

Wholesome Foods: by Laura Mancuso

Be creative with your Thanksgiving leftovers

Thanksgiving feast comes upon us so quickly. In my household, I spend a lot of time preparing a grand feast with family recipes and favorites and then, boom, 20 minutes later my husband and sons are done eating and we are left with way too much food. So, it has become my new tradition to find creative ways to use the leftovers. Thanks to my friend Diane Chirrick from Healthy U, I have a few new ones to try this year.

Stuffing Egg Cups
 Ingredients: 4 cups of prepared stuffing; six medium eggs, raw; six slices of low sodium bacon, cooked soft; ½ cup of diced tomatoes; ¼ cup of chopped scallions; and black pepper to taste.
 Serves six people -
 Instructions: Preheat oven to 400 degree. Spray cupcake pan with pan spray. Slice bacon in half and place on slice in each muffin cup. Next, press 2/3 cup of stuffing in each muffin cup over the bacon slices. Build up the sides so there is a small well in the middle of each cup. Now crack one egg into the center of the stuffing.
 Place in oven and bake for 6-8 minutes or until the egg is cooked to your preference. Remove stuffing

egg cup from pan, top with tomato, scallions and black pepper. Enjoy!
 Notes: If you are using premade stuffing from the box, sodium levels will be approximately 700 mg per serving. I personally use Italian sausage in my stuffing, so I will not use the bacon.
Cuban sandwich
 Ingredients: ½ cup of low-fat mayonnaise, 4 tsp of yellow mustard, 2 oz of sliced ham, 6 oz of roast turkey, 4 slices of dill pickles, 4 slices of Swiss cheese and 1 thin flatbread
 Serves four people -
 Instructions: Heat up sandwich press or pan to medium heat. In a small bowl mix together mayonnaise and mustard to set aside. Cut flatbread horizontal (makes

two 12x12 pieces.) Take the top piece and spread the mustard/mayonnaise mixture over it. On bottom slice layer the Swiss cheese, pickles, ham and turkey and place top piece of flatbread over items. Now take you sandwich and place on the sandwich press. Close press and grill for 4-6 minutes. Cut sandwich into four portions (squares) Enjoy!
Vegetable Curry
 Serves four people -
 Ingredients: 3 cups of mashed potatoes, one head of cauliflower, 2 cups of green beans, 1 cup of roasted sweet potatoes, 1 TBSP of chopped ginger, ½ TBSP of minced garlic, ½ TBSP of sesame oil, ¼ cup of honey, 1TBSP of red curry paste, 1 can (15 oz) coconut milk and ½ cup of cilantro. Optional: salt and

pepper to taste.
 Instructions: In large skillet heat sesame oil over medium heat. Sauté garlic, ginger and curry paste for 2-3 minutes. Next add coconut milk, mashed potatoes and stir until smooth. Now stir in honey and remaining

vegetable. Simmer for 7-10 minutes. Finish with cilantro and add salt and pepper if needed. Serve over steamed rice or quinoa. (Note: Diane mentioned that if she was making this recipe she would use less sweet potatoes than the recipe called for.)



Stuffing Egg Cups

COLD ...

Continued from A-1

If your pets are whining, crying, shivering or seem anxious, they're uncomfortable. They may slow down, stop moving, or start looking for warm places to burrow. They're telling you they need to warm up - and if you don't hear them, who will?

As hypothermia progresses, animals' muscles stiffen, heart and breathing rates slow, and, finally, they'll stop responding to stimuli. If this happens get the animal warm fast, and if they don't recover quickly, contact your vet.

Cats will curl up against almost anything to stay warm - including car engines. If you have outdoor cats, before you turn the key, check beneath the car or make noise by honking the horn or rapping on the hood. Provide outdoor cats with padded shelters and make sure this cat-cave is not much larger than the animal's body, so the critter can retain its body heat.

However, bird conservationists are imploring cat owners to turn their tabbies into house pets, as numerous studies confirm how outdoor cat populations are decimating wild birds in substantial numbers and helping to drive some species into extinction.

Another factor in withstanding cold and constant wet conditions is the quality of food a critter is receiving. With dogs and cats, look on the back of the bag. If the first ingredient is corn, then it's a cheap food. Get online or ask your vet for better quality food recommendations in your budget range.

Also, be gentle with elderly and arthritic pets during the winter. Cold weather can make their joints stiff and tender, and they may become more awkward. Veterinarians also say older dogs really benefit from having thick, foam beds.

Dogs that live outdoors, in cold weather, need bedding in their shelters that have higher levels

of insulation and good moisture resistance. A layer of fresh, clean hay provides good cushioning and works better than straw. And a layer of wood chips or shavings beneath the hay or straw helps to keep the bed warm by providing drainage for limited quantities of moisture. Thick rugs or carpet can also be used. Any bedding should be changed when it gets too wet or fouled.

Make sure the shelter is well-enclosed and blocked from the wind - and just as with cat houses, it's important to make sure a dog's house isn't much larger than its body. Also, place a flap of some sort over the door - but make sure the animal learns how to get past the

flap. On the coldest nights, one can also slip a hot water bottle (metal, not plastic) wrapped in a towel inside a dog's house.

Better yet though, is to bring the dogs indoors, especially at night. Many canine experts point out how dogs are highly social creatures and humans become their "pack"; being left outside, especially alone, makes dogs miserable. They're much happier inside the house with you.

In closing, the words of Mahatma Gandhi are always appropriate when discussing animal welfare: "The greatness of a nation and its moral progress can be judged by the way its animals are treated."



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Public Notice

Notice is hereby given that Monday, November 26, 2018, 7 p.m. the Common Council of the City of Cave Junction will meet in regular session in the council chamber of Cave Junction City Hall, located at 222 W Lister St, Cave Junction, OR 97523. The agenda may include, but is not limited to, the following: COUNCIL UPDATES: Sheriff's Office Statistics; CONSENT AGENDA: Minutes of previous meetings; PUBLIC COMMENT; Resolution to Update OLCC License Fees; Ordinance Designating 3% Marijuana Tax (Result of Voter's Approval of Question 17-86); Executive Session - ORS 192.660 (2)(b,f,h) {As/If Required}; COMMENTS: GENERAL INFORMATION; COUNCIL COMMENTS; MAYOR COMMENTS; ADJOURNMENT

The SPOT

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