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The Mangrove Galley by Sandi Mieszczenski



My, what trying times. Since our beloved *Ursa Minor* is a boat and, according to the Monroe County Sheriffs Office, "not real property," we have not been able to enter the Keys for our usual bi-monthly visit to check on her and touch base with our many friends at Gilbert's. So, in a small way putting out this month's column is our way of visiting. Hope you find this dish enjoyable!

Sandi's recipes are featured here monthly. For previous issues go to the conchtele graph.com

CHICKEN-BLACK BEAN TOSTADAS

- 1 large chicken breast
- 1 cup coarse chopped onions
- 1 cup coarse chopped green peppers
- 1 cup fresh corn cut from the cob
- 1 10-oz can Rotel diced tomatoes (heat levels vary, choose carefully) 1 15-oz can black beans drained
- 6 tortillas of your choice, corn or flour
- 3 strips bacon
- 2 Tbls butter
- 1 Tbls garlic powder 1Tbls chilli or taco seasoning
- 1 tsp cumin
- 6 oz shredded cheese of your choice

In a sauté pan, melt the butter over medium high heat and add the onions and peppers. Stir until coated and cook until slightly tender. Add the corn and the Rotel (with liquid) and bring to a bubble. Add the beans, stir thoroughly and set aside. Cut the bacon strips crossways onto 1/2 inch pieces and cook until golden brown. Drain in a colander leaving a small amount of grease in the pan. Cut the chicken breast into 1/2 inch cubes and sauté in the bacon fat until cooked through. Toast the tortillas until crispy using a little butter for each one and place in an 11x 13 baking dish. They will overlap. Add the chicken and bacon to the bean mixture and heat back up until the liquid is steaming. Evenly spoon the mixture over the tortillas and spread the grated cheese over the whole dish. Place under the broiler until the cheese just melts and call everyone for dinner. A little hot sauce and sour cream makes a nice topping if you so desire. Enjoy!!

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MUSICIANS

Amateur & seasoned musicians wanted! The Keys Community **Concert Band** begins rehearsals in the fall. More info call 305-451-4530.

THE KEY PLAYERS

CLUBS

Community Theater Group needs volunteers to work behind the scenes & audition for roles! thekeyplayers.org

> Florida Keys Orchid, Fern and Bromeliad Society meets the 3rd Thurs. of every month at Key Largo Library Community Room at 7pm. Open to the public.

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Wanted: New wife who actually likes Space Jam. Seriously, Martha HOW COULD YOU NOT LIKE SPACE JAM!!

afterward.

Jesus Christ, we've been married for 15 years you

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BARN FIND - VINTAGE Make an offer. No low-ballers, I know

FUNDRAISER

HOLY WATER CAR WASH Thursday the 23rd, 11am-3pm "We will wash the hell out of your car"



And... Monroe County Sheriffs, local fishermen, restaurant workers and management!

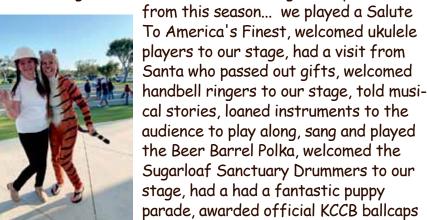
A mom's guide to whether she has the coronavirus Could be Could also be Symptom because you've yelled at Sore throat Coronavirus your kids 867 times in the past hour a panic attack Shortness of Coronavirus for 9 million reasons breath because you can't stop Diarrhea Coronavirus stuffing your face with snacks the constant whining, Headache Coronavirus screaming, yelling, arguing, and complaining maybe because you're Exhaustion Coronavirus doing 5 jobs right now Oh crap. If you can't taste chocolate, coffee or wine, you Loss of taste Coronavirus KNOW you've got a problem

Keys Community Concert Band Closes Out 2019-2020 Season

Thank you, concert-goers, for a wonderful 2019-2020 season! Although the March and April concerts were cancelled, the four concerts we did perform were outstanding Truly awesome conducting, fabulous music, and lively crowds made this a memorable season for the Florida Keys Community Concert Band.



While we are challenged by social distancing, and not able to rehearse together as a group, music is very much alive within our families, and we are eagerly anticipating the 2020-2021 season. Looking back at a few of the exciting accomplishments



shirts to lucky winners, had a visit from Goldilocks and the Three Bears, and watched a tiger fly across the stage. WHEW! All of this, while the finest concert band players of the Upper Keys never missed a

KCCB is busy planning now for future concerts. If you would like more information, please visit our website at keyscommunityconcertband.org. For more

pictures visit our facebook page, keyscommunityconcertband. Admission to our concerts and membership in the band are ALWAYS free, but as a 501(c)(3) organization we do rely on donations from generous people like you. If you're able to make a donation to help keep us alive for another season, please go to: https://www.paypal.me/KeysCommunityBand or mail a check to Keys Community Concert Band at 326 Lance Lane, Key Largo, FL 33037. No amount is too small or too large; we greatly appreciate you and are very thankful to The Coconut Telegraph for giving us this unique opportunity.

