

# WALTERBORO • RUFFIN • SMOAKS • GREEN POND • JACKSONBORO • COTTAGEVILLE • ROUND O • LODGE • VARNVILLE • HAMPTON



# 6278 N OKATIE HIGHWAY - OKATIE - \$380,000



You were right to have waited for that perfect property. Here you can be centrally located between Beaufort, Ridgeland, Hardeeville, Bluffton, and Hilton Head. Nearly 30 acres for you, your family, and your friends to enjoy your pond and wooded acreage with wildlife. 7 miles from Broad River launching area.

## 120 GROVES STREET- WALTERBORO - \$180,000



Cozy brick 3 bedroom 1 bath, home lovingly cared for on a private 1.27 acre lot. Recently renovated bath, new HVAC. Two large workshops and a two car detached garage. Ample outdoor space that you can truly make your own. Conveniently located to Beaufort/Charleston/Summerville. This is a must see property! Call today for a showing.

\*Not responsible for typographical errors 342 S. Jefferies Blvd • Walterboro • 843-549-7100 www.coldwellbankerrealestate.com | www.tlandagency.com





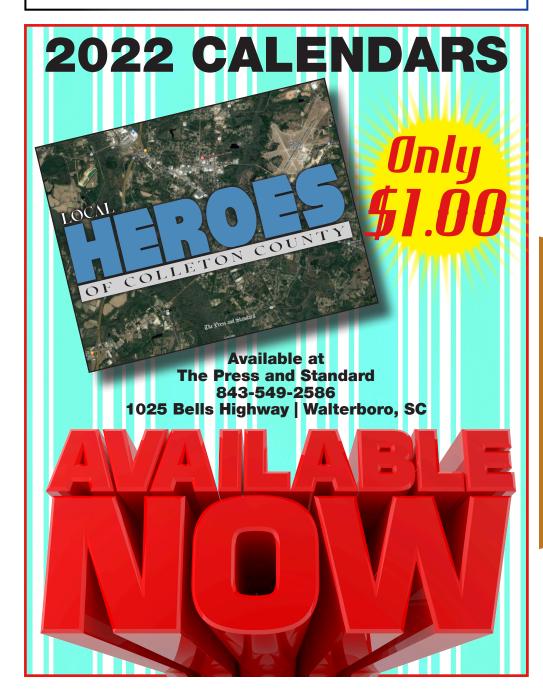
WALTERBORO HISTORY ART MUSIC FESTIVAL 2022 March 6th - 7th 10 am - 5 pm - Artists Install works in Galteries

If you are having an event & would like to submit pictures from the event please email them to editor@lowcountry.com.

Tell us a little about the pictures.

Please put your event title in the subject line.

Pictures of events will be published where/when space is available.



**March 8th** 10 am – 5 pm – Visual Art Galleries open

Walterboro Wildlife Center **Colleton Museum** 

6 pm - History and Culture of the Gullah Geechee gresentation

4 pm - 8 pm - Farmers Market - Live Music Open Mic & Hot Soul Food Bar

**March 9th** 10 am - 5 pm - Visual Art Galleries open to the Public

# March 10th

10 am - 5 pm - Visual Art Galleries open to the Public

12 pm - Talk - Secrets from the Archives

**March 11th** 10 am - 5 pm - Visual Art Galleries open to the Public

10 am - 11:30 am - Gullah Cooking tasting and Demo w/ Keya Meggett

**March 12th** 10 am - 5 pm - Visual Art Galleries open to the Public

9 am - 4 pm - Palmetto Brick Expo @ Walterboro Wildlife Center 100 S. Jefferies Blvd.

10 am - Nature Walk with DNR led by Genia Floyd \*\* Register Online\*\*

10 am - 12:30 pm- Author Jeyda Bolukbasi book signing

10 am - 1 pm - Clay Rice Silhouettes \*\*By Appointment only\*\*

2 pm - CCHAPS Group Run \*\* Register Online\*\*

**3pm - Historic** Walking Tour - A Tale of Two Libraries

# **Grand** Finale Show **@ Walterboro Wildlife Center 5-9 pm** Live Local Music, Food Trucks & Family Friendly Art Activities LINEUP: Whitt Burn & the Psycodelics - 6pm She Returns from War - 8pm For More Details visit Mall WHAMFESTIVAL.org COMMISS

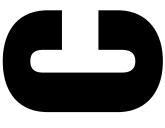
CYAN-AOOO MAGENTA-OAOO YELLOW-OOAO BLACK 012908

# PLACE YOUR AD TODAY, CALL US! P: 843-549-2586 • pressads2@lowcountry.com

Rockin' Shopper

Tuesday, February 22, 2022





Under \$500: FREE!

\$10.00

**Business Ads:** \$25.00 (25 words or less)

**ASK ABOUT OUR HEAVILY DISCOUNTED RATES FOR MULTIPLE RUNS!** 









# PLACE YOUR AD TODAY, CALL US!

P: 843-549-2586 • pressads2@lowcountry.com

Tuesday, February 22, 2022

www.walterborolive.com





# PLACE YOUR AD TODAY, CALL US!

P: 843-549-2586 • pressads2@lowcountry.com



Tuesday, February 22, 2022

www.walterborolive.com



# PROTECTING WHAT MATTERS MOST BY PROVIDING 24/7 PEACE OF MIND

# MONITOR & PROTECT



prtc.us/residential-security • 843.538.2020

PRTC

\*Available to residential customers only. PRTC Security packages require a 3-year monitoring contract. Remote access requires High Speed Internet or web-enabled phone service for operation. Early termination fee of \$399 applies.Tax and fees are not included. Installation and equipment may apply. Other restrictions may apply.



# PLACE YOUR AD TODAY, CALL US!

P: 843-549-2586 • pressads2@lowcountry.com

www.walterborolive.com





Cullen (M) THE PRESS AND STANDARD 1025 Bells Highway 843-549-2586



Liza (F) **A BEAU POOL** office: 843-835-3507 cell: 843-898-4135





Rohan (Barn Cat) (M)



Paulie (M)



Jack (M) TREASURE CHEST GOLD COMPANY 619 Bells Highway 843-549-2203



Rip (M)



Honey (Barn Cat) (F) **STEEDLEY FENCE, LLC** 288 Mt. Carmel Road 843-538-3655



**CORBETT BUILDING SUPPLY COMPANY** 513 S. Memorial Avenue 843-549-5311







\_ www.walterborolive.com

# Quick, Nutritious Recipes to Make Family Meals Easy Enjoy dairy dishes without the discomfort

PLACE YOUR AD TODAY, CALL US!

P: 843-549-2586 • pressads2@lowcountry.com



Chicken Cordon Bleu Kebabs

Recipe courtesy of Rachel Gurk of "Rachel Cooks" on behalf of Milk Means More Prep time: 15 minutes Cook time: 10 minutes Servings: 3 **Skewers:** 

Nonstick cooking spray 2 chicken breasts (6 ounces

- each), cubed
- 1 ham steak (6 ounces), cubed
- 6 bamboo skewers (8 inches) 1 tablespoon Dijon mustard
- 1 teaspoon pure maple syrup
- 1/4 teaspoon ground
- black pepper
- 1/4 teaspoon paprika
- 1 teaspoon extra-virgin olive oil

Sauce:

- 2 tablespoons butter
- 2 tablespoons flour
- 1 cup lactose-free 2% milk
- 1 teaspoon Dijon mustard 1 cup shredded Swiss cheese salt, to taste (optional)

**pepper, to taste (optional)** To make skewers: Preheat broiler to 500 F. Line broiler pan with foil and spray with nonstick cooking spray.

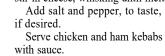
Thread cubed chicken pieces and cubed ham pieces onto skewers. In small bowl, combine Dijon

mustard, maple syrup, black pepper, paprika and oil.

Brush mustard mixture on skewers. Broil about 5 minutes, flip and cook 5 minutes, or until chicken is cooked through.

To make sauce: In small saucepan over medium heat, melt butter. Whisk in flour and cook 1 minute, whisking constantly. Gradually add milk, whisking constantly. Add Dijon mustard. Continue cooking 5 minutes, or until thick. Reduce heat to low and stir in cheese. whisking until melted.

Visit MilkMeansMore.org to find more delicious dishes that fit a lactose intolerant meal plan.





#### Chicken, Spinach and Feta Casserole

## Chicken, Spinach and Feta Casserole

Recipe courtesy of Marcia Stanley, MS, RDN, on behalf of Milk Means More Prep time: 15 minutes Cook time: 45 minutes

#### Servings: 4

- 1 package (10 ounces) frozen chopped spinach, thawed
- 3 eggs, slightly beaten
- 2 cups cottage cheese
- 1 1/2 cups chopped cooked chicken 3/4 cup crumbled feta cheese
- 3 tablespoons all-purpose flour
- 2 tablespoons butter, melted
- 2 teaspoons dried minced onion

## One Pan Mac and Cheese

Recipe courtesy of Sheila Johnson of "Eat 2 Gather" on behalf of Milk Means More Prep time: 5 minutes Cook time: 12 minutes

- Water
- 2 teaspoons salt
- 2 cups dry macaroni noodles
- 2 cups lactose-free whole milk
- 2 eggs
- 2 tablespoons butter, clarified or ghee 1 1/2 cups shredded sharp white
- cheddar cheese 1 cup shredded Parmesan cheese
- salt, to taste fresh cracked pepper, to taste

Add water and salt to 3-quart saucepan; cook noodles according to package directions. Drain and add noodles back to pan.

Measure milk into large measuring cup. Add eggs and whisk.

Toss noodles with clarified butter, turn heat to medium and pour in milk-egg mixture. Add cheeses and stir until melted. Bring to low boil about 3 minutes; sauce will thicken and become creamy. Add salt and fresh cracked pepper, to taste.





Chicken Cordon Bleu Kebabs

One Pan Mac and Cheese

#### **Parmesan-Swiss Fish**

Recipe courtesy of Marcia Stanley, MS, RDN, on behalf of Milk Means More Prep time: 15 minutes Cook time: 15 minutes Servings: 4

1 1/4 pounds skinless halibut, salmon or tilapia fillets (fresh or frozen)

- 3/4 cup shredded Swiss cheese
- 1/4 cup plain Greek yogurt
- 1/4 cup mayonnaise
- 2 tablespoons sliced green onion
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 2 tablespoons grated Parmesan cheese

## 1/4 teaspoon paprika

Preheat oven to 450 F.

Parmesan-Swiss Fish

Thaw fish, if frozen. Cut into four serving-size pieces, if necessary. Pat fish dry with paper towels. Arrange in single layer on greased 15-by-10-by-1-inch baking pan, tucking under any thin edges.

In small bowl, toss Swiss cheese, yogurt, mayonnaise, green onion, salt and pepper. Spread over fish fillets. Sprinkle with Parmesan cheese and paprika. Bake, uncovered, until fish flakes easily with fork. Allow 6-8 minutes baking time per 1/2-inch thickness of fish.

- 1 teaspoon dried oregano leaves 1/4 teaspoon salt
- 1/4 teaspoon pepper Preheat oven to 350 F.

Place spinach in colander. Use back of large spoon or rubber spatula to press moisture from spinach. In large bowl, combine spinach, eggs, cottage cheese, chicken, feta

cheese, flour, butter, onion, oregano, salt and pepper. Spoon into greased 1 1/2-quart casserole dish. Bake, uncovered,

45-50 minutes, or until set near center (160 F). Let stand 5 minutes before serving.