

Gorgonzola dresses up beef tenderloin dinner

By **Linda Gassenheimer**
Tribune News Service

Beef tenderloin dressed with a tangy Gorgonzola sauce is a perfect special dinner.

Gorgonzola is a blue-veined, cow's-milk cheese that takes its name from the town of that name in Lombardy, Italy. Like its cousins Roquefort and Stilton, its piquant flavor and blue veining are the result of the addition of mold spores that are allowed to age with the cheese. A domestic Gorgonzola works very well in the recipe. You can find it crumbled and ready to use in the dairy case of the supermarket.

Green spaghetti (pasta that

is infused with green vegetables) and sweet pimentos make a colorful side dish. Any type of pasta can be used if preferred.

Helpful Hints

- Any type of blue veined cheese can be used. Look for crumbled blue-veined cheese in the dairy section of the supermarket.
- Use a nonstick skillet that just fits the beef in one layer. If it is too big, the sauce will evaporate while cooking.

Countdown

- Place water for spaghetti on to boil.
- Prepare all ingredients.
- Make spaghetti.

- Make beef.

Shopping List

Here are the ingredients you'll need for tonight's Dinner in Minutes.

To buy: ¾ pound grass-fed beef tenderloin, 1 small package crumbled Gorgonzola cheese, 1 small package green spaghetti, 1 small jar sweet pimento and 1 can olive oil spray.

Staples: olive oil, skim milk, salt and black peppercorns.

BEEF TENDERLOIN GORGONZOLA

¾ pound grass-fed beef tenderloin
Olive oil spray

Salt and freshly ground black pepper
½ cup skim milk
2 ½ tablespoons crumbled Gorgonzola cheese

Cut tenderloin into 1-inch slices. Heat a medium-size nonstick skillet over medium-high heat and spray with olive oil spray. Add beef slices. Brown 4 minutes and turn over. Brown the second side 5 minutes for medium-rare. An instant-read meat thermometer should read 145 degrees. Cook 2 to 3 minutes longer for more well done. Transfer each slice to a dinner plate and sprinkle with salt and pepper to taste. Add the milk to the skillet and scrape up

the brown bits in the bottom of the pan, about 30 seconds. Immediately add the Gorgonzola cheese and stir to melt the cheese and make a smooth sauce. Taste for seasoning. Add pepper if needed. The cheese should provide enough salt. Spoon sauce over beef and serve.

Yield 2 servings.

Place a large saucepan with 3 to 4 quarts water on to boil. Add spaghetti and boil 3 minutes if fresh, 9 minutes if dried. Drain leaving about 2 tablespoons water on pasta. Add oil, pimento and salt and pepper to taste. Toss well. Makes 2 servings.

SPAGHETTI WITH SWEET PIMENTOS

4 ounces green spaghetti
2 teaspoons olive oil
1 cup drained sweet pimento, cut into ¼-inch strips
Salt and freshly ground black pepper



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Plan a garden that will attract pollinators

By **Liz Douville**
For WesCom News Service

Did you really think it was too early to plan your garden? Never.

Based on past gardening experiences it's clear which veggies will and will not be eaten. With vegetable choices taken care of, gardeners can concentrate on the beneficial plants that will not only bring eye-candy satisfaction but also encourage the pollinators to stop and stay awhile.

Planting a pollinator garden continues to command attention in garden magazines and seed company postings. Many seed packets are marketed as wildflower mixes to attract pollinators. But how many of those seeds will germinate in our climate?

Like any other endeavor, to be successful you need knowledge and the willingness to make conscious choices. You

may covet the newest variety of your favorite flower with a triple layer of ruffled petals, but a pollinator would pass it by preferring the original variety with its single layer of petals.

Pollinator lists include birds, bees, bats, beetles, butterflies, flies and moths. Drawing them in can be a challenge. Pollinators can be as picky as your old Aunt Polly.

Bats like strong, musty odors emitted at night. The priority of some birds is to find funnel-like flower shapes with a strong perch support. Butterflies prefer bright colors, including reds and purples.

Pollinators need a reliable source of water that is shallow and has a sloping side. I use a 10-inch wide plant saucer with a few rocks to create a perch. Butterflies

prefer a ground-level mud puddle.

The Xerces Society recommends that flowers clustered in clumps of at least 4 feet in diameter are more attractive to pollinators than scattered individual flowers.

Pollinators need protection from the weather as well as from predators. Protection is also needed for nesting and roosting. In simple terms, it is OK to leave a few dead snags for protection or even fallen fruit as a food source on the ground.

Now, let's get down to the fine print. The best plan would be to learn and incorporate native plants into the landscape, which would encourage the native bees and other native pollinators. Sounds logical, right?

"Selecting native plants for home landscapes in Central Oregon," writ-

ten by Amy Jo Detweiler, Deschutes County Oregon State University Extension horticulturist, is a valuable reference that includes listings of both the common name and botanical name for deciduous trees, conifers, deciduous and evergreen shrubs, grasses and perennials. When researching the plants in the marketplace, include the botanical name in addition to the common name, blue flax would be *linum lewisii*.

This year, I would like to add a wax currant shrub, *ribes cereum*, to the hillside I see from my dining area. The shrub blooms in white to deep pink blossoms with the added fall interest of bright red berries that attracts birds. Also on my list this year is to plant more native yarrow *achillea millefolium*. It may not be the most dramatic plant in the

landscape, but it attracts one of the most beneficial insects, lacewings.

Make this the year to toss out the potent sprays. Instead try encouraging the pollinators and beneficial insects Mother Nature provided.

AMPHIBIANS

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Also, do not let the soil or plants dry out. Some large rocks sitting around fairly close to each other will help trap moisture.

Besides being useful in ridding our gardens of insect pest, frogs and toads are an environmental indicator. They are among the first species to disappear if the environment stops being friendly to living things. Therefore, biologists and ecologists monitor the frog population. You can know that your garden is free of toxic chemicals if you have a few frogs around. Perhaps that is why frogs and toads evoke a smile when people see them. They are a very popular design element in fabric and crafts.

To summarize about attracting toads and frogs to your yard:

1. Water often.
2. Let plants be close and keep the

lower branches and leaves to encourage humidity.

3. Also to encourage humidity, mulch with either organic matter or rocks.

4. Have a water pool, even if it is only temporary in early spring.

5. If your pond has fish, put a brush pile at the edge of the water (half in-half out of the water) for a place for young frogs and tadpoles to hide.

Frogs are an important food source for a variety of animals, including humans. Also they fill the air with their peeps, trills, whistles, grunts and snores. Their music adds dimension to our spring and summer evenings. If you need a hobby and birds do not interest you or maybe birds are not enough, try learning to identify the species of frog or toad by their sound.

I visited an old abandoned garden. The gardener herself had passed on many years ago, but a lot of her flowers live on. A wonderland was created

mostly by hundreds of pink ladies or August lilies, a lot of spearmint in full bloom and right in the center was a passionflower.

I have seen a lot of pictures of passion vine, but this was my first encounter with one in person. They must be hardy because this one lived with no care at all for over 10 years.

I wish I had my camera...but, if I go back with my camera today, it would not be the same. How do you capture magic on film, anyway? Part of the magic was the fragrance of the mint.

There were lots of low leaves of vines and ground covers. There was a pond a little below the garden. Hundreds of August lilies, the fragrance of mint, and right in the center like a jewel, one passion flower bloom. Do you think there were also lots of frogs secretly watching?

If you have garden comments or questions, please write: greengardencolumn@yahoo.com Thanks for reading!

CHICKEN

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CHIPOTLE CHICKEN TACOS

½ onion, roughly chopped
2 garlic cloves
2 chipotle chiles in adobo
1 can (14 ounces) diced tomatoes, undrained
½ teaspoon salt
1 tablespoon canola oil
2 cups shredded rotisserie chicken meat
12 corn tortillas, warmed

1 cup grated cotija cheese
1 handful cilantro, chopped
Sliced avocado, optional

1. Add onion, garlic, chipotles, tomatoes and salt to a blender; process until smooth. Heat oil in a large skillet over medium-high. When oil shimmers, add the chipotle salsa. Cook until it reduces slightly and isn't watery, about 5 minutes.

2. Reduce heat to medium-low; add the chicken. Stir until chicken is evenly coated in the salsa and the meat is warm. Turn off heat.

3. Serve chicken in warm tortillas,

topped with a sprinkling of cotija cheese and cilantro, plus slices of avocado, if you like.

Note: Chipotle chiles come in a can, and a recipe never seems to use all of them. To freeze the leftovers for another use, spread them in a single layer on a wax paper-lined plate or baking sheet. Freeze until solid. Then transfer the chiles to a zip-close bag; freeze until needed.

Nutrition information per serving: 287 calories, 13 g fat, 5 g saturated fat, 51 mg cholesterol, 28 g carbohydrates, 3 g sugar, 17 g protein, 891 mg sodium, 4 g fiber

DORY

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My own days of helpfulness now lay in such very small ways only. That's what happens when you are no longer young and strong of spirit. It is so easy to put off today what can be done tomorrow, one thinks. But, when tomor-

row comes, all things change and what should have been done can no longer be done as planned because all things change in the twinkling of an eye.

One day at a time is all we have and regrets stack high over delay in what we want to do, should do, hope to do ... but didn't do.

Life has its own idea of the meaning of fresh snowfall. Sometimes it covers regrets for what we haven't done. Other times it is a new blanket upon which to start again.

The world of white might be just that as we face what must be done, can be done, will be done in spite of what should have been done yesterday.

And, so, I drew the curtain on my self-doubt and began again.

All can not be measured in what or how it may have been but only what is now. A new start, a new beginning at any time, in any way, with what we have, what we can, who we are.

The snow was just a reminder.

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