

SIDES

Continued from Page B1

2. Meanwhile, make vinaigrette: In a jar, shake together olive oil, vinegar, maple syrup and Dijon mustard until fully combined. Season with salt and pepper.

3. Place arugula in a large serving bowl and lightly dress with vinaigrette. Top with beets, avocado, goat cheese and walnuts. Toss gently and add more vinaigrette as needed.

Per serving: 395 calories; 32 g fat; 5 g saturated fat; 3 mg cholesterol; 9 g protein; 24 g carbohydrate; 14 g sugar; 8 g fiber; 170 mg sodium; 100 mg calcium

— Recipe from delish.com

½ cup dried cranberries
Note: This can also be made in an air fryer. In a large bowl, toss vegetables with oil, balsamic vinegar and herbs. Season with salt and pepper. Place vegetables in basket of air fryer and cook at 400 degrees for 10 minutes, shaking halfway through. Before serving, toss roasted vegetables with pecans and cranberries.

1. Preheat oven to 400 degrees. Scatter vegetables on a large baking sheet. Toss with oil, balsamic vinegar, rosemary and thyme. Season with salt and pepper.

2. Bake for 20 to 25 minutes, until the vegetable are tender, shaking the pan halfway through.

3. Before serving, toss roasted vegetables with pecans and cranberries.

Per serving: 272 calories; 17 g fat; 2 g saturated fat; no cholesterol; 5 g protein; 31 g carbohydrate; 19 g sugar; 1 g

fiber; 358 mg sodium; 64 mg calcium

— Recipe from delish.com

KALE, GINGER AND PEANUTS SALAD

Yield: 4 servings

9 ounces by weight (1 full cup) smooth peanut butter
Zest of 2 limes
Juice of 4 limes
2 teaspoons grated (not minced) ginger

1 shallot, finely diced
1 tablespoon plus 1 teaspoon superfine sugar, see note
2 tablespoons water, plus more if needed
10 ounces kale, washed, stalks removed and hand-shredded

Handful of dry-roasted salted peanuts, halved
Note: To make superfine sugar, place granulated sugar in blender and blend on medium-high speed for 10 to 15 seconds.

1. In a large bowl, whisk together the peanut butter, lime zest, lime juice, ginger, shallot, sugar and water. You want a creamy consistency. If it's still a bit thick, add more water to thin it out.

2. Toss the kale generously with the peanut dressing, adding more or less to your liking. Serve with a sprinkling of peanuts on top. Any leftover dressing will keep in the refrigerator 1 week.

Per serving: 416 calories; 31 g fat; 6 g saturated fat; no cholesterol; 23 g protein; 35 g carbohydrate; 12 g sugar; 329 mg sodium; 139 mg calcium

— Adapted from a recipe in "Claridge's: The Cookbook" by Martyn Nail and Meredith Erickson



Hillary Levin/St. Louis Post-Dispatch-TNS

Holiday Roasted Vegetables.

HOLIDAY ROASTED VEGETABLES

Yield: 4 servings

¾ pound Brussels sprouts, trimmed and halved
2 large carrots, peeled and sliced into ½-inch pieces
2 tablespoons olive oil
1 tablespoon balsamic vinegar
1 teaspoon chopped rosemary leaves
1 teaspoon chopped thyme leaves

Kosher salt
Freshly ground black pepper
½ cup toasted pecans



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TUESDAY, DECEMBER 28, 2021

CROSSWORD PUZZLER

ACROSS

1 Pancho Villa's coin
 5 Natural resin
 8 Catch on
 11 Pronto
 12 String tie
 13 Rhea cousin
 14 Nursery word
 15 Draft animals
 16 Pen part
 17 Diagram
 19 Enthusiastic
 21 Solidify
 23 Government org.
 25 Calif. neighbor
 26 Be in debt
 27 Tierra — Fuego
 28 Per capita
 31 Old-fashioned pronoun
 32 Illegal act
 35 Potatoes — gratin
 36 Saharan
 39 Kind of steer?

40 Sharp projection
 41 Low-lying island
 43 Tenet
 44 Compass pt.
 45 Corresponded
 47 Tame carnivores
 49 Plunging neckline
 50 Handle roughly
 52 Nefertiti's god
 55 That thing's
 56 Otherwise
 57 Toy building block
 58 New York player
 59 Recent (pref.)
 60 Cornfield robber

DOWN

1 Cooking spray brand
 2 That, to Jaime
 3 Taste
 4 October's stone
 5 Bagel partner
 6 Ship's position
 7 Role for Arnold
 8 Swiss lake
 9 Qatar ruler
 10 Place to soak
 12 More gaunt
 18 Aussie rock group
 20 Two hundred fins
 21 "Naked Maja" artist
 22 Water pitcher
 24 Suspect's claim
 29 "Brian's Song" star
 30 Mammoth
 33 Pumper's pride
 34 Jane Austen title
 37 Slickest
 38 Smidgen
 40 Medieval clown
 42 Red Sea republic
 45 Leap in a tutu
 46 Hill's opposite
 48 Soft mineral
 49 Pep
 51 Gl hangout
 53 Arrogance
 54 Currently

Answer to Previous Puzzle

F	U	Z	Z	A	V	E	S	U	N	O
A	R	E	A	Z	E	A	L	C	A	N
B	A	R	N	T	E	R	A	L	P	S
L	O	I	T	E	R	Y	E	A	S	
E	S	C	A	S	A					
C	H	I	R	P	R	D	T	H	A	N
P	U	B	S	A	Y	S	O	A	N	A
A	M	M	O	L	E	V	Y	I	N	G
R	E	F	I	I						
O	V	E	N	I	N	D	E	E	D	
R	H	O	S	I	D	E	L	I	A	R
N	I	L	U	S	E	R	D	R	N	O
S	O	S	E	T	A	T	S	E	A	M

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110 Announcements

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110 Announcements

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- Black's Distributing
- Ryder Bros
- VFW
- Baker Elk's Lodge
- Main Event
- Lefty's Tap House
- Baker City Fire Dept.
- Haines Sell-Rite
- Idle Hour
- Salvation Army

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 Fragrance Free Group

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