

FRESH TAKE ON A HOLIDAY FAVORITE

Moroccan-style spices add extra zing to your barbecue burgers this Memorial Day weekend

By Linda Gassenheimer
Tribune News Service

Here's a way to spice up your Memorial Day burgers using Moroccan-style spices. Ground cumin, ground cinnamon, fresh mint and parsley may seem unusual additions to burgers, but they add an intriguing flavor to them.

Ground spices can lose their flavor after a few months. If yours look grey or have lost their aroma, it's time for new ones.

HELPFUL HINTS

- Ground bison can be used.
- Canola oil can be used instead of olive oil.
- ½ cup fresh onion can be used instead of frozen.
- Any type of burger roll can be used.

COUNTDOWN

- Make salad and set aside.
- Mix burger dressing and set aside.
- Cook burgers.

SHOPPING LIST

To buy: 1 carton plain nonfat yogurt, 1 bunch fresh mint, 1 bunch fresh parsley, 1 cucumber, 2 plum tomatoes, 1 bottle ground cumin, 1 bottle ground cinnamon, ¾ pound



Moroccan beef burger

ground 95% lean beef, 1 package frozen chopped onion and 1 package whole wheat burger rolls.

Staples: Olive oil, salt, black peppercorns

MOROCCAN BEEF BURGERS

Recipe by Linda Gassenheimer

¼ cup plain nonfat yogurt

2 tablespoons fresh mint, divided use
2 tablespoons fresh parsley, divided use
1 teaspoon ground cumin, divided use

½ teaspoon ground cinnamon
¾ pound ground 95% lean beef
½ cup frozen chopped onion
¼ teaspoon salt
1/8 teaspoon freshly ground black pepper
½ tablespoon olive oil
2 whole wheat burger rolls

roll.
Yield 2 servings.

Per serving: 435 calories (30% from fat), 14.5 g fat (4.7 g saturated, 5.6 g monounsaturated), 109 mg cholesterol, 42.8 g protein, 30.0 g carbohydrates, 5.3 g fiber, 277 mg sodium.

CUCUMBER TOMATO SALAD

Recipe by Linda Gassenheimer

1 cup sliced cucumber
1 cup diced plum tomatoes
1 tablespoon olive oil
Salt and freshly ground black pepper

Serve sliced cucumbers topped with diced tomatoes. Drizzle olive oil on top. Add salt and pepper to taste.
Yield 2 servings.

Per serving: 83 calories (76% from fat), 7.0 g fat (1.0 g saturated, 3.3 g monounsaturated), no cholesterol, 1.1 g protein, 4.8 g carbohydrates, 1.5 g fiber, 6 mg sodium.

CREATIVE

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Jeanie Zebrak has grown an annual vegetable garden since the 1970s. Her grandsons, Landon and Liam, helped out this year with digging and soil amendment. I'm sure they'll help out with eating the crops too! This is a great inter-generational family bonding opportunity while kids are schooling at home.

Since all of us have to eat, grocery shopping continues to be a routine activity, but there are ways to reduce our public interactions to keep ourselves and others safe, reduce waste and save money at the same time. Peter Fargo cooks oatmeal for his family every morning. The last time he needed rolled oats he bought a 25-pound bag and got a 10% discount on his purchase at the Co-op.

"I ordered and paid over the phone and it was ready for curbside pickup the same day," Fargo said.

Even though we are encouraged to stay at home as much as possible, it is still important to get exercise and we are lucky in Baker City to have many opportunities for exercise and recreation that are free and easy on the environment. Many people regularly walk and ride bikes along the Leo Adler Memorial Pathway along the river. And dogs like taking a dip too, although the water is still too cold for most of us humans.

Bike riders can enjoy pedaling at other outdoor spots like Phillips Reservoir. Randy Stadler (yes, he's my brother)

rides his mountain bike around the lake frequently and takes time to groom the trail, raking up pine cones and needles so everyone can have a smooth ride.

Hikers have all kinds of options for outdoor exploration. If you want some new ideas, just check out the Herald's Saturday Outdoors & Rec section or refer to William Sullivan's "100 Hikes in Eastern Oregon." And for those who like to exercise, you can do it at home with a wide variety of free internet videos for yoga, calisthenics, Zumba, meditation, low-impact workouts and more.

With the Baker County Library closed, library employee Katrina Horn wanted to make sure residents still had access to free books. She has been stocking the 11 Little Free Libraries in town with overflow from the district library book sales. Other ingenious folks have been adding jigsaw puzzles, cards and games.

Thanks Katrina and everyone else — especially parents and their children — who are sorting through their bookshelves and closets and contributing secondhand

items to these neighborhood libraries!

The coronavirus has disrupted our daily lives and caused a lot of stress and hardship for all of us. As we

persevere through this trying time, it is inspiring to see people respond to this challenge with creativity, compassion and love for our community and our environment.

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