

NUTS: Flavored options spice up the season in a healthier manner

Continued from page 18

protect your health are worth changing your snack habits.” Julie Mansfield of Sisters Olive and Nut Co. certainly agrees. Sisters Olive and Nut Co. carries a dizzying array of flavored almonds and pistachios that will spice up any holiday gathering. “This time of year, pumpkin, cinnamon, apple — those are kind of fall flavors,” Mansfield said. And at any time of year, butter toffee almonds are an addictive favorite. And sweet though they may be, they’re still easier on the waistline than cookies. Olives, too, make great holiday platter snacks and they come in a wide range of flavors as well. So... this holiday season

may be a good time to “go nuts.” Mindell says the following four nuts offer many health plusses. • Almonds. These are loaded with antioxidants — which have been found to help protect against inflammation, aging, heart disease and cancer — and vitamin E. Several studies have linked higher vitamin E intake with lower rates of heart disease, cancer and Alzheimer’s disease. “Also, high amounts of magnesium in almonds can help lower blood sugar levels,” Dr. Mindell says. “Many people don’t get enough magnesium.” • Chestnuts. The Christmas Song begins, “Chestnuts roasting on an open fire,” but many may forget about chestnuts at other times. If you’re worried about picking up an extra five or more pounds from Thanksgiving through January — as many Americans do — this could be your nut. “It’s low in fat,” Dr. Mindell says, “and a good

source of magnesium, protein, vitamin E and dietary fiber, which you need for colon health. You need to look into keeping them around all year.” • Pecans. This is another nut high in antioxidants, fiber, and healthy fats, which help lower cholesterol. Of particular interest to men, the beta-sitosterol in pecans has been shown to be helpful to prostate health. “They’re also rich in several B-complex groups of vitamins, which help increase the rate of metabolism, so it could help in losing weight,” Dr. Mindell says. • Walnuts. These have the highest content of antioxidants of any nut. Walnuts are also a good source of heart-healthy polyunsaturated fats, including plant-based omega-3 fatty acids. Omega 3 oils have been shown to raise serotonin levels in the brain



“Walnuts are one of those treats you might only think about during the holidays, and that’s a shame,” Dr. Mindell says. “They’re full of amazing stuff. “We all should be eating more nuts,” Dr. Mindell says. “The research is all there, supporting how they reduce the risk of chronic diseases, provide many daily health benefits and can add longevity.”



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Sisters Olive & Nut Co. provides a variety of the finest extra-virgin olive oils, including infused oils, and aged balsamics in an assortment of flavors and sizes that are excellent for gift giving. Samples every day! 271 W. Cascade Ave. • 541-549-8047

WORLD FOOD: Every culture has its comfort foods

Continued from page 17

Italian food is inherently comforting — to Italians, these kinds of dishes are simply “food.”

Tiramisu is one of these classic dishes. It’s a very simple dish that requires very little effort and only the patience of allowing some time between assembling it and eating it for that perfect moment that allows the mingling of flavors and the softening of biscuits.

Rumbledethumps

- Half-head green cabbage, thinly sliced, about 8 cups
- 2-1/2 lbs russet potatoes peeled, coarsely chopped
- 1/2 cup unsalted butter
- 1/4 cup chives
- 1 cup grated extra-sharp cheddar cheese (4oz.)

Butter an 8-cup baking dish. Preheat oven to 350°F. Cook cabbage in a large pot of boiling salted water until tender, about 2 minutes. Using a slotted spoon, transfer cabbage to a bowl. Return water to a boil and add potatoes. Cook until tender. Drain and return potatoes to the pot. Add butter and mash potatoes. Mix in chives and then cabbage. Season to taste with salt and pepper. Spoon mixture into prepared dish. Sprinkle with cheese. Bake at 350 for about 35 minutes until cheese bubbles.

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Fighting the OPIOID CRISIS

GREG IS LEADING A BIPARTISAN EFFORT TO COMBAT OUR OPIOID CRISIS. The bills that he helped pass give law enforcement more tools to fight this epidemic and provide our local communities with resources to help design and implement better treatment and recovery programs. Greg took the input he collected at home -- from discussions with local law enforcement officials, physicians, parents, recovering addicts, and treatment providers -- and put it to work in Washington. Using their experience and ideas, he helped write and pass the most significant effort by Congress against any drug crisis in history.

EAST OREGONIAN
“Walden helped craft & advance nearly 60 opioid-related bills”
(6/8/18)



“Everybody is touched by the opioid issue, but I haven’t seen anybody else get out there and fight for it like Greg Walden. He is fighting for all of us. That’s the kind of person I want to represent me.”

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– Winnie, mother from Grants Pass