

# Make your own healthy, energy-packed bars

By **Genevieve Ko**  
Los Angeles Times

Packed with protein and whole grains (and, of course, chocolate), these bars deliver energy and sustenance.

You can wrap them to pass out or carry them around all day and slip a bite under your mask when you need a boost. This basic formula comes together easily and costs less to make than it does to buy a box of packaged bars at the supermarket.

## ENERGY BARS

Time: 45 minutes  
Yields: Makes 8 bars

Use your favorite dried fruit and nuts or seeds in these chewy, hearty peanut butter-based bars. You can

swap other nut or seed butters for the peanut butter. If you're using unsalted nuts and unsalted peanut butter, add 1 teaspoon kosher salt to the mixture.

- ½ cup dried fruit
- 1¼ cups old-fashioned or quick-cooking oats
- 1 cup roasted salted nuts or seeds
- ½ cup chocolate chips
- ½ cup peanut butter
- ½ cup firmly packed brown sugar
- ¼ cup unsalted butter, melted and cooled
- 1 large egg

1. Heat the oven to 325 degrees. Line the bottom and sides of an 8-inch square pan with foil. Lightly coat the foil with nonstick cooking spray.

2. To make the bars using a food processor, pulse the dried fruit if pieces are larger than raisins or dried cranberries. Add old-fashioned oats, the nuts and chocolate chips and pulse until the oats are broken into small pieces with some powdery bits and the nuts are coarsely chopped. Add the peanut butter, brown sugar, butter and egg and pulse until the mixture is well-mixed and comes together in a sticky mass around the blade.

To make the bars by hand, chop the dried fruit into ¼-inch pieces. Coarsely chop the nuts and chocolate chips. Combine the chopped ingredients with quick-cooking oats in a large bowl. Add the peanut butter, brown sugar, butter and egg and mix well



Genevieve Ko / Los Angeles Times-TNS

Homemade energy bars.

to form a sticky mass.

3. Drop the batter in large clumps to cover the bottom of the prepared pan. Wet your hands and firmly press the mixture to form an even layer.

4. Bake until golden brown and set, 30 to 35 minutes. The top should look dry and

bounce back slightly when pressed. Cool completely in a pan on a wire rack. Using the foil, slide out of the pan onto a cutting board. Cut into eight 2-by-4-inch bars.

## Variations

Honey Nut Energy Bars:

Substitute honey for the brown sugar and proceed as above.

## Make Ahead

The bars can be wrapped in plastic wrap and kept at room temperature for up to 1 week or in the freezer for up to 1 month.

# Ready for zucchini season? Use it as a pizza crust

By **Gretchen McKay**  
Pittsburgh Post-Gazette

You probably haven't been inundated with zucchini yet because it's too early in the season for friends and neighbors to be pawning off summer's most bountiful backyard garden crop.

However, since you can find plenty of the slender green squashes in most grocery stores, now is the time to perfect your recipe for a zucchini crust pizza.

It's exactly what it sounds like — pizza made on a bed of shredded zucchini. Eggs, grated cheese and flour bind the crust together, and the pie can be topped with whatever you like — an assortment of chopped vegetables, mushrooms, cherry tomatoes, tomato sauce and cheese and/or a simple sprinkling of grated Parmesan.

## ZUCCHINI CRUST PIZZA

- 2 cups grated zucchini (about 2 7-inchers)
- 2 eggs, beaten
- ¼ cup whole wheat flour
- ½ cup shredded mozzarella cheese
- ½ cup shredded Parmesan cheese

- ½ teaspoon basil
- ¼ teaspoon oregano
- 2 tablespoons olive oil, divided
- Topping suggestions: sliced tomato, extra mozzarella (sliced or grated), thinly sliced garlic or peppers, mushrooms, and sliced olives.

Preheat oven to 400 degrees. Spray a 10-inch pie pan or baking sheet with nonstick spray or grease with oil and coat lightly with flour.

In a large mixing bowl, stir together zucchini, eggs, flour, mozzarella and Parmesan cheeses, basil, oregano and 1 tablespoon olive oil.

Press crust into a greased pie plate (for extra-thick pizza) or spread in a circle or square on a greased cookie sheet or pizza pan.

Bake for 20 minutes and then remove crust from oven.

Brush with remaining tablespoon olive oil. Top with your favorite pizza toppings and bake for another 15 to 20 minutes, or until the crust is lightly browned and crispy at the edges and the topping is heated through.

Serves 4.



Gretchen McKay / Pittsburgh Post-Gazette-TNS

This vegetarian pizza is made with shredded zucchini, mozzarella and Parmesan cheeses and egg.

# CRACKERS

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2. On a work surface, knead by hand until smooth, about 4 minutes, adding sprinkles of flour if the dough is wet. Place dough in a small bowl, cover with plastic wrap and place in the refrigerator to relax for at least 1 hour or — tightly wrapped — up to 2 days.

3. Preheat oven to 400 degrees. Divide the dough in half, keeping one half covered. With your hands and a heavy rolling pin, press and roll the dough into a rectangle no longer than the length of the baking pan. The dough should be no thicker than 1/16th of an inch. Fold the dough from the ends to make 3 layers. Turn the

dough and roll it again into a 1/16th-inch rectangle.

4. Lift the dough from the work surface and lay on the prepared baking sheet. Prick (dock) the entire surface with the tines of a fork. With a rolling pizza cutter, cookie cutter or a sharp knife, cut the dough into crackers of the desired size. The crackers will be broken apart after baking.

5. Sprinkle lightly with salt. Bake in the center of the oven until browned and crisp, 8 to 15 minutes, depending on the thickness of the dough. Check the crackers frequently so they are not baked beyond where you want them.

6. Remove from oven and immediately brush with melted butter. Cool on wire racks. Repeat with the

remaining dough. These crackers will stay fresh in an airtight container for 3 to 4 weeks.

Per serving: 180 calories; 11 g fat; 5 g saturated fat; 17 mg cholesterol; 4 g protein; 17 g carbohydrate; 1 g sugar; 1 g fiber; 197 mg sodium; 56 mg calcium

— Recipe from "Bernard Clayton's New Complete Book of Breads" by Bernard Clayton Jr.

## CREAM CRACKERS

Yield: 4 servings

- 1 cup all-purpose flour, plus

- more as needed
- ½ teaspoon salt
- 4 tablespoons (½ stick) butter
- ¼ cup milk or cream
- Coarse salt

1. Preheat oven to 400 degrees. Lightly dust a baking sheet with flour or put a baking stone in the oven. Put the flour, salt and butter together in a food processor. Pulse until the flour and butter are combined. Add the milk or cream and process until the mixture holds together but is not sticky.

2. Roll out the dough on a lightly floured surface until ⅛-inch thick or even thinner, adding flour as needed. Sprinkle with coarse salt. Score lightly

with a sharp knife or razor if you want to break the crackers into nice squares or rectangles later on.

3. Use a spatula, pastry blade or peel to transfer the dough to the prepared baking sheet. Bake until lightly browned, about 10 to 15 minutes. Cool on a rack. Serve warm or at room temperature or store in a tin for up to a couple of days.

Per serving: 221 calories; 12 g fat; 7 g saturated fat; 31 mg cholesterol; 4 g protein; 25 g carbohydrate; 1 g sugar; 1 g fiber; 338 mg sodium; 27 mg calcium

— Adapted from "How to Cook Everything" by Mark Bittman

# DEPOT ST.

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James' father was a poor farmer and a Baptist minister. James had big dreams for his life, perhaps becoming a lawyer, but after graduating from high school in 1893 his doctor suggested that his health would benefit from moving to a different location. His first venture, a butcher shop in Colorado, failed. He then went to work as a clerk in a dry goods store known as The Golden Rule Store. By 1907 he was the owner of his own store in Kemmerer, Wyoming, and started opening additional stores. By 1913 the J. C. Penney Company was born.

These stores were popping up all over the United States and by 1917 La Grande had its own store located at 110 Depot St. The familiar sign on the alley side of the building was painted sometime between 1917 and 1930 when the store was relocated to 1303 Adams Ave. where it remained until it was closed on June 18, 2017.

The Mamacita's sign that appears below the J. C. Penney Co. was painted in the early 1980s when the Mexican restaurant was established in this location.

The upper portion on the south side of this building has another ghost sign that is difficult to see because of the adjoining building now

standing where the paint store had been located. This privilege sign is for Wrigley's Spearmint Gum. In the same year (1892) that the

building was constructed, William Wrigley Jr., who was then selling baking powder, began including a free package of Juicy Fruit

chewing gum with each can of baking powder he sold. The gum became more popular than the baking powder so Wrigley restructured his

business and in 1893 the Wrigley brand of gum was launched with Wrigley's Spearmint Gum. Keep looking up! Enjoy!

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