

NOVEMBER 2017

STUDIO CITY

An exclusive magazine serving the neighbors
of Studio City, South of the BLVD

South



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STUDIO CITY MARKET UPDATE

Market Update \$1MILLION+ HOMES IN STUDIO CITY - SOUTH OF VENTURA BLVD.

RECENT LISTINGS AND SALES

ADDRESS	HOME SF	LOT SF	BUILT	BED	BATH	LIST PRICE	CLOSE PRICE	\$/SF	DAYS to SELL
13042 Ventura	4,241	7,450	2017	5	5.5	\$ 2,699,000		\$ 636	
11464 Dona Evita	2,424	9,142	1962	3	2.5	\$ 1,790,000		\$ 738	
3919 Big Oak	1,100	8,332	1937	2	1.5	\$ 1,029,000		\$ 935	
11570 Sunshine Terr.	1,760	8,941	1940	3	1	\$ 1,300,000		\$ 739	
3657 Woodhill Cyn	8,449	159,452	1963	11	11	\$ 8,500,000		\$ 1,006	
13020 Greenleaf	5,702	12,840	2017	5	5.5	\$ 3,749,000		\$ 657	
3963 Van Noord	3,080	8,559	1947	4	4	\$ 1,749,900		\$ 568	
3665 Buena Park	1,530	5,067	1962	3	3	\$ 1,130,000		\$ 739	
11239 Canton	1,754	8,337	1951	3	3	\$ 1,600,000		\$ 912	
3611 Willowcrest	1,777	14,014	1953	3	2	\$ 1,299,000		\$ 731	
12366 Laurel Terrace	1,114	6,000	1965	3	2.5	\$ 1,049,000	\$1,035,000	\$ 929	27
12949 Dickens	1,904	9,501	1940	3	3	\$ 1,345,000	\$1,300,000	\$ 683	26
11229 Sunshine Terr.	2,021	6,726	1926	3	2	\$ 1,249,000	\$1,270,000	\$ 628	7
3540 Coldwater Canyon	2,003	6,440	1978	3	2.5	\$ 1,199,000	\$1,180,000	\$ 589	46
3709 Willowcrest	2,545	7,955	1950	4	3	\$ 1,445,000	\$1,395,000	\$ 548	75
12030 Iredell	2,637	17,099	1948	4	3	\$ 1,995,000	\$1,990,000	\$ 755	379
3962 Alcove	1,445	6,600	1939	2	2	\$ 1,100,000	\$1,083,000	\$ 749	13
3112 Dona Clara	2,170	13,547	1964	3	3	\$ 1,399,950	\$1,360,000	\$ 627	8
12346 Laurel Terrace	2,833	5,999	2005	4	3.5	\$ 1,250,000	\$1,235,000	\$ 436	84
12948 Galewood	5,200	26,962	1949	6	7.5	\$ 3,445,000	\$3,155,000	\$ 607	265

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Properties were listed and/or sold by a variety of brokers. Listing information from multiple sources deemed reliable but not guaranteed.

STUDIO CITY
 November • 2017

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FEEDBACK/IDEAS/SUBMISSIONS:

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January 20.....	March 2018
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March 20.....	May 2018
April 20.....	June 2018
May 20.....	July 2018
June 20.....	August 2018
July 20.....	September 2018
August 20.....	October 2018
September 20.....	November 2018



DEAR RESIDENTS,

November is *truly* a cool time of year in Southern California, and not only because the last blast of summer heat is finally behind us. With the arrival of fall comes preparations for the holiday season, involving our favorite things (besides the annual airing of "The Sound of Music") – decking out the house for numerous gatherings of family and friends.

Lloyd and Barbara Schwartz, our cover story, are particularly fond of this time of year. Lloyd is the legendary producer of many television shows that brought generations of family together, including "The Brady Bunch" and "Gilligan's Island," both whose run includes an enduring Thanksgiving episode). Locals are especially lucky to have the magic touch of the couple right around the corner through their Storybook Theater, at Theatre West, which has brought joy and the performing arts to children for over 35 years.

Even as we prepare to get a little more cozy at home, our calendar provides many opportunities to get out and about to enjoy seasonal delights unique to Southern California.

And with that, we wish you and your family much to be thankful for as the festive season gets underway.



Elyse Glickman
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Here's the Story BARBARA AND LLOYD SCHWARTZ

By Elyse Glickman | Photos by Hylah Hedgepeth Photography

The old adage goes that the family that plays together stays together. In the case of Lloyd and Barbara Schwartz, producing plays and getting involved in various theatrical pursuits fueled their 40 year-marriage, their sons' entertainment industry careers, and the enthusiasm of the city's youngest theater-goers, ages 3-9, via Storybook Theatre of Los Angeles, now in its 35th season in its permanent home at Theatre West.

"When our oldest, Andrew, was three or four, we took him to the theater, especially as my wife started her career at the Minneapolis Children's Theater, and we wanted to introduce him to the performing arts," recalls Lloyd, 71.

"I noticed that there was not a lot of children's theater in L.A., and I suggested to Lloyd we should put on a play," continues Barbara, 69. "We agreed we wanted it to be interactive and for a specific age group, 3 to 9. He would write and direct it, and we would get our friends to act in it and put it on in a park in Studio City."

A musical version of "Little Red Riding Hood," with songs Lloyd wrote, was a big success. Since Barbara was a member of Theatre West, the company invited

them to stage the show there. It was an even bigger hit on that stage. Theatre West then asked the Schwartz's to do a season. Today, the four year-olds who went to those early performances are now bringing their own four year-olds to the show. Storybook Theatre (the only Actor's Equity children's theater



in Los Angeles) also gives back to the greater community.

"Since we do a lot of outreach to underserved schools in Los Angeles, we've received numerous grants which allows us to put on school field trips, and donate tickets to schools and numerous charities," says Barbara. "We also do teaching workshops in schools, going into schools which can't afford arts programs (Title 1) or after-school programs, and I teach the kids in Hollywood, Pasadena and other school districts."

Storybook Theatre has received many awards and citations, including accolades from the L.A. Mayor and City Council, California's Governor, the United States Senate and House of Representatives.

"We're proud and pleased that we have made an impact," Lloyd continues. "As an example, we had two kids with autism speak for the first time during performances in the theater. When we were performing 'Little Red Riding Hood,' one child got up and started yelling at the wolf to stop chasing Red Riding Hood around. The teacher told us that child had never spoken before. What we're doing with children around L.A. County is a labor of love and a total joy for us."

Lloyd brags that he's spent his entire life residing in the same zip code. His parents' first house was on Goodland Place. His family later moved to a home on Iredell, and when he proposed to Barbara, he told her they could live anywhere in the world as long as it was in Studio City. They live in a fairy tale cute home on Milbank, where they raised their sons Andy, 37, and Elliot, 28. The Studio City tradition continues with grandson Sawyer, 5, who is attending Carpenter Elementary School, which Lloyd attended in his childhood. His kid brother Quincy, 1, will probably follow in those footsteps.

"I remember there was a small amusement park across from Art's Deli, which was the sponsor for my Little League team when I was nine or ten," Lloyd recalls. "At Carpenter, there used to be a concrete bridge over a ravine between Laurel Canyon and where the school now is. The end of the ravine is where DuPars stands."

"Living in Studio City is a small town experience where you know your neighbors, and run into people all the time," affirms Barbara. "While Studio City is a part of Metropolitan L.A., with great restaurants and shopping, and things to do. It's the best of both worlds. My son used to tell me 'I don't want to live in the Valley.' Now he says, 'Mom, it's so hip now. Look at all these stores and restaurants! This is the place to live.'"

The Schwartz's are big deli people, and frequent Arts and Jerry's. "DuPars was my first restaurant, and I can 'hamburger' my way across Studio City, starting at Carl's Junior, to Stouts, and then Umami Burger, The Counter,



Carney's, The Six, and then start again the next month," Lloyd says. "When we're in a restaurant, kids notice the lady from the theater and come running to ask for Barbara's autograph. Back at the theater, we had many A-list celebrities wanting to introduce their kids to the arts. After the show, our actors sign autographs, and it's funny to see the prince from the show sign an autograph for a child as an Emmy- or Oscar-winning parent waits patiently."





If some people recognize Lloyd Schwartz's name, it's because he and his father, Sherwood Schwartz, produced television shows that went on to become touchstones in American pop-culture, including "The Brady Bunch" and "Gilligan's Island." His name has also been attached to "The Love Boat," "Happy Days," "Laverne & Shirley," and all very "Brady" spinoffs except the variety show.

"'Brady' and 'Gilligan' episodes have positive messages, and so do Storybook Theatre plays. We're proud of the fact that kids have had a good time and have learned some things when they walk away from our plays," he says.

Other Schwartz current productions include off-Broadway musical, "The Babies," which they look forward to bringing to Theatre West. Additionally, Lloyd has also written and directed



two one-person plays: 'An Evening with John Wilkes Booth' and 'Independence' (a play about Dr. Mary Walker) which will begin touring this year. Barbara, meanwhile, recently appeared in Netflix's 'Love,' and is starting a mommy-and-me program at Beth Hillel with Quincy.

Storybook Theatre is now running "The Ugly Duckling," a musical for the whole family, from October 14, 2017 – March 3, 2018 on Saturdays at 1 p.m. For online ticketing, visit www.theatrewest.org or call (818) 761-2203.



[EVENTS] NOVEMBER

Sun Nov. 5

2017 Los Angeles Kidney Walk

@ CBS Studio Center, 4024 Radford, Studio City. Come to cheer on and support volunteers taking aim at Kidney health, and in the process, learn about the ways to get involved with National Kidney Foundation. This annual walk, one of over 100 nationwide, raises awareness and funds lifesaving programs that educate and support patients, their families and those at risk.
Time: 10am • Cost: free for spectators

Nov. 9-16

AFI Fest

@Multiple Theater locations, Hollywood Presented by the American Film Institute, screens "international cinema from modern masters and emerging filmmakers" at multiple theaters.
Time: Varies by Film Cost: • afifest.com

Nov. 11-12

American Indian Fair

@The Autry Museum, 4700 Western Heritage Way, Los Angeles American Indian Arts Marketplace has handmade works from over 200 artists and 40 tribes (sculpture, pottery, beadwork, basketry, photography, paintings, jewelry, textiles, and carvings), performances, kids' activities, films, and short plays at Autry Museum of the American West. The Autry's cafe, Crossroads West, will offer a full menu that honors the unique culinary traditions and flavors of the American West.
Time: 10am-5pm
Cost: \$14, adults; \$10, seniors; \$6, kids theautry.org

Sun Nov. 19

Lung Force Walk

@CBS Studio Center, 4024 Radford, Studio City. Did you know that lung cancer is the #1 cancer killer of women, and that more than 32 million Americans suffer from asthma, COPD (which includes emphysema and chronic bronchitis), and other lung diseases? Here's the perfect opportunity to make a difference by bringing together friends, family, and co-workers to be a "Force" against this disease. In addition to volunteering, you can sign up to be a participant or even lead the charge as a team captain, with all the how-to's on the web site. Those supporting and sponsoring your team can watch the walk live.
Time: 9am • Cost: free action.lung.org

Nov. 17, 2017 – Jan. 7, 2018

L.A. Zoo Lights

@The L.A. Zoo, Griffith Park L.A. Zoo Lights is a not-to-be-missed nighttime holiday light experience that debuted in 2014 and has grown each year since. This year's event promises to be even more magical. This year, the park will "ZooLABrate" its Golden Anniversary with more lights, and nights. 60- to 90-minute stroll paths wind through a large area of the Zoo, flanked with animal-themed LEDs, lasers, 3D projections, and animated displays. Dazzling new features include interactive photo ops, a "black light party" within The LAIR reptile house, and a re-imagined water show. In keeping with tradition, families can also catch holiday memories in a photo with Santa Claus on select dates and join in a few reindeer games with a live reindeer family, and enjoy hot cocoa and other holiday treats. Free parking is always a welcoming gift at the Zoo!
Time: 6-10pm nightly • Cost: \$11-XX tickets@lazoo.org

Sun Nov. 19

The Pasadena Doo Dah Parade

@Pasadena, E. Colorado Blvd, from Altadena Drive to San Gabriel Blvd. This annual treat, a colorful alternative to the formal Rose Parade, the Pasadena Doo Dah Parade has zany participants like the shopping-cart drill team, kazoo band, banana car, and motorized furniture moving counterclockwise on), with food trucks and post-parade parties.
Time: 11:00AM • pasadenadoodahparade.info

Sun Nov. 26

The Hollywood Christmas Parade

Grand Marshall Olivia Newton-John strikes up the band (and all the other floats, costumes, and balloons) for the much-awaited post-Thanksgiving tradition. The route starts at Hollywood Blvd. at Orange Drive the U-shaped parade route will travel east to Vine, south on Vine St to Sunset Blvd. and west on Sunset Blvd. back to Orange Drive. Metro transportation from Universal City is recommended.
Time: Concert for ticket holders, 5pm; Parade, 6pm
Parade only, free. thehollywoodchristmasparade.org

Through Dec 30

Hamilton: An American Musical

@The Pantages Theater America's hottest ticket has arrived in Los Angeles! The show is a rousing tribute to Alexander Hamilton, an immigrant from the West Indies who became George Washington's right-hand man during the Revolutionary War and the nation's first Treasury Secretary. Music and lyrics by Lin-Manuel Miranda blends hip-hop, jazz, blues, rap, R&B, and Broadway, uniting history and contemporary pop culture in a revolutionary way.
Time: 8pm M-F; 2pm/8pm Sat; 1pm/7pm Sun
Cost: \$85-750 • hollywoodpantages.com

Through Jan 7, 2018

Chagall: Fantasies for the Stage

@The Los Angeles County Museum of Art, Resnick Pavilion This vibrant exhibition highlights the principal role that music, dance and the performing arts played throughout Chagall's artistic career. He depicted musicians in many of his paintings, but many may be surprised to learn he also collaborated on set designs for the Ballet Russes in 1911, created murals and theatrical productions for the Moscow State Jewish Theater in the 1920s, and designed costumes and monumental sets for ballet and opera in the 1940s, 1950s, and 1960s.
Cost: \$15, adults; \$10, seniors; free, kids 6-17 lacma.org

Saturdays through March 3, 2018

The Ugly Duckling

@Storybook Theatre at Theatre West 3333 Cahuenga Blvd. West, Los Angeles, CA The nationally acclaimed children's theater company puts a fresh spin on Hans Christian Andersen's "The Ugly Duckling," with vibrant costumes, snappy dialogue, and many interactive surprises. Special accommodations for birthday parties and school field trips can be made at (818) 761-2203.
Time: 1 p.m. Cost: \$15, adults; \$12, kids. theatrewest.org

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Provided by Vangie Crowther, Agent, Farmer's Insurance

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- Electronics, such as digital cameras
- Silver or other precious metals
- Fine art
- Sports and golf equipment
- Other items with high financial value (typically worth \$1,000 or more)



As you're reviewing your possessions, consider making a home inventory. The list will be helpful in the event of theft or large-scale damage in your home. Include details of high-value items, such as make, model, value and purchase date. You may also want to take photos of each item and store your home inventory digitally.

Personal liability insurance: If an accident happens at your fault or on your property, you could face a lawsuit or damages. While your existing policies may provide substantial insurance liability limits, a personal liability umbrella policy could provide additional liability coverage beyond that provided by your auto, homeowners and other personal liability policies.

Personal insurance options: Personal insurance policies may be a good fit for those who have high-value possessions or those who don't want to risk potentially expensive personal liability.



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From The Valley to Moms Halfway Around the Globe

By Elyse Glickman



The Sherman Oaks-based non-profit 2020 MicroClinic organization gets that the language of motherhood is universal. Working in partnership with the Kenya Ministry of Health, it has pushed to make pregnancy and childbirth in Kenya's villages and under-served communities safer by offering a variety of sustainable and autonomous services from prenatal wellness to successful deliveries and healthier futures for mothers and children.

The cause has also drawn notable celebrities including actress Jean Smart (best known for her work in "Designing Women" and "Legion," who spoke at the Pong to Save Moms fundraising event back in September.



The roots of the organization are traced to founder Dr. Moka Lantum, who discovered that many women in rural Kenya were not delivering their babies in local clinics because they had no clothes to dress their newborns after birth, he began providing baby clothes at clinics, and OpK was born. Today OpK offers baby clothes, emergency transportation, birth preparation, infant care training, and safe deliveries to thousands of the most vulnerable mothers in rural Kenya per year.



According to Dr. Lynne Davidson, Executive Director of 2020 MicroClinic Initiative, those services in turn, have led to an increase in life-saving prenatal care, malaria prevention, immunizations for newborns, and a decline in the rate of mother-to-child transmission of HIV. Mothers learn the ropes about health preservation for themselves and their children through such tools as an innovative maternal health card game, Learning Pamoja, providing critical, life-saving information.

At 2020 MicroClinic Initiative, we believe pregnancy and childbirth should be safe for all mothers, says Dr. Davidson," which is why we developed Operation Karibu (OpK) in rural Kenya. OpK provides warm clothes to thousands of newborn babies and safe healthcare to thousands of mothers.

To learn more about the organization or volunteer, visit 2020microclinic.org or donate.2020microclinic.org/PongtoSaveMoms.



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Is Grit Something We Can Control Or Develop?

By Angela Duckworth, PhD

Even the most triumphant among us occasionally fail. What they don't do is quit.

“What specifically are gritty people like? What do they do when they wake up in the morning? What beliefs do gritty people walk around with in their heads? When you get to that level of specifics, you realize there's no reason why these things couldn't be taught, practiced, or learned.”



The Four-Part Formula to Getting More Grit:

1. PRACTICE

Deliberate practice means learning as you go, getting personal feedback from your experience as well as from others.

Top athletes, artists and achievers understand the concept of baby steps. Any time they fail they merely think of it as having had been another practice attempt.

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2. PURPOSE

Purpose is anything you can develop an interest in over long term. Practice is useless if what you're practicing is something you don't feel purposeful about or can be highly interested in.

Of course, the word purpose gets thrown around a lot. What's important isn't that you find some natural calling, but instead find something you can readily dive deeper into the more you learn.

3. HOPE

Failure is often inevitable, but if we learn to embrace failure as an opportunity to learn, improve, and then get back up again, we're more likely to succeed in future attempts.

To develop more grit you must start with hope, and learn that it's alright to fail as long as you don't give up or quit.

4. TIME

The last part of the grit formula is simply time. Time to devote yourself to practice, purpose, and developing from failure.

Having something you can be highly interested in, something you can deliberately practice and readily get feedback on, something where you hope that you can succeed, are all important. The key is, of course, giving yourself time to practice and learn and stay in the game.

Remember, grit is especially complex because it is related to other skills and mindsets such as optimism, purpose, growth, bravery, and even self-control. Grit isn't something you're born with – it can be learned.

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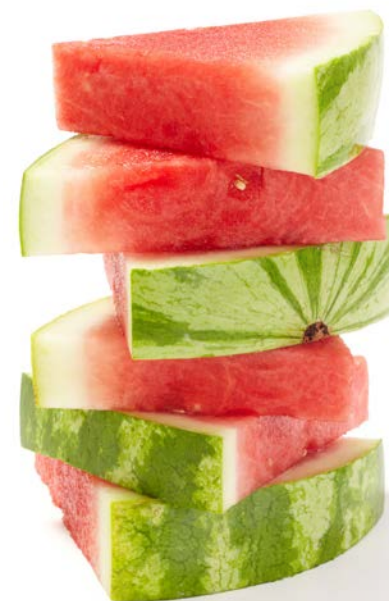
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ATHLETES, Remember to FUEL and REFUEL Wisely

By Denis F. Downey

Weekend youth tournaments with multiple games or matches on multiple days seem to have become the norm in many sports. While much attention has been brought to keeping players properly hydrated during these events, how much thought are you as coaches and parents giving to making sure they are fueling themselves with healthy foods and liquids?



Are you encouraging them to not only eat a healthy breakfast before beginning competition, but also making sure they are filling their backpacks with healthy food choices for their between-game meals and snacks, instead of heading to the concession stand and loading up on unhealthy choices?

While a coach may not be on hand when they eat breakfast before their busy day, you can make a few suggestions, such as whole grain cereals with milk, fruit, yogurt, scrambled eggs, toast or bagels with peanut butter, fruit juice and milk, and of course, lots of water.

Foods to avoid for breakfast include sugary cereals, donuts, danishes and pastries, syrup, and coffee and caffeinated beverages.

For between games and matches, encourage your athletes to refuel with fruits and vegetables, sandwiches with lean deli meats such as chicken, turkey or tuna, yogurt, cheese and crackers, healthy granola bars, nuts, and, again, lots of water.

Foods to avoid between games include chips, candy, soda, caffeinated drinks, fast food and high-fat granola bars.

Remember, it is important to refuel whenever you get a chance during a multiple-match event. Sure, it's nice to find a shady tree to take a nap under to help recharge between games, but remember, replacing the fuel you spent in last match is just as important as rest in preparing for the next one.

hylah hedgepeth
PHOTOGRAPHY
los angeles, california

Thanksgiving: A Tradition of Hope and Gratitude

By Emma Riehl



Leaves are changing color, falling and collecting in scattered heaps in our lawns; the wind is gradually becoming brisker, the skies greyer. Though these changes signify the close of summer and the soon-to-be end of fall, the holiday season is fast approaching, its promised cheer in tow. The first round of hosting, recipe sharing and gathering of family and friends occurs in honor of Thanksgiving.

Between hours of cooking, mingling and decorating, it becomes easier and easier to forget (or to simply never fully learn) the history of Thanksgiving. Surely you recall the famous voyage of the Mayflower and can perhaps recount vague details about the first feast near Plymouth Rock, but by returning to our country's rich holiday history, you can gain new insight on our old traditions. By learning more about the reasons behind Thanksgiving, families can furnish deeper relationships and foster more meaningful conversations in these times of shared gratitude. In the very least, you'll have a few fun tidbits to share at the dinner table.

A ship titled The Mayflower left England in search for the New World in September 1620. 102 passengers aboard the small vessel brimmed with hope at the thought of prosperity, free religious practices and land ownership. The voyage to the New World lasted a grueling 66 days and the crew, exhausted, decided to anchor at Cape Cod, Massachusetts instead of their intended (but much further off) destination at the mouth of the Hudson River.

The Pilgrims (as the passengers are now known) navigated to Plymouth where they settled in for the long, harsh New England winter. Half of the 102 Pilgrims survived the bitter cold and witnessed the gentle arrival of spring. To learn the way of their new land, the Pilgrims solicited the help of the Wampanoag tribe, an alliance that, unfortunately, remains one of the only known unions between the Pilgrims and the Native Americans. The Wampanoag tribe taught the pilgrims how to harvest corn, tap maple trees for sap and cook with local spices and herbs. According to Indian Country Today, a treaty was signed by the first Pilgrim governor John Carver and Wampanoag chief Massasoit agreeing that the tribe would protect the Pilgrims in their vulnerable state of existence in the New World.

When the winter finally passed and the first round of corn was ready for harvest, the Pilgrims organized a large feast

in celebration of their collective endurance. Because of the Pilgrims' rambunctious (and noisy) celebrations, the neighboring Wampanoag tribe's attention was piqued. Fearing attack, roughly 90 Native Americans surrounded Plymouth. Upon arrival, the Native Americans realized that the Pilgrims were celebrating, not being attacked, and camped nearby for the three consecutive days of feasting. The Native Americans and the Pilgrims did in fact enjoy meals together, but it was out of protection and adherence to the original agreement that the two groups would cohabit the land.

This celebratory feast of their first successful harvest is now known as Thanksgiving. Men went hunting and produced various

fowl and several deer for the meal. The bounty was seasoned with traditional Native American spices and flavors, but was still a far cry from what we consume nowadays. For instance, there weren't any potatoes at the original feast; these did not make it to the United States until quite a bit later when they gained worldwide popularity. Also, sadly, without having invented the oven yet and having limited sugar supplies, there weren't any decadent pies present at the first Thanksgiving.

The nation as a whole was slow on the uptake of Thanksgiving as a holiday. In 1789, George Washington issued a proclamation encouraging citizens to use this time to show gratitude for our newly gained independence. The notion of this holiday was still understandably vague, however, and it was not adopted as an annual celebration until 1817 when New York became the first state to observe Thanksgiving. Several other states followed suit, but each celebrated the holiday on a different day.

Finally, on September 28, 1863, a magazine editor by the name of Sarah Josepha Hale wrote a letter to Abraham Lincoln, insisting that he set an official day each year for the celebration of Thanksgiving. Sarah had been urging Lincoln's predecessors to complete this same request for 15 years. Surprisingly, Lincoln obliged and issued a proclamation on October 3, 1863 that solidified the tradition of Thanksgiving.

Lincoln's proclamation of Thanksgiving as a national holiday came at the height of the Civil War. He asked all war-wearied Americans to help one another heal through the expression of gratitude. Lincoln marked the last Thursday of November as the day of Thanksgiving.

From the very first celebration in 1621 to the proclamation made by Lincoln in 1863, the recognition of strife and the spoken gratitude for our closest companions have persisted as the essential themes of Thanksgiving. Use the approaching holiday as a time to reflect on achievements, lessons and moments for improvement over the past year. Gather closely with your beloved family and friends to express gratitude for one another's support. For starters, we can all be thankful that we (unlike the Pilgrims) have plenty of sugar and a working oven to bake delicious pies in. After all, this is our chance to enjoy fall's delicious bounty before the long winter—until Christmas, that is!

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Chicken Pot Pie

Recipe by Jordan King

Not a pot pie person? Try this one. It could change your mind.

- 1 cooked rotisserie chicken, deboned and chopped
- 3 tablespoons olive oil
- 2 onions, chopped
- 1 pound carrots, chopped
- 1 heart of celery, chopped
- 2 crowns of broccoli, chopped
- 1 crown of cauliflower, chopped
- 1 bag frozen corn
- 1 bag frozen peas
- 3 cans cream of mushroom or cream of chicken soup
- 3 empty soup cans of milk
- Cajun seasoning to taste
- 2 packages of ready-made pie crust (be sure your packages come with a top and a bottom)

Heat oven to 375 degrees. Over medium heat, sauté onions, carrots, celery, broccoli and cauliflower in olive oil until tender. Add chicken, corn and peas until thawed and hot throughout. In a large bowl combine soup, milk, sautéed mix and Cajun seasoning to taste. Lay pie crust in the bottom of two separate pie dishes. Evenly distribute pasty filling into the crusts. Cover each pie with its top piecrust and seal the edges by pressing down with a fork. Slice a hole in the top of the pie so bubbles can be seen when done. Place the sealed pies on a cookie sheet and cook for 35 minutes. Pies are done when the crusts are brown and the filling is bubbling.

Only need one pot pie? This recipe can be frozen. Wrap an intact pie in plastic wrap and then in foil and place in the freezer for up to one month. Or, just freeze the filling in a freezer safe container and add it to a piecrust whenever you are ready.

Yields: 2 pot pies
Prep time: 20 minutes
Cook time: 35 minutes



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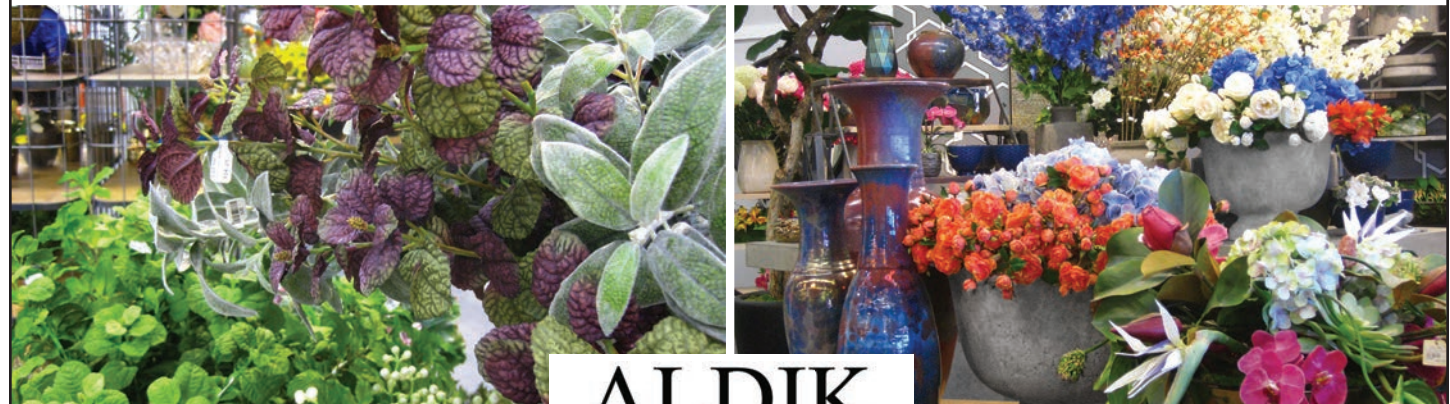
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