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THE HEALTHY KITCHEN

Volume 39 THROGGS NECK/PELHAM BAY AND COUNTRY CLUB

Sept. 29 - Oct. 5, 2022

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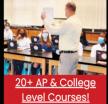


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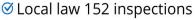




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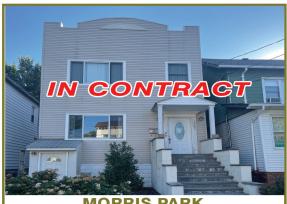
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All you need is 5 ingredients and 10 minutes for the most amazing, buttery scallops ever. Yes, it's just that easy and simple!



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INGREDIENTS:

- 1 tablespoon unsalted butter
- 1 pound scallops
- Kosher salt and freshly ground black pepper, to taste

FOR THE LEMON BUTTER SAUCE

- 2 tablespoons unsalted butter
- · 2 cloves garlic, minced
- Juice of 1 lemon
- Kosher salt and freshly ground black pepper, to taste
- 2 tablespoons chopped fresh parsley leaves

DIRECTIONS:

- 1 Melt 1 tablespoon butter in a large skillet over medium high heat.
- 2 Remove the small side muscle from the scallops, rinse with cold water and thoroughly pat dry.
- 3 Season scallops with salt and pepper, to taste. Working in batches, add scallops to the skillet in a single layer and cook, flipping once, until golden brown and translucent in the center, about 1-2 minutes per side. Set aside and keep warm.
- 4 To make the lemon butter sauce, melt 2 tablespoons butter in the skillet. Add garlic and cook, stirring frequently, until fragrant, about 1 minute. Stir in lemon juice; season with salt and pepper, to taste.
- **5 -** Serve scallops immediately with lemon butter sauce, garnished with parsley, if desired.



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COMMUNITY NEWS F.Y.I. ABOUT OUR NEIGHBORHOOD!

Do you have a Special Event that is of interest to the neighborhood? PRINT IT IN THE BRONX PENNY PINCHER FREE OF CHARGE

Send Your Community Events to: Community News Editor

PENNY PINCHER

3002 Middletown Road Bronx, NY 10461 Email: BxPP@aol.com Fax: 718.489.2895

All copy must be received by MONDAY, 2 WEEKS PRIOR to your event for that Thursday's Publication.

The Bronx Penny Pincher reserves the right to refuse any copy that is not in the best interest of the community.

EVENTS MUST BE FREE OF CHARGE

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"Neighborhood Updates"



Matthew Cruz
District Manager
Bronx Community Board #10
3165 Fast Tremont Avenue

3165 East Tremont Avenue Bronx, NY 10461 (718) 892-1161 Bx10@cb.nyc.gov

SHREDDING EVENT

It is back by popular demand! Phipps Neighborhoods is holding a paper shredding event on Saturday, Saturday, October 15 from 10 A.M. to 2 P.M. at 650 Hollywood Avenue which is the campus of Intermediate School 192 in Throggs Neck. Please take advantage of this community resource. It is open to all members of our community.

BRONX SAFE DISPOSAL EVENT

The City of New York is hosting a "Safe Disposal Event" on Saturday, October 22nd from 10 A.M. to 4 P.M. at the Orchard Beach parking lot. You must register online. Please visit on.nyc.gov/SAFE-BX. You may of automotive products, dispose unwanted/expired medicines cosmetics, household products as paint, pesticides, and electronics. Take advantage of this terrific resource!

NYC HUMAN RESOURCES ADMINISTRATION AT CB 10!

Every Thursday from 10_{A.M} -3 _{P.M.}, our office has a City of New York Human Resources Administration (HRA) liaison that will assist you with applying and/ or recertifying for Supplemental Nutrition Assistance Program benefits (SNAP). To meet with the HRA official, it is by appointment only and you must call us at (718) 892-1161 to schedule. SNAP benefits help put food on the table for needy families. If you are a family of four, your annual gross income cannot exceed \$34, 452 to meet eligibility. For the appointment, you should bring identification and any income documentation from the previous tax year.

COMMUNITY N. E E VIS

ABOUT OUR NEIGHBORHOOD CALENDER OF EVENTS!

Do you have an event that is of interest to your neighborhood? 25
Excluding Yard & Garage Sales. We will print your event free of charge

— ALL NON- PROFIT ORGAINZATIONS WELCOME!

BRADY COURT COMMUNITY CENTER is having a Food Fest on Friday, October 7th from 5:00 PM to 9:00 PM. Come join us. It is an opportunity to learn more about our Center and to celebrate community and support local chefs, bakers, baristas and entrepreneurs. It will be a great opportunity to support local small businesses and enjoy delicious food, beverages and baked goods! We will have live performances by local performers. Flea Market on Saturday, October 15th from 10:00 AM to 5:00 **PM.** Come join us. It is an opportunity to learn more about our Center, to celebrate Community and support local chefs, bakers, artists & entrepreneurs. We will have delicious food, beverages and homemade baked goods. There will be jewelry, toys, art work, sports memorabilia, household goods, pet accessories, handcrafted & vintage items and much more. It will be a great opportunity to support local small businesses, have fun and find bargains and treasures! We look forward to welcoming you, sharing information and building community. Stop by, you'll be glad you did! We are located at 768 Brady Ave. (corner of Holland Avenue and

SONS OF ISRAEL SYNAGOGUE: 2521 Cruger Avenue, between Allerton Ave and Mace Ave. Bx NY 10467 The Community is invited to attend: Services Sharp followed by a HUGE 3 course hot sit down delicious Sabbath dinner. All are welcome to join us for a respectful, relaxed stress free, friendly evening. Social distancing is followed. Antin PI) for more information call 718 828 3443.

PELHAM PARKWAY NEIGHBORHOOD ASSO-CIATION: Monthly community meeting on *Tuesday October 11, 2022 at 7pm* at our new location 2134 Barnes Avenue on the corner of Barnes and Lydig Avenue. We will welcome from the The Dept. of Health, Borough Manager for the Bronx, Bureau of Pest Control Services Mr. Joe Franklin. Please join us for this very important and informative session. This is your opportunity to bring your community issues, questions and concerns and problems to this meeting. Involvement from the community is essential to having a safe, clean neighborhood. Its time to get involved in your community and stay involved. Your problems get addressed and action is taken.

THE BRONX JEWISH CENTER @ PELHAM PARKWAY: 900 Pelham Parkway South will be hosting High Holiday Services to the Community .Starting with Yom Kippur evening Tuesday October 4th Kol Nidre services will begin at 6:45 pm. On Yom Kippur Day, Wednesday October 5th services will start at 9:30 am with Yiskor being recited at 11am. Yizkor, is a special memorial prayer for the departed. In this prayer, we implore G-d to remember the souls of our relatives and friends that have passed on. The Holiday will be ending at sunset on Oct.5th. No tickets needed. There will be an exciting children's program. Services will be in Hebrew and English. Please join us for a warm, inviting and friendly atmosphere. PLEASE RSVP to reserve your seat at Bronx JewishCenter.org 718-812-1701 email: rabbi@bronxjewishcenter.org.



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1554 Paulding Ave.

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3151 Westchester Ave.

Key Food
2722 E. Tremont Ave.

Pruzzo's Supermarket
2937 Westchester Ave.

Monte Grab&Go Market

1790 Eastchester Rd.

Ruane's Deli
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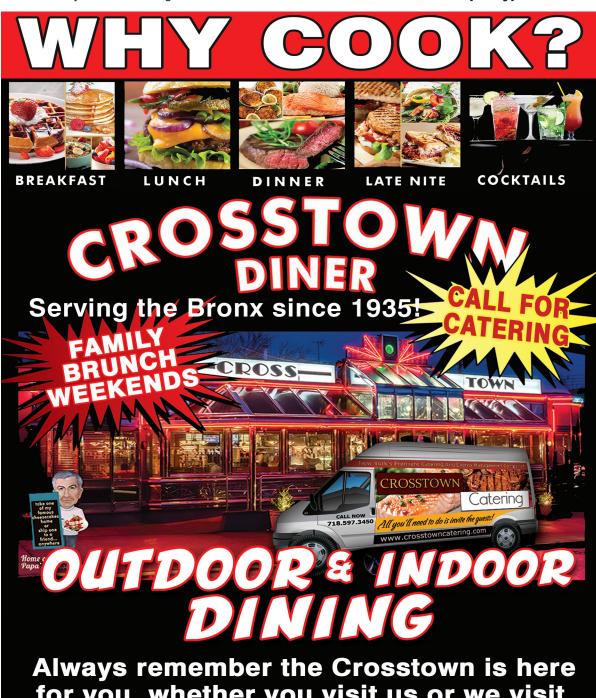




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