



Recipe Corner

Sour Cream Chicken Quiche

Finally found store bought pie crusts though not as good as Susan's.

Will now experiment profusely.

- 1 (9 inch) frozen pie crusts
- 1 tablespoon olive oil
- 1/4 cup chopped onion
- 1/4 cup chopped green bell pepper
- 1 tablespoon all-purpose flour
- 1 cup chopped cooked chicken breast
- 1/4 teaspoon salt 1/4 teaspoon nutmeg
- 1/4 teaspoon black pepper
- 1/2 cup shredded Cheddar cheese
- 1/4 cup shredded Swiss cheese
- 2 eggs, slightly beaten
- 3/4 cup milk
- 3/4 cup sour cream

Preheat oven to 400 degrees. Line a 9 inch pie plate with thawed pie crust. Keep in refrigerator until ready to fill. In medium frying pan, heat olive oil on medium-high. Add onion and green pepper. Cook three minutes, stirring frequently. Add flour and cook for two minutes, stirring frequently. Stir in chicken, salt, nutmeg and pepper. Spread this mixture over bottom of unbaked pie shell and top with Cheddar and Swiss cheese. Combine eggs, milk and sour cream, mix until smooth. Pour over chicken mixture. Bake in preheated oven for 20 minutes. Reduce temperature to 350 degrees and bake 30 to 35 minutes until firm.



THE FRANK REPORT

10.13.2018

All the news I see fit to print.

Freedom of the press belongs to those who own one.

WHITES ARE OPPRESSORS
NON-WHITES ARE VICTIMS.
BUT RACE DOESN'T EXIST
YET I LOVE RACIAL DIVERSITY
AND I CELEBRATE OUR DIFFERENCES
BECAUSE WE'RE ALL THE SAME
SO LET'S DESTROY DIVERSITY
BY MIXING TOGETHER...
BUT ONLY IN WHITE COUNTRIES



I take a shot at understanding this "logic" at my blog. www.thefrankreport.net...*Frogs, Racism and the N Word* article. It was linked by news aggregate Whatfinger.com but no protest marches on my lawn...yet.



Here's a mob scene totally different than those politically motivated. This is the Bemidji State football team jumping in the campus lake...a tradition at homecoming after beating Sioux Falls. Grandson Hunter is in there...somewhere.

Granddaughter Gracie wore her team jersey while one of her HS teachers wore his. Brenda showed me how to watch the game on the internet.



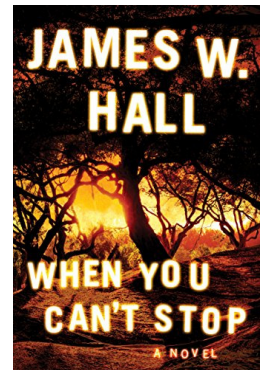
Bon Mots

Where do they get those professionally printed signs for "spontaneous" demonstrations?



Book Report

Just so-so on this one as Hall pushes a tree hugging environment is dying sub-plot. Thorn takes a minor role and gets the crap beat out of him. He should have remembered 2nd amendment.



2nd Harper McDaniel book but no Thorn this time. 1st was about chocolate; this one about olive oil. Hall is prolific...20 books out there now. Got this one at a twofer deal on my eBook tablet from Amazon.

Alien; great
Aliens; not bad
Alien3; bad
Alien Resurrection; really bad, almost comedic
HOLLYWEIRD!



Sequels and prequels; shows lack of creative talent or just plain laziness?

-more-



October is a big month for birthdays for our family...we kick it off with Hunter Siegler (*right*) on Monday the 15th and then Jack "The Beaner" Siegler on the 20th. No longer teenagers and Hunter is now "legal"!



If I was still having them, mine would be the middle of the month. And to answer my grandkids' question...because they hadn't invented color yet!

BTW: I'll be cross checking my will with voter registration!

Choose wisely young Jedi!

jsiegler316@gmail.com for John Robert and Hunter1428@gmail.com for Hunter

HIGH COTTON gifts

This perfectly fine, if not certainly adequate doormat

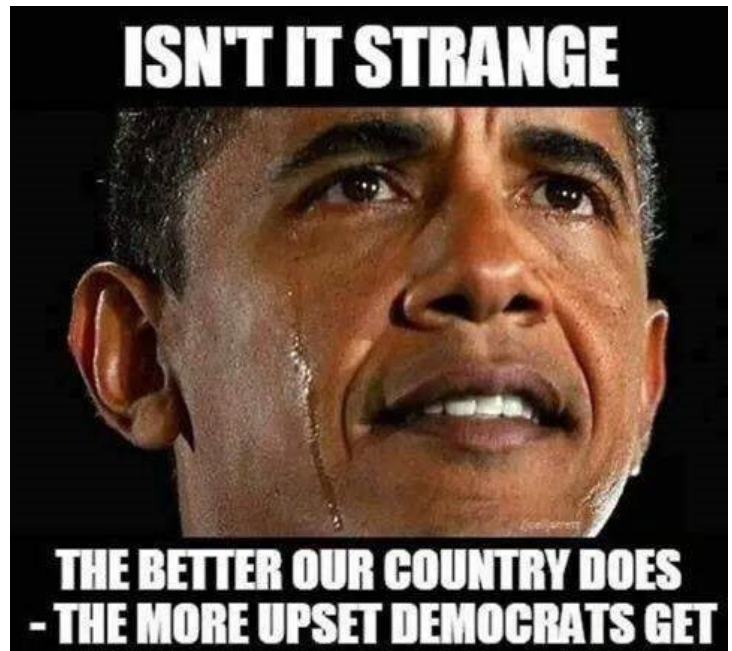
is **MADE IN THE USA** from 100% Olefin® Indoor/Outdoor carpet and printed with color-fast inks. Wash with hose and brush. Dry flat. Do not machine wash. To best preserve your mat, use in sheltered areas and avoid prolonged exposure to sunlight and water.

Important things you should know about your new doormat

Warning: Do not use mat as a projectile. Sudden acceleration to dangerous speeds may cause injury. When using mat, follow directions: Put your right foot in, put your right foot out, put your right foot in and shake it all about. This mat is not designed to sustain gross weight exceeding 12,000 lbs. If mat begins to smoke, immediately seek shelter and cover head. Caution: If coffee spills on mat, assume that it is very hot. This mat is not intended to be used as a placemat. Small food particles trapped in fibers may attract rodents and other vermin. Do not glue mat to porous surfaces, such as pregnant women, pets and heavy machinery. When not in use, mat should be kept out of reach of children diagnosed with CFED (Compulsive Fiber Eating Disorder). Do not taunt mat.

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OMG! I think that's The Beaner!!!

GPA/DAD/UNCLE/ETC

website

fns@franksiegler.com

me

email

Chris sent this to me...I'll bet their customer service is also fantastic. Having fun and making money!