

Local

Summer salads and dressings



Homemade Goodness
By Eileen Driver

The sun is shining, the flowers are blooming and the birds are singing.

The mosquitoes are biting too but we won't go there.

I can see BBQs in my near future as well as lazy days spent on the river picnicking, fishing and swimming. Swimming!

That means swimsuits, that means time to shed those extra winter pounds we put on with all that yummy comfort food we've been eating.

Since the garden isn't quite producing all those yummy fruits and vegetables just quite yet let's start off with a salad that includes great ingredients we can get anytime.

Fruit and Shrimp Salad

Serves 4
½ pound cooked shrimp
1 cup orange segments
½ cup pomegranate seeds
2 oz soft goat cheese
8 cups mixed greens
Pomegranate Vinaigrette

Dressing

Toss everything together and drizzle with dressing. You're saying to yourself, "Where the heck do I get Pomegranate Vinaigrette?" Why here of course.

Pomegranate Vinaigrette

1 cup olive oil

1 cup pomegranate juice
1 cup rice vinegar
¼ cup white sugar
2 tablespoons chopped shallots
1 ¼ teaspoons chopped garlic
1 teaspoon white pepper
Salt to taste

Put all ingredients into a blender, cover and blend until smooth. About two minutes.

Want a salad without greens or dressing but delicious and slimming just the same. This next recipe is perfect and it's a good easy salad to take to those summer BBQs you're going to be invited to soon.

Roasted Corn Salad

4 ears of corn
8 ounces mozzarella cheese
16 ounces grape tomato
2 avocados
Olive oil
Salt and pepper
Rub cobs of corn with olive oil and roast in oven at 450 degrees for 10 minutes per side. Slice grape tomatoes in half and cut mozzarella and avocados into bite sized chunks. Cut the corn kernels off the cob, toss everything in a bowl, season with salt and pepper.

Want a more hearty, yet still slimming, lunch salad? The next great recipe can be served on a bed of lettuce, in a lettuce wrap or in a tortilla wrap if you want a sandwich instead of a salad.

Chicken Waldorf Salad

2 grilled, diced, chicken breasts

1 apple diced
½ cup halved grapes
¼ cup diced celery
¼ cup shelled nuts (walnuts, cashews, pistachios, whatever you like)

1 tablespoon lemon juice
Salt and pepper to taste

Dressing

½ cup plain greek yogurt
½ teaspoon lemon zest
1 tablespoon minced chives

1 teaspoon dijon mustard
Whisk together all the dressing ingredients in a small bowl.

In a large bowl toss together all the salad ingredients.

Pour dressing over salad and fold together.

Eat as a salad or sandwich

If you love beef like I do and think you can't eat beef and slim down at the same time, surprise! This is a great meal salad, as it takes a little planning ahead, but really delicious, with a different flavor than we are used to eating on a daily basis, unless your from Thailand of course.

Thai Beef Salad

2 green onions chopped
1 lemongrass cut into 1 inch pieces

1 cup chopped fresh cilantro
1 cup chopped fresh mint leaves
½ cup fish sauce

1 tablespoon sweet chili sauce
½ cup white sugar
1 1/2 pounds (1 inch thick) steak fillet

1 head leaf lettuce cleaned and torn into pieces
½ cucumber diced

1 pint cherry tomatoes
Stir together in a large bowl the green onions, lemongrass, cilantro, mint leaves, lime juice, fish

sauce, chili sauce and sugar until well combined and sugar is dissolved. Set aside.

Preheat grill on high heat and cook steak for approximately 4-6 minutes per side until it is cooked medium. Do not overcook the meat! Remove from heat and let rest for a few minutes.

Slice steak into thin strips and add the meat and it's juices to the sauce you set aside. Cover tightly and refrigerate for at least three hours.

Tear the lettuce into bite-size pieces and place in salad bowl. Arrange the cucumber on top of the lettuce. Pour the meat and sauce over the lettuce and cucumber.

Top with cherry tomatoes cut in half and fresh cilantro leaves.

Try these great salads and you will fit into and look great in that swimsuit in no time at all. The best part is that you won't ever feel like you're on a diet at all, because you will want to eat them all the time.

If you want to jazz up your veggie salads try this homemade dressing.

Raspberry Vinaigrette

3 tablespoons seedless raspberry jam
2 tablespoons white wine vinegar

1 teaspoon creamy dijon mustard
4 tablespoons olive oil
1 tablespoon honey

Salt & pepper
Whisk together the jam, vinegar and mustard.

Slowly whisk in the oil and then the honey. Salt and pepper to taste. Store in refrigerator until ready to use.

Wrong-way driver dies

On May 7, 2017 at approximately 9:45 p.m., Oregon State troopers received a call regarding a wrong way driver on I-84 near mile marker 294. While troopers were on the phone with the complainant, the suspect vehicle (a black Ford Focus) crashed (side swiped) into an east-bound commercial motor vehicle. The driver of the Ford Focus was pronounced deceased at the scene.

Preliminary information indicated the driver of the Ford Focus was identified as Joseph Sizemore (age 32 from Pendleton). Sizemore had just left the Baker Valley rest area and traveled westbound into the eastbound lanes. The Ford Focus crashed into a 2016 Freightliner commercial vehicle (CMV) tractor/trailer. The 2016 CMV was being driven by Jonathan M Lawrence (age 26 from Hammond, Indiana). After the initial crash, the 2016 CMV's trailer crashed into another CMV (a 2013 Freightliner) being driven by Isaac J. Pitts (age 34 from Hahira, Georgia).

Neither of the CMV drivers were injured but, due to the damage, both CMVs had to be towed from the scene. The cause of the crash is being investigated as possible impairment of Sizemore.

Fire set in Birch St. yard

BY SAMANTHA O'CONNOR

Samantha@TheBakerCountyPress.com

On Tuesday, May 9th, at 10:23 a.m., authorities received a report of a fire at 1975 Birch St.

The Baker City Fire Department arrived and cleared the area. Upon arrival, the flames quickly reached five to six feet in height.

Officers arrested Melissa Lattymer for contempt of court and violation of release agreement to not be in contact with the home owner. Lattymer was also charged with reckless burning and second degree criminal mischief.

According to Baker City Police Chief Wyn Lohner, debris was on fire in the backyard caused damages to the yard and large trees.

According to Lieutenant Sara Blair of the Baker City Fire Department, the occupant of the residence was attempting to put out the fire and a concerned neighbor called in the fire when they saw smoke.

"I was washing my dishes and I noticed some smoke going by," explained neighbor Jorja Culley. "And I looked up and saw smoke coming from that backyard. It was kind of a grey smoke and I thought they were finally burning some of the stuff in the back yard. So, I was watching it, it was getting darker, dark grey, and then black and really thick. And I thought oh, that looks like something more than just a little bit of things. I went to my living room and, when I was in there, I heard this huge bang or explosion. I came running back and saw the flames. My phone was here and I thought that's trouble, and I started dialing 9-1-1 but I could already hear sirens. It was scary when I heard the explosion and then to see the flames so high because there are so many trees right there and my fear is that they are not covered with green leaves yet and that they might be highly combustible with that kind of a fire."

No one was hurt by the fire and there was no property damage to the house or neighboring homes.

Sumpter City Council hears about forest access

BY MEGHAN ANDERSCH
Meghan@TheBakerCountyPress.com

Sumpter City Council met in regular session May 9th with Mayor Cary Clarke and President of Council Robert Armbruster present. Bookkeeper LeAnne Woolf took meeting notes.

Utility Manager Report

Clarke reported Utility Manager Jeff McKinney was up cleaning McCulley for the third time that day. With the warmer weather the last two weeks, he's been going up a couple times a day to keep the screens cleared. He has also been tackling potholes.

Fire Department Report

Jim Sheller reported one medical call. Three firemen went to Wildland Fire training in Baker City. Clarke shared that the US Forest Service (USFS) and Oregon State Fire are predicting a lower than normal fire season this year with below normal temperatures and above normal precipitation.

Planning Report

John Young reported that after Thursday's public hearing, the Commission had their regular meeting. They discussed feedback from the public received during the hearing and voted to advise Council that they feel the population favors the ordinance

banning commercial marijuana grows in the City.

Ordinance #2017-4 to prohibit commercial grow operations

Woolf provided the first public reading of the ordinance in its entirety. If passed, the ordinance would ban all commercial grows in the City limits and would go into effect immediately upon adoption.

Sanctions for violations would include fines of \$500 per day and disconnection of water and sewer. Motion to accept the first reading passed unanimously.

Resolution 335, to create a separate checking account for the Sumpter Historic Cemetery

Woolf read the text of resolution 335 to create a separate account to allow accurate accounting for funds dedicated for cemetery improvements and upkeep. Motion to approve resolution was unanimous.

Toni Thompson explained that to this point, she and Joy Myers have been bringing donated funds in, getting a receipt and keeping track of them. Myrna Clarke said Keith Christians and family are wanting to do hands-on work in the cemetery. Young mentioned funds available for non-profit groups that would like to do cleanup.

Thompson they are hop-

ing to get another grant to get a contractor to finish trimming trees, taking out dead branches, and such.

Resolution 334, to create a reserve fund for street maintenance and repairs

Woolf read the text of resolution 334 to create a reserve fund in the 2017/2018 fiscal year allowing the City to set money aside to replace, repair, and upgrade streets; provide matching funds; purchase or hire equipment; or hire an equipment operator.

Armbruster asked the significance of setting this fund up now. Woolf explained the three percent marijuana City sales tax is expected to generate funds not seen before which could be put into a reserve street fund. Money that goes into the street fund must go out in budgeting. Creating a reserve fund make a place the City can gather money for emergencies.

The first marijuana tax payment was projected to be received in August and quarterly after that. Thompson likened a reserve fund to a savings account in which the funds can be kept on deposit. Motion to approve resolution passed unanimously.

Council input

Armbruster read a letter received from Diane Miller regarding abuse of the City burn pile and deleterious effects to her health from

smoke from items that should not be burned. He stated he wanted to get this on the record so that it can be addressed. A discussion about ongoing abuses of the burn pile, safety concerns, and violators ignoring signage and the locked cable ensued. Young stated that if the City wants to keep the burn pile going, they will need good gates. Clarke said the burn pile is a luxury to have and that Council will need to vote and get the public's opinion. Karen Peters stated, "Fence and a gate, or no burn pile." Clarke said this will be put on the next agenda.

Armbruster then shared information from his involvement in Forest Access for All (FAFA). He commended the Baker County community on a good job of holding the USFS to not implementing closures at will like they have done elsewhere.

He complemented Bill Harvey's efforts as County Commissioner to keep the USFS accountable.

He said the issue has not gone away; it's getting bigger and bigger. The USFS is working to deny access to Wallowa-Whitman, Umatilla, and other forests. He said in his opinion, they are doing all they can to deceive people with misleading verbiage.

SEE SUMPTER CITY
COUNCIL PAGE 9