



Staff photo by Tammy Malgesini

Encompassing nearly 77,000 acres, there's lots to explore at Arches National Park, located near Moab, Utah.

Exploring Arches National Park

By **TAMMY MALGESINI**
East Oregonian

Unusual rock formations, including gigantic fins, soaring towers, huge balanced rocks and more than 2,000 natural arches are featured at Arches National Park, located near Moab, Utah.

Almost otherworldly, the red rock wonderland offers exceptional hiking and climbing excursions, beautiful vistas, amazing sunsets

and an abundance of photo opportunities.

Arches, which was established as a national park on April 12, 1929, is offering a number of special programs this spring and summer — leading up to the Aug. 25 National Park Service centennial.

Junior ranger programs introduce curious kids to the wonders of the park. Participants can meet park personnel, collect stickers for visiting stations throughout the park

and receive a custom-made Ranger Adventures button.

Community Artist in the Parks Madeline Logowitz will take visitors to various park locations during a pair of Sketch Crawl events this spring. All ages and experience levels are welcome. Logowitz will provide tips and demonstrations.

The free events are Friday, April 29 and Friday, May 27 from 8 a.m. to 4 p.m. Visitors can choose to participate in one or all three locations for each date.

Participants are encouraged to bring their own art supplies, although the park does have some available for use. For more information, call 435-719-2142

Special Celebrate the Stars programs are planned June 4 and July 2. Due to the distance from major metropolitan areas, southeastern Utah has particularly dark night skies providing incredible stargazing opportunities.

Rangers from Dead Horse Point State Park, Canyonlands National Park and Arches National Park will join forces from 9-11 p.m. to provide visitors with a “park after dark” experience. It includes a short interpretive program followed by telescope viewing. The exact location will be determined as the dates get closer. Participants should bring a chair, water, warm clothes and a red flashlight, if available.

Free park admission is featured during the Founders Day Celebration Thursday, Aug. 25. In



Staff photo by Tammy Malgesini

John Malgesini rappels down an Entrada sandstone wall at Arches National Park, located near Moab, Utah.

recognition of the 100th anniversary of the National Park Service, everyone is invited to join the party from 8 a.m. to 6 p.m. Park rangers will offer fun, family-friendly activities throughout the day on the visitor center patio.

Devils Garden Campground, located within the boundaries of the national park, features 50 individual camping spots for up to 10 people and a pair of group sites for more than 11. The amenities include potable water, picnic tables, grills, and pit-style and flush toilets. There are no showers or recreational vehicle dump/fill stations.

Reservations must be made via www.recreation.gov or by calling 877-444-6777.

In addition, a variety of accommodations are available in Moab, located five miles south of the park entrance. For more information, visit www.discovermoab.com.

For more about Arches National Park, visit www.nps.gov and click “Find a park” or call 435-719-2299. For the special events calendar, visit www.bit.ly/ArchesCentennial.

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Staff photo by Tammy Malgesini

Double Arch is the third largest natural arch — with the larger span measuring 144 feet wide by 112 feet high and the smaller opening 67 feet wide by 86 feet high — at Arches National Park, located near Moab, Utah.

Make a vegan Caesar worth celebrating

By **MELISSA D'ARABIAN**
Associated Press

I've heard that many restaurant chefs despise making Caesar salads, but I don't understand why. Who wouldn't love making lemony-cheesy-black-pepper-salad dreams come true?

So my resourceful little self has always had a solid Caesar salad game going at home. My original recipe was rooted in the classic for years: raw egg yolk, umami-laden anchovies, nutty Parmesan cheese, tart lemon juice. I then top that basic Caesar salad with almost any protein to turn it into a truly satisfying meal. Steak, shrimp or chicken work well, but so do turkey meatballs, roasted pork tenderloin and — my secret weapon — just about every kind of canned fish available.

Over time, I've adapted and adjusted my beloved Caesar salad recipe to account for changes in my family. When I was pregnant, I avoided raw eggs. My daughter's gluten intolerance kicked the sourdough croutons to the curb. And my vegetarian niece and nephew had me searching for a worthy umami substitute for anchovies.

Recently, I faced my greatest challenge: a



AP Photo/J.M. Hirsch

The combination of Japanese miso paste and nutritional yeast flakes mimics the rich, savory flavor Caesar salad usually gets from anchovies and Parmesan cheese.

completely vegan Caesar salad for some dinner guests. No Parmesan cheese? I thought it would be impossible. But you guys, here is the impossible: a totally tasty vegan Caesar salad.

This salad gets its rich umami flavor from a cool combination of miso paste

and nutritional yeast (not to be confused with brewer's yeast). The croutons are back in for this recipe, but I just leave them out for my gluten-free daughter. To turn this salad into a fully vegan meal, top with nuts, seeds, lentils, white beans or tofu. And a note to my carnivore friends: Don't let the

word vegan scare you off this recipe. It's also great topped with a few ounces of meat.

Food Network star Melissa d'Arabian is an expert on healthy eating on a budget. She is the author of the cookbook, “Supermarket Healthy.” <http://www.melissadarabian.net>

VEGAN CAESAR SALAD

Start to finish: 20 minutes
Servings: 6

- 1/3 cup raw unsalted cashews
- Boiling water
- 1/4 cup toasted walnuts
- 1/4 cup nutritional yeast flakes
- 1/4 teaspoon granulated garlic
- 1/4 cup lemon juice
- 2 to 4 cloves garlic, minced
- 2 teaspoons Dijon mustard
- 1/4 cup olive oil
- 2 tablespoons white miso paste
- 1/4 teaspoon ground black pepper
- 3 tablespoons cool water
- 3 hearts romaine lettuce, chopped
- 2 cups bread cubes, brushed with olive oil and toasted

In a small bowl, combine the cashews and enough boiling water to cover them. Let sit for several minutes.

Meanwhile, in a blender, combine the walnuts, nutritional yeast and granulated garlic. Pulse until the mixture has the texture of sand. Pour into a small bowl and set aside.

Drain the cashews and transfer them to the blender. Add the lemon juice, fresh garlic, mustard, olive oil, miso, pepper and cool water. Blend until the mixture is mostly smooth. Taste and adjust seasonings.

In a large bowl, toss the lettuce with the dressing, then top with the bread cubes and the ground walnut mixture.

Nutrition information per serving: 220 calories; 140 calories from fat (64 percent of total calories); 16 g fat (2 g saturated; 0 g trans fats); 0 mg cholesterol; 330 mg sodium; 16 g carbohydrate; 4 g fiber; 3 g sugar; 7 g protein.