

BERRIES

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Cool to room temperature before using. Store in a clean jar in the refrigerator.

Add the rum, simple syrup, lime juice, strawberries and 5 or 6 ice cubes to a blender and blend until smooth. Serve in a margarita glass or wine goblet.

Per serving: 171 calories; 1 g fat; no saturated fat; no cholesterol; 1 g protein; 18 g carbohydrate; 14 g sugar; 2 g fiber; 2 mg sodium; 20 mg calcium
— Recipe from liquor.com

STRAWBERRY VINAIGRETTE

Yield: 8 servings

1 cup strawberries, stemmed and chopped
2 tablespoons honey
5 tablespoons apple cider vinegar
1/3 cup extra-virgin olive oil
1 teaspoon salt
1/4 teaspoon black pepper

Combine the chopped strawberries, honey, apple cider vinegar, olive oil, salt and pepper in a food processor or blender and puree until very smooth, about 2 minutes. Serve immediately or store in the refrigerator for up to 2 days.

Per serving: 104 calories; 9 g fat; 1 g saturated fat; 0 mg cholesterol;
— Recipe from Southern Living

STRAWBERRY AGUA FRESCA

Yield: 10 servings

4 cups strawberries, sliced
1 cup granulated sugar
8 cups cold water, divided
1 lime, cut into 10 rounds for garnish, optional
10 mint sprigs for garnish, optional

1. In a medium bowl, mix together sliced strawberries, sugar and 1 cup of the water. Cover with plastic wrap and refrigerate for 4 hours.

2. Pour strawberry mixture into a blender. Blend on high until smooth. Pour this mixture through a strainer set over a large mixing bowl. Discard the pulp and seeds.

3. Add the remaining 7 cups cold water to the pureed strawberries, and mix well. Serve immediately over ice or refrigerate for several hours to chill. Garnish with lime rounds or mint leaves.

Per serving: 207 calories; 1 g fat; no saturated fat; no cholesterol; 1 g protein; 54 g carbohydrate; 47 g sugar; 3 g fiber; 3 mg sodium; 30 mg calcium
— Recipe from allrecipes.com

HEALTHY STRAWBERRY OATMEAL BARS

Yield: 16 servings

1 cup old-fashioned rolled oats
3/4 cup whole wheat flour or all-purpose flour
1/3 cup light brown sugar
1/4 teaspoon ground ginger
1/4 teaspoon kosher salt
6 tablespoons unsalted butter, melted
2 cups small-diced strawberries, divided
1 teaspoon cornstarch
1 tablespoon lemon juice
1 tablespoon granulated sugar, divided

For the optional vanilla glaze
1/2 cup powdered sugar, sifted
1/2 teaspoon vanilla extract
1 tablespoon milk (any kind)

1. Place a rack in the center of your oven and preheat to 375 degrees Fahrenheit. Line an 8-by-8-inch baking pan with parchment paper so that the paper overhangs two sides like handles.

2. In a medium bowl, combine the oats, flour, brown sugar, ginger and salt. Pour in the melted butter and stir until it forms clumps and the dry ingredients are evenly moistened. Set aside 1/2 cup of the crumble mixture, then press the rest into an even layer in the bottom of the prepared pan.

3. Scatter half of the strawberries over the crust. Sprinkle the cornstarch evenly over the top, then sprinkle on the lemon juice and 1/2 tablespoon of the granulated sugar. Scatter on the remaining berries, then the remaining 1/2 tablespoon sugar. Sprinkle the reserved crumbs evenly over the top; you will have some fruit showing through.

4. Bake the bars for 35 to 40 minutes, until the fruit is bubbly and the crumb topping smells toasty and looks golden. Place the pan on a wire rack to cool completely.

5. When the bars are cool, prepare the glaze: In a medium bowl, briskly whisk together the powdered sugar, vanilla and milk until smooth. Add more milk if you want a thinner consistency. Using the parchment-paper handles, lift the bars from the pan. Drizzle with glaze, slice and serve.

Per serving (including glaze): 127 calories; 5 g fat; 3 g saturated fat; 12 mg cholesterol; 2g protein; 20 g carbohydrate; 10 g sugar; 2 g fiber; 22 mg sodium; 14 mg calcium
— Recipe from wellplated.com

STRAWBERRY GOAT CHEESE BRUSCHETTA

Yield: 6 servings

1/2 cup balsamic vinegar
12 slices Italian or French bread
1 tablespoon olive oil
1 pound strawberries, washed and diced
2 teaspoons fresh thyme leaves, plus more for serving
1 cup goat cheese, room temperature
Salt and pepper to taste

1. Heat vinegar in a small skillet or saucepan over medium-low heat. Simmer until reduced by about half, 8 to 10 minutes. Allow to cool to room temperature.

2. Prepare a grill, grill pan or broiler for high heat. Brush bread slices with oil and set aside. Combine strawberries and thyme in a small bowl and set aside.

3. Grill or broil bread until browned, about 3 minutes per side (about 1 minute per side if broiled).

4. Spread goat cheese on toasted bread. Add salt, pepper and reduced vinegar to the strawberry mixture. Spoon over the goat cheese-topped bruschetta. Garnish with additional thyme.



Strawberry goat cheese bruschetta.

Hillary Levin/St. Louis Post-Dispatch-TNS

Per serving: 348 calories; 12 g fat; 6 g saturated fat; 17 mg cholesterol; 15 g protein; 45 g carbohydrate; 9 g sugar; 3 g fiber; 990 mg sodium; 99 mg calcium
— Recipe from allrecipes.com

STRAWBERRY FLAMBÉE OVER LEMON RICOTTA-FILLED CREPES

Yield: 6 servings

For the crepes
1 1/2 cups milk
3 eggs
1 pinch salt
3 tablespoons butter, melted
1 1/2 cups all-purpose flour
Cooking spray (or a little additional butter)

For the filling
2 cups ricotta cheese
Grated zest of 1 lemon
Grated zest of 1 orange
1 teaspoon vanilla extract
1/2 cup granulated sugar

For the sauce
1/2 cup granulated sugar
3 cups strawberries, hulled
1/2 cup fresh orange juice
1/4 cup Grand Marnier

2 tablespoons butter
Note: This recipe makes 18 crepes in a 6-inch skillet. Using a 10-inch skillet will result in about 6 or 7 crepes. The process is the same, but use about 1/3 cup of batter for each crepe, and fill each one with 1/3 cup of filling.

1. For the crepes: Put the milk and eggs into a blender and blend them thoroughly for just

a few seconds. With the blender running at low speed, add the salt, melted butter and flour, in that order, through the feed hole in the blender lid. Blend until smooth. Refrigerate, covered, at least 30 minutes and up to 4 hours.

2. Heat a 6-inch nonstick skillet over low heat. Spray it with the cooking spray or grease with just a little butter. Pour a couple of tablespoons of batter in the

center of the skillet and swirl the skillet around to make 1 thin, even layer of batter. The goal is not to brown the crepe but to cook it just enough to flip.

3. Once the crepe gets lacy around the edges and pulls away from the skillet, about 2 minutes, use a spatula to flip the crepe over. Cook the second side for only about 30 seconds, or not at all. Transfer the crepe to a large plate and repeat with the remaining batter. Once the crepes are cooked, they can be stacked and wrapped in plastic wrap for future use.

4. For the filling: Put the ricotta, citrus zests, vanilla and sugar into a medium mixing bowl and stir until smooth. The filling may be covered in plastic and refrigerated up to one day before serving.

5. Preheat oven to 200 degrees. Lay a crepe out on a clean surface, cooked-side down. Put 2 tablespoons of the filling in the center and smooth it out with the back of a spoon. Fold the crepe in half and then half again into a quarter. Repeat the filling and folding process with the remaining crepes and filling. Set the folded crepes on a cookie sheet and keep warm in the oven.

6. For the sauce: Heat a large sauté pan over high heat until warm. Add the sugar and strawberries and cook until the sugar starts to caramelize, about 5 minutes. Add the orange juice and Grand Marnier. Using a long-handled lighter, very carefully ignite the alcohol in the pan (stand back, as the flames may shoot up). Once the flames die out, stir in the butter.

7. To serve, arrange 3 crepes on each of 6 dessert plates and spoon some strawberry sauce over the crepes.

Per serving: 570 calories; 23 g fat; 14 g saturated fat; 162 mg cholesterol; 19 g protein; 72 g carbohydrate; 43 g sugar; 3 g fiber; 160 mg sodium; 285 mg calcium
— Recipe from "My New Orleans: The Cookbook" by John Besh

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