

WHAT'S
Cooking

GOURMET RECIPES FROM LOCAL CHEFS



Sweet potato, carrot and turmeric soup.

Joshua Bessex/The Daily Astorian



The collard crunch salad with sweet and spicy pecans.

Joshua Bessex/The Daily Astorian

Delicious and healthy meal options

The Daily Astorian

Angela Sidlo, a health coach who runs a wellness practice at Waves of Change Wellness in Astoria, looks for recipes that are delicious and healthy. Soups and salads, she said, are a great combination and an easy way toward a healthier lifestyle. “With the goal of anti-inflammatory health benefits and seasonal and organic produce, I came up with this delicious soup and salad combo,” she says. “The soup is not only tasty with a hint of sweet and a slight spice from the ginger, but it’s versatile as you can add your own favorite fresh or dried herbs and spices to finish it off. “The salad speaks of the Deep South with a smoky flavor and is deliciously nutrient dense. A perfect pairing of comfort foods that satisfy and offer immense health benefits.” Sidlo passes along her recipes with our readers.



Angela Sidlo is a health coach.

Sweet Potato, Carrot & Turmeric Soup

What you'll need:

- 3 to 4 tablespoons of olive oil
- 5 carrots
- 1 apple
- 2 sweet potatoes
- 2 turnips
- 2 inch piece of ginger, peeled and chopped
- 2 cups of low sodium vegetable broth
- 1/2 teaspoon dried turmeric
- Salt and pepper to taste
- 1/2 cup fresh chopped basil, parsley or cilantro (optional)

What you'll do:

1. Heat olive oil in a large pot over medium heat.
2. Add chopped carrots, sweet potatoes, apple, turnips, ginger, turmeric, salt and pepper to pot and cook on medium for 5 to 10 minutes then reduce heat to low-medium and continue to cook until ingredients are softened — about 40 minutes — stirring occasionally.
3. Once ingredients are softened, add water or low sodium vegetable broth and continue to cook for another 5 to 10 minutes on medium heat or until soup is warm.
4. Remove pot from heat. Carefully add soup through high-powered blender or food processor. Or use an immersion blender if you have one.
5. Garnish with fresh herbs and serve.

Serves four.

Smoky Mandarin Vinaigrette

What you'll need:

- 1 can mandarin oranges partially drained
- 2 tablespoons olive oil
- 2 tablespoons apple cider vinegar
- 2 tablespoons pure maple syrup
- 1½ teaspoons smoked sweet paprika
- 1 teaspoon salt

What you'll do:

1. Sauté corn in olive oil until lightly browned and set aside to cool.
2. Remove the stems from the collards by folding a leaf in half and cutting away the thick, tough part of the stem. Shred the collards by stacking a few leaves, rolling them into a tight tube, and slicing them into shreds ½ inch wide or thinner. Transfer the shredded collards to a salad spinner, wash, and spin dry. Move the collards to a large mixing bowl and add the corn, black beans and scallions.
3. Place vinaigrette ingredients in bullet blender and puree. When ready to serve, pour on the dressing. Toss and top with pecans and serve.

Serves four

Collards Crunch Salad

What you'll need:

- 2 teaspoons olive oil
- 2 pounds of collards
- 2 cups of cooked black beans, drained and rinsed
- 2 cups of cooked organic corn
- 8 scallions, green part only, thinly sliced
- 2 cups of Sriracha and Smoked Pecans

Sriracha and Smoked Pecans

What you'll need:

- 3 cups of raw pecan halves
- 4 tablespoons of maple syrup
- 2 heaping tablespoons of Sriracha
- 1 teaspoon of liquid smoke
- 1 teaspoon of coarse sea salt

What you'll do:

1. Heat oven to 325 degrees. In a 13 x 9 inch metal or ceramic baking dish, combine the pecans, maple syrup, Sriracha and liquid smoke. Stir until the nuts are completely coated. Sprinkle with salt.
2. Cook the nuts for 16 to 18 minutes, stirring occasionally, until a sticky glaze forms. Remove from the oven and immediately transfer the nuts to a lightly oiled sheet of parchment paper or aluminum foil, and use a fork to break apart clumps of nuts. Once completely cool, store the nuts in a tightly covered container.

9-1-WHAT?

THE BEST OF THE WORST CALLS TO ASTORIA 911 DISPATCH

Strangeways

So maybe that weird leap day thing threw people off in February. There were some strange things going on at emergency dispatch, like the caller in Astoria who said someone was trying to cut her hair through a window, or the man in the white robe walking down the middle of the street in Seaside. Jesus? More like, jeezus ...

Follow reporter Kyle Spurr on his 9-1-What? Twitter watch, where a few of the sometimes head-scratching calls to area dispatch take center stage. The full feed is at www.twitter.com/9_1_WHAT.

9-1-WHAT?

Following

{2/18 @ 11:57 a.m.} Caller said someone was trying to cut her hair through a window. #Astoria

8:04 AM - 25 Feb 2016

9-1-WHAT?

Following

{2/18 @ 5 p.m.} Man in a white robe walking down the middle of the street. #Seaside

8:06 AM - 25 Feb 2016

9-1-WHAT?

Following

{2/19 @ 10:53 a.m.} Caller reported a neighbor up in his tree tearing off branches and acting strangely. #Seaside

8:07 AM - 25 Feb 2016

9-1-WHAT?

Following

{2/23 @ 7:25 a.m.} Report of a man and woman in a public restroom. The man was advised not to be in the ladies' room. #Warrenton

8:13 AM - 25 Feb 2016

9-1-WHAT?

Following

{2/22 @ 4:15 p.m.} Caller requested help regarding someone who found her dog and is keeping it. #Warrenton

8:11 AM - 25 Feb 2016

While other newspapers give you less, The Daily Astorian

GIVES YOU MORE

From left: Hillary Borrud, Mateusz Perkowski, Paris Achen

Our new CAPITAL BUREAU covers the state for you