

SANDWICH

Continued from Page B1

SPICY FRIED CHICKEN SANDWICH

- Yield: 4 servings
- 2 cups buttermilk
- 1 teaspoon plus 2 tablespoons salt, divided
- 1 3/4 teaspoons garlic powder, divided
- 1 3/4 teaspoons onion powder, divided
- 1/2 teaspoon paprika
- Oil, for frying
- 1 cup all-purpose flour
- 1 tablespoon plus 1/4 teaspoon cayenne pepper, divided, see note
- 4 small boneless chicken breasts (2 pounds)
- 1/2 cup mayonnaise
- 4 briccho buns
- 2 dill pickles
- 2 leaves of lettuce, each torn into 4 pieces

1 medium tomato, sliced
Note: If you don't want it spicy, simply eliminate the cayenne pepper.

1. In a large bowl, mix together buttermilk, 1 teaspoon of the salt, 1/2 teaspoon of the garlic powder, 1/2 teaspoon of the onion powder and the paprika. Add the chicken breast and refrigerate at least 4 hours or, preferably, overnight.

2. Pour 1 inch of the oil into a large cast-iron skillet or Dutch oven. Heat oil to 350 degrees (if you don't have experience, you'll need a frying or candy thermometer to make sure it is the right temperature). Meanwhile, put the flour in a paper or plastic bag along with 1 tablespoon of the cayenne pepper, the remaining 2 tablespoons of salt, 1 teaspoon of the garlic powder and 1 teaspoon of the onion powder. Shake well to combine.

3. Remove the chicken from the marinade and place pieces in the bag with the flour mix-

ture. Shake to coat thoroughly, wait 1 or 2 minutes, and shake again. Carefully place the chicken, skin-side down, in the hot oil (you may have to do this in batches). Fry, turning occasionally, until golden brown all over and internal temperature is 165 degrees. For best results, try to keep the oil temperature around 325 degrees. The chicken will be done in 10 to 15 minutes, depending on the size of the breasts. Remove to a plate covered with paper towels or a wire rack over a baking sheet.

4. In a small bowl, mix together mayonnaise, the remaining 1/4 teaspoon cayenne, the remaining 1/4 teaspoon garlic powder and the remaining 1/4 teaspoon onion powder. Spread 1 tablespoon mayonnaise mixture on top and bottom halves of each bun. Slice pickles into 1/4-inch rounds and cover bottom bun with a single layer of 3 or 4 slices (you may not need all of the pickles). Place a fried chicken breast on each bun, top

with 2 pieces of lettuce and 1 slice of tomato. Add the top half of the bun, and serve.

Per serving: 843 calories; 49 g fat; 9 g saturated fat; 197 mg cholesterol; 58 g protein; 43 g carbohydrate; 11 g sugar; 2 g fiber; 1,061 mg sodium; 74 mg calcium

Recipe by Daniel Neman

SILKY OMELET BAGUETTE

Yield: 1 serving

- 1/2 baguette
- 1/2 cup cherry tomatoes, quartered
- 1/4 to 1/2 jalapeño pepper, thinly sliced
- Salt and pepper, to taste
- 1/2 tablespoon olive oil
- 1/2 tablespoon red wine vinegar
- 2 large eggs
- 1/2 tablespoon butter
- 1/2 ounce sharp cheddar cheese, grated
- 1 tablespoon chopped fresh chives
- 1/2 teaspoon curry powder

1. Slice the the baguette in

half, lengthwise. Place the cherry tomatoes and jalapeño in a bowl with a pinch of salt and black pepper, along with the oil and vinegar. Toss together well, and set aside.

2. Beat the eggs well. Put a large, nonstick skillet on high heat and, after 1 minute, add the butter. When the butter has melted, pour the eggs into the hot pan and quickly swirl to cover the base. Scatter over with the cheese, chives and curry powder.

3. After a total of 1 minute in the pan, the eggs should be just set (they should be yellow, not golden brown). Angle the pan and use a spatula to swiftly roll up the omelet and stuff inside the baguette halves. Top with the salsa.

Per serving: 382 calories; 27 g fat; 11 g saturated fat; 401 mg cholesterol; 19 g protein; 15 g carbohydrate; 4 g sugar; 3 g fiber; 343 mg sodium; 184 mg calcium

Adapted from "Ultimate Veg" by Jamie Oliver

DAN'S REUBEN

Yield: 1 sandwich

- 1 tablespoon deli-style mustard
- 2 slices rye bread
- 1/4 pound corned beef or pastrami
- 1/4 cup sauerkraut, drained
- 2 to 3 slices Swiss cheese

Spread mustard on 1 slice of bread. Top with corned beef, sauerkraut, cheese and the remaining slice of bread. Heat a skillet over medium-high heat. When hot, add sandwich, top-side down. Cook until bottom is golden brown. Flip and cook until bottom slice is toasted and cheese has melted. Serve with a pickle.

Per serving: 690 calories; 36 g fat; 16 g saturated fat; 163 mg cholesterol; 36 g protein; 34 g carbohydrate; 3 g sugar; 5 g fiber; 2,164 mg sodium; 564 mg calcium

Recipe by Daniel Neman

Home & Auto go together. Like you & a good neighbor.

Some things in life just go together. Like home and auto insurance from State Farm®. And you with a good neighbor to help life go right. Save time and money. **CALL ME TODAY.**

State Farm

State Farm Mutual Automobile Insurance Company, State Farm Indemnity Company, Bloomington, IL. State Farm County Mutual Insurance Company of Texas, Dallas, TX. State Farm Fire and Casualty Company, State Farm General Insurance Company, Bloomington, IL. State Farm Florida Insurance Company, Winter Haven, FL. State Farm Lloyds, Richardson, TX.

inside every Thursday

GO!

EASTERN OREGON

GoEasternOregon.com

arts events entertainment

Are Your Feet Ready to Camp?

We specialize in quality medical and surgical care for all types of foot and ankle problems.

GRANITE VIEW Foot & Ankle

Travis T. Hampton, D.P.M. Foot and Ankle Surgeon

541-963-0265
888-843-9090
www.GVfoot.com

La Grande 1408 N Hall Street
Enterprise 601 Medical Parkway
Baker 3175 Pocahontas Rd.

AccuWeather | Go to AccuWeather.com

weather

	TONIGHT	WED	THU	FRI	SAT
	Clearing	Mostly sunny	Partly sunny	Partly sunny and hot	Partly sunny and very hot
Baker City	57	92 55	95 55	95 57	92 57
Comfort Index™	8	5	4	4	4
La Grande	65	93 63	96 66	97 69	98 65
Comfort Index™	8	5	4	2	4
Enterprise	56	92 62	92 65	95 67	95 65
Comfort Index™	7	5	4	3	4

Comfort Index takes into account how the weather will feel based on a combination of factors. A rating of 10 feels very comfortable while a rating of 0 feels very uncomfortable.

ALMANAC

TEMPERATURES Baker City La Grande Elgin
 High Sunday 95° 97° 101°
 Low Sunday 45° 51° 48°

PRECIPITATION (inches)
 Sunday 0.00 0.00 0.00
 Month to date Trace Trace 0.37
 Normal month to date 0.47 0.51 0.61
 Year to date 2.44 5.93 15.35
 Normal year to date 5.91 10.57 15.13

SUNDAY EXTREMES

NATION (for the 48 contiguous states)
 High: 118° Death Valley, Calif.
 Low: 37° West Yellowstone, Mont.
 Wettest: 3.18" Marana, Ariz.

OREGON
 High: 104° Rome
 Low: 43° Meacham
 Wettest: none

AROUND OREGON AND THE REGION

Forecasts and graphics provided by AccuWeather, Inc. ©2021

Shown is Wednesday's weather. Temperatures are Tuesday night's lows and Wednesday's highs.

AGRICULTURAL INFO.

HAY INFORMATION WEDNESDAY

Lowest relative humidity	20%
Afternoon wind	NNW at 6 to 12 mph
Hours of sunshine	4.2
Evapotranspiration	0.30

RESERVOIR STORAGE (through midnight Monday)

Phillips Reservoir	5% of capacity
Unity Reservoir	49% of capacity
Owyhee Reservoir	29% of capacity
McKay Reservoir	61% of capacity
Wallowa Lake	16% of capacity
Thief Valley Reservoir	23% of capacity

STREAM FLOWS (through midnight Sunday)

Grande Ronde at Troy	510 cfs
Thief Valley Reservoir near North Powder	115 cfs
Burnt River near Unity	125 cfs
Umatilla River near Gibbon	53 cfs
Minam River at Minam	117 cfs
Powder River near Richland	11 cfs

REGIONAL CITIES

City	WED. Hi/Lo/W	THU. Hi/Lo/W	City	WED. Hi/Lo/W	THU. Hi/Lo/W
Astoria	73/55/pc	72/56/pc	Lewiston	98/72/pc	100/71/pc
Bend	91/58/pc	91/62/pc	Longview	87/59/s	92/61/s
Boise	97/72/s	99/72/pc	Meacham	92/58/s	96/61/pc
Brookings	66/55/s	65/54/s	Medford	99/69/s	99/71/s
Burns	92/57/s	94/59/pc	Newport	66/53/s	66/52/pc
Coos Bay	70/54/s	70/54/pc	Olympia	87/56/pc	90/56/s
Corvallis	93/64/s	97/63/s	Ontario	100/74/s	102/73/pc
Council	95/64/t	96/65/pc	Pasco	100/64/pc	103/67/s
Elgin	92/59/s	96/64/pc	Pendleton	95/69/pc	99/71/s
Eugene	96/63/s	100/64/s	Portland	92/64/s	96/65/s
Hermiston	99/71/pc	102/68/s	Powers	87/63/s	88/58/pc
Hood River	92/69/pc	101/74/s	Redmond	94/57/pc	96/62/pc
Imnaha	95/63/pc	98/63/pc	Roseburg	96/67/s	100/69/s
John Day	93/64/s	95/61/pc	Salem	95/64/s	98/65/s
Joseph	90/61/pc	90/62/pc	Spokane	91/66/pc	96/68/pc
Kennewick	99/68/pc	102/68/s	The Dalles	100/69/pc	104/72/s
Klamath Falls	88/52/pc	91/55/pc	Ukiah	88/52/s	93/56/pc
Lakeview	89/54/pc	90/57/pc	Walla Walla	95/72/pc	100/75/s

Weather(W): s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice

RECREATION FORECAST WEDNESDAY

ANTHONY LAKES Mostly sunny	62 46	PHILLIPS LAKE Sunshine; pleasant	86 53
MT. EMILY REC. Mostly sunny	78 60	BROWNLEE RES. Partly sunny	96 66
EAGLE CAP WLD. Partly sunny; nice	72 48	EMIGRANT ST. PARK Partly sunny; nice	84 46
WALLOWA LAKE Partly sunny	90 61	MCKAY RESERVOIR Partly sunny	94 67
THIEF VALLEY RES. Mostly sunny	92 55	RED BRIDGE ST. PARK Mostly sunny	93 63

Stressless® Max shown in Paloma New Cognac

Stressless® Emily shown in Paloma Dark Espresso

- Free Delivery
- In-Store Credit
- 70 Store Buying Power
- Decorating Assistance

SAVE IN AN INSTANT.

Get a \$100 instant rebate for every \$1,000 you spend on any qualifying Stressless® seating.*

June 25 - August 2, 2021

*See store for details.

HOURS: Mon. - Fri. 9:30 am-6:30 pm
Sat. 9:30 am-5:30 pm Sun. 12 noon-4 pm
(541) 963-4144 • 888-449-2704

1520 ADAMS AVENUE
La GRANDE, OREGON 97850