

SIDES

Continued from Page B1

1. Trim ends of the beans, but leave beans whole. Let stand in cold water until ready to use. Steam in a vegetable steamer or boil until crisp-tender, about 4 minutes.

2. As the beans cook, whisk together mustard, lemon juice and olive oil until thoroughly combined. Stir in salt and pepper to taste. Drain the beans when cooked. Add the mustard sauce to the beans and toss to coat well. Serve piping hot.

Per serving: 70 calories; 5 g fat; 1 g saturated fat; no cholesterol; 2 g protein; 7 g carbohydrate; 3 g sugar; 2 g fiber; 431 mg sodium; 29 mg calcium
— Recipe from "Craig Claiborne's The New York Times Cook Book" by Craig Claiborne and Pierre Franey



Hillary Levin/St. Louis Post-Dispatch-TNS

Three-bean salad, an easy vegetable side dish.

- beans (chick peas), drained and rinsed
- 2 tablespoons white wine vinegar
- 1/2 cup olive oil
- 1 tablespoon lemon juice

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THREE BEAN SALAD

Yield: 6 servings

- 1 (15.5-ounce) can cannellini beans, drained and rinsed
- 1/2 (15-ounce) can lentils, drained and rinsed, see note
- 1/2 (15.5-ounce) can garbanzo

1 bunch fresh chives, chopped
Note: Canned lentils are available at specialty stores, health food stores and international markets. If you can't find them, you can cook a small amount of dried lentils yourself, or substitute 1/2 (15-ounce) can of black beans.

Place the cannellini beans, lentils and garbanzo beans in a large bowl and drizzle with the olive oil. Combine the vinegar and lemon juice, season with salt and pepper, and add to the salad. Sprinkle with the chives

and toss lightly. Serve immediately.

Per serving: 395 calories; 20 g fat; 3 g saturated fat; 0 mg cholesterol; 15 g protein; 42 g carbohydrate; 1 g sugar; 9 g fiber; 331 mg sodium; 75 mg calcium
— Recipe from "The Silver Spoon"

ROASTED PARSNIPS

Yield: 4 servings

4 large parsnips, peeled, quartered lengthwise, then quartered crosswise

2 tablespoons olive oil
Salt and pepper

Preheat oven to 425 degrees. Place parsnips on a baking dish or sheet. Drizzle with oil and toss to coat. Sprinkle with salt and pepper. Roast parsnips uncovered until tender, about 35 minutes.

Per serving: 160 calories; 7 g fat; 1 g saturated fat; no cholesterol; 2 g protein; 24 g carbohydrate; 6 g sugar; 7 g fiber; 13 mg sodium; 48 mg calcium

— Recipe from "Bon Appetit Fast Easy Fresh Cookbook" by Barbara Fairchild

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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

114 Self-Help Group Meetings

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Phone: 541-805-2229
www.neo-na.org

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Info for Baker City Meetings
Call: 541-239-7323

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114 Self-Help Group Meetings

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neo-na.org

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NOCC - Nazarene Church
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• Enterprise Group
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• Enterprise Group
7 - 8:00 pm
(Big Bk Study)
113.5 E Main St.

WEDNESDAYS
• Enterprise Group
7:00 pm
Closed Meeting
113.5 E Main St.

THURSDAYS
• Enterprise Group
7:00 pm
113.5 E Main St.

FRIDAYS
• Enterprise Group
7:00 pm
Closed Meeting
113.5 E Main St.

SATURDAYS
• Enterprise Group
7:00 pm
113.5 E Main St.

City of Joseph

WEDNESDAYS
• Buck Stops Here Joseph United Methodist Church, 12 pm
301 S. Lake St., Joseph (Church Basement)

THURSDAYS
• Grace and Dignity *(WM) Joseph United Methodist Church, 12 pm
301 S. Lake St., Joseph (Church Basement)

SATURDAYS
• Buck Stops Here Joseph United Methodist Church, 12 pm
301 S. Lake St., Joseph (Church Basement)

Questions call
AA Hotline:
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www.oregonaadistrict29.org

TUESDAY, FEBRUARY 15, 2022

CROSSWORD PUZZLER

ACROSS

- 1 Luggage fastener
- 5 Patrick's domain
- 9 Nervous twitch
- 12 Tan shade
- 13 Joie de vivre
- 14 Tumult
- 15 Middle Ages quaff
- 16 Astute
- 17 Baseball's — Durocher
- 18 AMA members
- 20 Open, as a bottle
- 22 Upholstery choice
- 25 Grow together
- 27 Zoologist's eggs
- 28 Lotion additive
- 30 John, in Germany
- 34 Crumple
- 35 Dainty headwear
- 37 Barnyard sound
- 38 Ruin a nylon
- 40 Beat with a stick
- 41 Gem St.
- 42 Not at port
- 44 Below
- 46 Degrade
- 49 Avril follower
- 50 Plant sci.
- 51 Pakistan's language
- 54 Lamb's pen name
- 58 Card game by Mattel
- 59 Climb up a pole
- 60 Whey companion
- 61 Jaunty lid
- 62 Lullaby
- 63 Hoopie expletive

DOWN

- 1 Dress part
- 2 Top-notch pilot
- 3 Mexican Mrs.
- 4 Roly-poly
- 5 Cartoon shrieks
- 6 Henri's landmass
- 7 Charlotte of "Bananas"
- 8 World-weariness
- 9 Soapstone
- 10 Plan of action
- 11 Farm structure
- 19 — du jour
- 21 — degree
- 22 Promises
- 23 Russian name
- 24 Zero
- 25 Outback cutie
- 26 Caligula's nephew
- 29 Kind of insurance
- 31 At the center of
- 32 Protuberance
- 33 Go hang-gliding
- 36 Water, in Baja
- 39 Vapor
- 43 Grinch creator
- 45 Family member
- 46 Meet edge to edge
- 47 — fide
- 48 Nature's building block
- 49 Bean-sprouts bean
- 52 Letter before sigma
- 53 Racket
- 55 Clumsy person
- 56 Levin or Gershwin
- 57 Build on to

Answer to Previous Puzzle

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

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114 Self-Help Group Meetings

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Wednesday Nights, 7-8:15pm.
Fort Union Grange Hall, corner of McAlister & Gekeler Lanes.
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