

Local & Entertainment

Healthy spring eating



Homemade Goodness
By Eileen Driver

It's now officially spring. The sun is shining (most days). The air is warmer and we are starting to spend more time outside in clothes that don't cover as much as our winter ones did.

Sooo we are starting to notice those extra winter pounds we are all carrying around.

That makes people think, okay time to eat more green lettuce salads for dinner, lunch and even breakfast, in their desperation to shed those pounds.

That is not for me. I very occasionally eat a lettuce salad but I am definitely a meat and potatoes type of person and for me, if I don't like what I'm eating, a diet won't last and I'm setting myself up for failure.

The only way to lose those pounds is to eat less and move more.

That doesn't mean you can't eat what you like, just not so much that you are stuffed.

I believe that lettuce has its place. I love it on my sandwich or on my burger, even in a Chef salad or taco salad which also has plenty of meat.

So when I think salad it is more likely to be potato or macaroni salad.

If I want to have a salad for lunch it would have to be a (something) salad sandwich. Which makes me happy to only eat only half a sandwich as long as it tastes good and meaty. And this one is perfect for eating outside while you are doing the "moving around more" part of the equation.

Picnic Chicken Salad

- Sandwich**
1 can or recipe condensed cream of celery soup
2 tablespoons mayonnaise
¼ teaspoon black pepper
2 cups cooked chopped chicken
2 stalks celery chopped
¼ cup or 1 small onion finely chopped
Sandwich buns or bread

Lettuce
Sliced tomato
Stir the soup, mayonnaise and pepper in a bowl. Add chicken, celery and onion and toss to coat.

Cover and chill for at least two hours,
Scoop onto bread top with lettuce and tomato and enjoy. Makes about 6 sandwiches.

Since I have a lot of leftover ham from Easter dinner, which was yummy by the way, I could make another sandwich out of the next recipe or if I am not in the mood for bread, eating it on crackers is great too.

I remember eating this when I was young but don't see it much anymore, so it is a really special treat when I think to make it again.

Old Fashioned Ham Salad

- 2 cups ham, fat removed and diced
½ cup miracle whip
¼ cup mayonnaise
2 teaspoons onion flakes
1 teaspoon stone ground mustard
1 tablespoon dill or sweet pickle relish

Add all ingredients except relish to a food processor. Slowly pulse until chunky.

(You want it to be smooth enough to spread but not like paste.)
Transfer to a bowl and stir in relish. Make a sandwich with swiss cheese and pineapple or spread on buttery crackers.

Either sandwich filling recipe would be great as a lettuce wrap if you want to cut out the bread entirely and is a delicious way to

include the "salad" without having to eat a salad.

If you need to have more vegetables in your salad to make you feel like you're doing the healthier thing, which healthier is always good, then try the one below.

It would make a good side for any of the above sandwiches or a great meal all by itself.

Broccoli Salad

- 2 cups frozen peas
1 pound fresh cauliflower
1 pound fresh broccoli
4 strips bacon chopped
½ cup mayonnaise
½ cup plain yogurt or sour cream
½ tablespoon sugar
4 ounces cubed cheddar cheese
½ teaspoon salt

Cut broccoli and cauliflower, including stems, into bite size pieces.

In a large pot with a wire mesh lift out strainer, bring 4 quarts of water and 1 tablespoon salt to boiling.

Drop in peas and boil one minute.

Lift out strainer drain peas and put aside in bowl. Add cauliflower to strainer in pot and boil for three minutes.

Lift out strainer and run under cold water then set aside. Repeat process with broccoli boiling for two minutes using the same boiling water.

In small fry pan cook bacon till lightly crisp drain on paper towel and cool.

Mix mayo, yogurt or sour cream, sugar and salt together to make dressing.

When vegetables are cooled add to dressing along with cheese and bacon, toss lightly to mix.

Refrigerate for at least an hour to one day before eating.

If you want to make this a little heartier for a meal in itself just add a cup or so of ham or smoked turkey cubes and eat up.

Just remember moving more and eating smaller portions are the keys to staying healthy not depriving yourself of the foods you love.

Bebe's word search

Old West 2

Find and circle all of the words that are hidden in the grid. The remaining 30 letters spell a Will Rogers quotation.

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

- | | | | |
|---------------|---------------|-------------|------------------|
| ASSAY OFFICE | DOCTOR | MINE SHAFT | SCOUTS |
| BANK ROBBER | DRESSMAKER | OUTLAWS | SHOOTOUT |
| BARN | FENCE | PELTS | SHOTGUN |
| BLACKSMITH | GENERAL STORE | PIGS | SPURS |
| BOOTS | GOLD NUGGET | PIONEERS | STIRRUP |
| BUCKBOARD | GUNSLINGER | POST OFFICE | TOWN HALL |
| BUNKHOUSE | HATS | RANCH HAND | TRADING POST |
| CALAMITY JANE | HIRED HAND | REVOLVER | TUMBLEWEED |
| CHAPS | HORSES | RUSTLER | WAGON |
| COAL OIL | ICE HOUSE | SADDLER | WANTED POSTER |
| COWPOKE | LASSO | SALOON GIRL | WHISKEY |
| DAVY CROCKETT | MARSHALL | SCHOOLHOUSE | WILD BILL HICKOK |

The Littles' crossword puzzle

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17					18					19				
20				21					22			23		
				24			25			26				
27	28	29	30			31	32			33	34	35	36	
37					38		39			40				
41						42				43				
44					45			46						
47					48			49		50				
				51	52			53	54					
55	56	57			58			59			60	61	62	63
64				65			66			67				
68							69			70				
71							72			73				

Across

- 1- Workplace stds. enforcer;
- 5- Commoner;
- 9- Tough trips;
- 14- Hit hard;
- 15- Irritate;
- 16- Inception;
- 17- "Smooth Operator" singer;
- 18- From the U.S.;
- 19- Greek letter;
- 20- External reality;
- 23- Yang's counterpart;
- 24- On Soc. Sec.;
- 25- Simpleton;
- 27- Me too;
- 31- Part of a process;
- 33- Sunup direction;
- 37- Reformulate;
- 39- Christina's dad;
- 40- "Comus" composer Thomas;
- 41- Typical instance;
- 44- Prefix with space;
- 45- Like Brahms's Symphony No. 3;
- 46- Rectangle having equal sides;
- 47- Grounded jets;
- 48- Eye sore;
- 50- Overturn;
- 51- Aspirin target;
- 53- Verily;
- 55- ___-relief;
- 58- Trotting competition;
- 64- Actor Milo;
- 66- Sushi fish;
- 67- Zeno of ___;
- 68- Stem;
- 69- Captain Hook's sidekick;

- 70- Wait ___!;
- 71- Gymnast Comaneci;
- 72- Small children;
- 73- Luxurious;

Down

- 1- ___ buco (veal dish);
- 2- Mop;
- 3- Muslim pilgrimage;
- 4- Suit to ___;
- 5- Babble;
- 6- Borders;
- 7- Hgt.;
- 8- Vitamin deficiency disease;
- 9- Capital of Japan;
- 10- Transfer ___;
- 11- See;
- 12- Foreign Legion cap;
- 13- Spider-Man creator Lee;
- 21- Brittle;
- 22- Themes;
- 26- Broken-down;
- 27- Specific geographical places;
- 28- Male and female;
- 29- Turn away;
- 30- Brunch drink;
- 32- Chewy candy;
- 34- Puccini pieces;
- 35- Saw wood;
- 36- Doctrine;
- 38- Inventor Otis;
- 42- Concern;
- 43- Water colors;
- 49- Lace place;
- 52- Singer Khan;
- 54- Much of Mississippi?;
- 55- Cap'n's underling;
- 56- Nick and Nora's pet;
- 57- Roe source;
- 59- Captain of the Nautilus;
- 60- ... so shall ye ___;
- 61- As well as;
- 62- So-so grades;
- 63- A pop;
- 65- Samuel's teacher;

H	S	O	P		S	T	O	T		V	I	D	V	N
C	E	S	A		E	E	S	M	E	K	L	V	T	S
A	E	L	E		S	L	E	E	A	V	E	H	S	O
E	E	A	C	E	S	S	E	N	A	V	H		B	A
T	E	S	P	U		L	E	S		S	T	S	S	S
R	V	U	O		S	F	E	N						
N	O	I	A		C	I	F	I		P	M	E	X	E
E	N	E	A		R	I		S	E	I	V	R	E	R
N	I				O	O		T	R	E	T			
A	P													
T	S	E	N		O									
S	K	E	R		T	B	L	E		V	A	H	S	O

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