



DORY'S DIARY

DOROTHY SWART
FLESHMAN

Snow lays foundation for a fresh start in life

Today we celebrate Presidents Day, a combination of Washington's and Lincoln's birthdays, as well as with Oregon's 160th birthday on Valentine's Day of Feb. 14.

We marvel at what just two men were able to bring about in their ability to move people to action and change the world, at least in some small way at the time. And then a state, our state, brought about in much the same way, in small ways by great minds and actions.

In thinking about the greatness of so many, I thought about my own yesterday — of what I had done, what I was able to do, what was made different or hopefully better in the wake of my efforts.

What I should have done should have been done yesterday, I considered, for my plans of the day now seemed in jeopardy.

Magic had occurred outside my house in just a matter of hours. The landscape had changed from spring's calling to winter's white coat just while I slept.

"A snow front is coming," a friend told me ... and it did.

The world was coated in white once again just by pulling open my window shade. To add to the magic, my sidewalk had been cleared of snow and footprints gave knowledge to the one(s) with a shovel on my behalf.

In time to come, these feats of thoughtfulness on my behalf may not add up to something worthy of celebrating a day on the calendar, but when you add one such service to others, great things can be accomplished. I will not be the only one having been served but so many others who were in need and helped just because someone cared to make life better for others.

See *Dory* / Page 2B



BETWEEN THE ROWS

WENDY SCHMIDT

Attracting amphibians

In a lot of garden catalogs, "toad houses" are offered. Toads may actually use these things. They resemble an inverted flower pot with a hole for the toad to use as a door.

Unless you put them in a place where it is always shaded, you are better off making your own toad house out of a terra cotta clay pot. Besides being a lot cheaper! The terra cotta pot being unglazed, it will breathe and moisture will evaporate from it, making the house cool inside. You can set a rock on top of the house so that all the humidity does not escape.

All the frogs and toads I read about are insect-eaters. To attract toads and frogs to your garden, food is not a problem, as we all have insects in our garden.

Toads and frogs need water to lay their eggs in. If you have a water garden, or pond, or little waterfall with a quiet pool beneath it, the frogs and toads will lay eggs there. If you want frogs to grow from the eggs, you can't have large fish unless you also have places for the tadpoles to hide from the fish.

To encourage the humidity that frogs need, lower leaves and branches should be left on plants, especially in the shady areas that frogs like.

See *Amphibians* / Page 2B

Rotisserie Chicken From The Grocery Store Can Yield Multiple Meals



Abel Uribe/Chicago Tribune-TNS

Tacos made from supermarket rotisserie chicken.

1 BIRD, 2 MEALS

By Nick Kindelsperger
Chicago Tribune

I don't need to spend much time examining why you should pick up a rotisserie chicken at the grocery store, do I? Obviously, it's faster than roasting a chicken at home. It's also a shockingly good deal. For what's often cheaper than a whole raw chicken in the meat department, you can nab one that's spent an hour spinning lazily in front of a wall of flames, basting in chicken fat and working on its gorgeously golden brown exterior. (As for why it's so cheap, Time suggests it's used as a loss leader for grocery stores to tempt you to buy more expensive items.)

While you could lop off a thigh and serve it with a simple side dish, why not use all that rotisserie chicken meat as a jumping off point for a more ambitious dinner?

I'm guessing you'll never run out of inspiration. A quick Google of the term indicates that there might be too many options. BuzzFeed has 24 "easy meals" for you to peruse, while Epicurious goes with 31. Not to be outdone, Taste of Home claims to have 133! That's not to mention all the cookbooks dedicated to the subject. "The Great Rotisserie Chicken Cookbook" by Eric Akis has a 100 ways to help you out, as does "100 Creative Ways to Use Rotisserie Chicken in Everyday Meals" by Trish Rosenquist.

Which is another way of saying that essentially any recipe calling for cooked chicken is fair game. Initially, I was blindsided by the abundance. When you can take almost any direction possible, how do you make a choice?

As at most times in my life, I began to daydream of tacos.

You could add some rotisserie chicken meat to a warm tortilla and top with a salsa of your choice, but let's dig a little deeper, shall we? Because you're starting with cooked meat, you can incorporate the salsas in a more dramatic way and still have time to spare.

A roasted tomatillo and avocado salsa, which is creamy, spicy and acidic all in one go, is an ideal partner for crispy chicken taquitos (aka flautas or tacos dorados). All you need to do is roll up some chicken meat in a corn tortilla and then pan-fry it until golden on both sides.

Or you could whip together a dark red chipotle and tomato salsa. Here the chicken meat is mixed with the salsa, so each bite is savory and spicy, with a subtle smokiness from the chipotle chiles. All this filling needs is a sprinkle of fresh cilantro and cotija cheese (queso fresco also works), and maybe some avocado.

Rotisserie chickens vary wildly in size, but you can expect to pull off about 4 cups of meat from a medium-size one, which is enough for you to try both of the recipes here. Removing the meat is one of those tasks easiest to do with your hands. Oh,



Abel Uribe/Chicago Tribune-TNS

Depending on the size of the chicken, you should get about 4 cups of shredded meat. Deboning the bird and shredding the meat while the chicken is still warm makes the task easier.

don't forget you can also save the bones to make stock.

CHICKEN TAQUITOS WITH TOMATILLO AVOCADO SALSA

Prep: 20 minutes
Cook: 16-20 minutes
Makes: 6 servings

You will have plenty of salsa left over for other meals.

1 pound tomatillos, husked, rinsed
3 to 4 serrano chiles, stemmed
4 cloves garlic, unpeeled
1 medium avocado, halved, pit removed and skin discarded
Handful fresh cilantro
1 teaspoon kosher salt
12 corn tortillas
2 cups shredded rotisserie chicken meat
Canola oil, about 2 cups
4 radishes, diced
2 limes, quartered

1. Place tomatillos and serranos on one side of a rimmed baking sheet lined with aluminum foil. Set garlic on the other half. Fold foil over to cover the garlic. Arrange oven rack so it's in the highest position, turn the broiler on high and place pan on the top rack. Cook until tomatillos and serranos start to blacken on top, about 6 minutes. Flip over tomatillos and serranos. Cook until tomatillos and serranos blacken on the other side, another 6 minutes. Remove from oven; set aside to cool.

2. When cool enough to handle, peel the garlic. Transfer tomatillos, serranos and garlic to a blender. Add the avocado, cilantro and salt. Blend until smooth. Set aside. Makes: 2

3. Heat a griddle or skillet over medium heat. Heat a tortilla until soft and pliant, about 15 seconds a side. Transfer tortilla to a tortilla warmer, or cover with a clean dish towel. Repeat with remaining tortillas.

4. Place about 2 tablespoons shredded chicken in a warm tortilla; season chicken with salt and pepper, if needed. Roll tortilla tightly, and place seam side down on a clean plate. Repeat with remaining tortillas. (If you're worried about the tortillas staying rolled up, you can secure each with a toothpick, and remove them after cooking.)

5. Pour oil to ½ inch deep into a large cast iron skillet or Dutch oven. Heat over medium until oil shimmers, about 350 degrees if you test it with a thermometer. Place as many of the rolled tortillas seam side down as will fit in one layer; do not crowd them. Cook until golden brown on the bottom, 1 to 2 minutes. Flip and cook until golden brown on the other side, 1 to 2 minutes. Transfer taquitos to a paper towel-lined plate, propping up one end so the oil drains from the center. Repeat with remaining rolled tortillas.

6. Serve the taquitos with the tomatillo avocado salsa, diced radishes and lime wedges.

Nutrition information per serving: 385 calories, 27 g fat, 3 g saturated fat, 31 mg cholesterol, 28 g carbohydrates, 3 g sugar, 13 g protein, 464 mg sodium, 5 g fiber

CHIPOTLE CHICKEN TACOS

Prep: 10 minutes
Cook: 15 minutes
Makes: 6 servings

See *Chicken* / Page 2B