

The Mangrove Galley by Sandi Mieszczeni



CHICKEN-BLACK BEAN TOSTADAS

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

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!!

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 theconchtelegraph.com

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.

Performing FREE outdoor Pops in the Park concerts on Saturday each month November through April, since 1992. Fun for the entire family...



Photo by Donna Dietrich

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

from this season... we played a Salute To America's Finest, welcomed ukulele players to our stage, had a visit from Santa who passed out gifts, welcomed handbell ringers to our stage, told musical stories, loaned instruments to the audience to play along, sang and played the Beer Barrel Polka, welcomed the Sugarloaf Sanctuary Drummers to our stage, had a had a fantastic puppy parade, awarded official KCCB ballcaps and



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 note.



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](https://www.facebook.com/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.



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

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The USCG Auxiliary conducts vessel safety checks at Blackwater Sound Marina, MM 103.8 Bayside, every third Saturday of the month. Public welcome. 305-998-8400

MUSICIANS

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

CLUBS

THE KEY PLAYERS
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. 305-451-2396.

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