

Wholesome Foods:

by Laura Mancuso

The Anatomy of the Perfect Bowl

It's that time of year when I am so excited to see lettuce growing in my garden (growing up in the hot desert of Arizona, I still get excited about growing lettuce). Mainly, because a well-balanced bowl of salad and fixings is a great way to stay healthy and if necessary shed some unwanted winter

pounds. I found "The Anatomy of the Perfect Bowl" in my latest issue of Nutrition Action Healthletter by Kate Sherwood, the author of "The Healthy Cook" series, and I wanted to share it with you since bowls are in, a fad that I personally hope stays around for a long while. The attached photo has the formula. And when it comes to eating salads, home-

made dressings taste the best. Here is a delicious recipe for you to try: **Creamy Sesame Dressing.** Whisk together ¼ cup of plain Greek yogurt, 2 Tbs. tahini, 2 Tbs lemon juice, 2 Tbs. reduced-sodium soy sauce, 2 tsp. toasted sesame oil, 2 tsp. honey, 1 clove minced garlic and ½ tsp salt. Makes about 12 Tbs.

Drawing Inspiration: Takilma art group seeks to add artists and models

Iris Chinook  
IVN Contributing Writer

Early evening light stretches through the small window of the studio where a varied group of artists from around the Illinois Valley meet Monday nights to perfect their drawing skills. Some, like Marjorie Reynolds, have been attending for about 17 years, some are newer. In the beginning they met at Kelpie Wilson's house and then moved to "Dog's Place." After that the group moved around, eventually settling into a great loft space offered by Rachel Goodman. During a visit, there were five artists in attendance and after everyone arrived they got down to business.

The group utilizes live models and a variety of drawing implements such as the traditional pencil and paper but there was also an iPad and stylus drawing platform in use. The group hosts an informal affair that is open and welcoming to anyone looking to practice drawing from a model. It started with great music from Jazz Vibes via Spotify featuring a relaxing, funky groove with bird songs sprinkled throughout. The model warmed up with one-minute "action" poses and then moved through a course of three-minute, five-minute, and 10-minute poses that led to the grand finale of a 20 minute pose.

Veronika Trishyna, this week's model, was friendly and uninhibited as she peeled off her clothes and patiently struck pose after pose. For her two-hour stint, she earned \$40 which

was collected from the appreciative artists in attendance who chip in \$10 each toward the fee. "I really enjoy modeling and drawing at the studio," said Trishyna. "I like modeling because it's relaxing and meditative and it's also cool to see how people draw you in the end."

Seven years ago, when Dallion McGregor arrived from Austin, Texas, the group was diminishing. McGregor had grown fond of the drawing group he attended in Austin and decided to put that energy toward reviving the Takilma group. Mostly self-taught, McGregor has developed a unique style that can be seen in many of the Valley's event posters.

The group meets Monday nights during the "off months" in the winter and spring and then tapers off during the busy months of the summer and fall.

"We've got a good collection of models but we're always looking for more," said McGregor. He personally would like to see more children of various ages because he is working on illustrations for a children's book. "Children are a little harder to draw as their body proportions are different from adults," he added. "Children model clothed, and in fact, even adults don't have to model nude. If models want to retain some of their clothes or wear a costume or unique outfit, we can work with that. After all, we need practice drawing drapery and patterns, too."

To become involved with the group either as a model or a participating artist (or both) call Dallion McGregor at 541-415-1157 or email him at kidwonder@dallion.com.

### The Healthy Cook

#### The Anatomy of the Perfect Bowl

BY KATE SHERWOOD

Making a big, beautiful, lick-your-fork-good bowl isn't as hard as you may think.

Got a question or suggestion? Write to Kate at [healthycook@cspinet.org](mailto:healthycook@cspinet.org).

**THE BASIC FORMULA**

- 1-2 cups raw and/or cooked veggies
- ½ cup chicken, fish, tofu, or beans
- 2-3 cups salad greens
- 2-3 Tbs. dressing

**Anytime extras:** herbs, fresh fruit, whole grains, avocado, nuts, or seeds

**Some-of-the-time extras:** pickled veggies, egg, or cheese

**In This Bowl**

|                                   |                                |
|-----------------------------------|--------------------------------|
| ½ cup chopped roasted peppers     | 3 cups salad greens            |
| 1 cup shredded carrot and cabbage | ¼ cup mint and cilantro leaves |
| ¼ cup pickled red onion           | ½ cup cooked lentils           |
|                                   | 2 Tbs. roasted pumpkin seeds   |

**Smoked Paprika Dressing**

- ½ tsp. smoked paprika
- ½ tsp. brown sugar
- ½ tsp. kosher salt
- 2 tsp. tomato paste
- 1 Tbs. mayonnaise
- 2 Tbs. red wine vinegar
- 2 Tbs. extra-virgin olive oil

In a large bowl, whisk together all the ingredients.

MAKES 6 TBS.

Also try this bowl with Creamy Sesame Dressing (see back cover for recipe)

PER SERVING (bowl in photo with 3 Tbs. dressing): calories 470 | total fat 27 g | sat fat 4 g | carbs 44 g | fiber 15 g | total sugar 12 g | added sugar 1 g | protein 19 g | sodium 590 mg

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