A Newsletter for the Residents of the Eldorado Towers Condominium

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3675 North Country Club Drive Unit 209, Aventura, FL 33180

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# good times. Jhanks for bringing in the New Year with us here at fldorado Jowers. We feel fortunate to have you all as our residents.

Here's to a brand new year of good health, good fortune, and

## **RULES & REGULATIONS**

- Please be courteous of your neighbors and use caution when watering plants and/or washing windows, sliding doors and/or mopping balconies making sure water does not drip to the balconies below.
- Please do not throw cigarette buds or ashes from the balconies – for it may fall on someones furniture which can cause a fire.
- We have many residents entering our property that are using other people's fobs. These fobs will be deactivated. Guest and Contractors are prohibited from using owner's fobs.



January 2022



## Air Fryer Chicken Cordon Bleu



- 4 (5 oz) skinless, boneless chicken breast halves 2 slices deli ham
- 2 slices deli Swiss cheese
- <sup>1</sup>/<sub>4</sub> cup all-purpose flour
- $\frac{1}{2}$  teaspoon salt, or to taste
- 1/4 teaspoon ground black pepper
- 1 large egg, lightly beaten
- <sup>2</sup>/<sub>3</sub> cup plain dry bread crumbs
- 3 tablespoons unsalted butter, melted
- 1. Place each chicken breast between 2 pieces of parchment paper. Use a mallet or similar to flatten each breast to a thickness of 1/4".
- 2. Cut ham and Swiss cheese slices in half so you have 4 pieces of each. Stack 1 piece ham and 1 piece of cheese in the middle of each flattened chicken breast. Roll up like a jelly roll, tucking the ham and cheese inside the breast as you roll. Secure the ends and sides with toothpicks so the cheese won't run out. Transfer to the refrigerator for at least 15 minutes, or up to 4 hours.
- 3. Preheat an air fryer to 350oF.
- 4. Combine flour, salt, and pepper in a small bowl. Place beaten egg in second bowl. Place bread crumbs in a third bowl.
- 5. Dip each chicken bundle in flour mixture, then in egg, and finally in bread crumbs to coat. If you notice any spots that are just coated in flour, lightly pat with beaten egg and bread crumbs. Gently pat each bundle with melted butter and place in the air fryer basket.
- 6. Air-fry until crust is nicely browned and chicken is no longer pink in the center and the juices run clear, about 20 minutes. An instant-read thermometer inserted into the center should read at least 165° F.

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# Honoring Martin Luther King, Jr.

Since the age of 17, Martin Luther King was a Baptist minister who dedicated his entire adult life to fighting racism and segregation in the United States. Influenced by Gandhi's example of nonviolent persuasion, he organized peaceful boycotts and demonstrations, including the Montgomery Bus Boycott in 1955. In 1963, King headed a massive civil rights Birmingham, campaign in Alabama. This crusade was followed by major drives for voter registration, desegregation, and better housing and education in the South. Honoring his hard work and fortitude in the civil rights movement, King was awarded the Nobel Peace Prize in 1964. On April 4, 1968 he was assassinated in Memphis, Tennessee. Since 1986 the third Monday in January has been designated a legal holiday to honor this man of peace.





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CGP publishes monthly newsletters for over 50 condos; each written & delivered to each resident by the board & management.

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