake was prepared for Holston Home by Rebecca Lougheed of Food City. Often lunch time provides the opportunity to have a special day for students.