

PAIR PECANS WITH SEASONAL PRODUCE FOR NUTRITIOUS DISHES



(Family Features)
With summer comes the opening of farmers markets bursting with fresh produce ripe for the taking. Pair your fresh-picked bounty with wholesome pecans for power-packed seasonal recipes from salads and snacks to side dishes and main courses.

American Pecans are The Original Supernut; a naturally sweet superfood that's nutritious, versatile and local as it's the only major tree nut native to America. Pecans are also among the highest in "good" monounsaturated fats and contain plant protein, fiber, flavonoids and essential minerals, including copper, manganese and zinc, so you can feel good when adding them to your next meal or snack.

After a morning at the farmers market, cook up a nourishing spread for breakfast or lunch. For a quick, mess-free brunch, try Sheet Pan Eggs with Pecan Breakfast "Sausage." Substitute flavored ground pecans for your sausage and add fresh greens for a quick, good-for-you option with plant-based protein.

For a simple yet sweet take on dessert, try Mini Pecan Lemon Berry Tarts with a three-ingredient, pecan-based crumb as the base, topped with a light filling and fresh berries.

To find additional seasonal recipes, nutrition information and cooking tips, and to learn more about America's native nut, visit AmericanPecan.com.

Mini Pecan Lemon Berry Tarts

Mini Pecan Crusts:

- 2 cups pecan pieces or halves
- 1/4 cup butter, melted
- 2 tablespoons sugar
- 24 Mini Pecan Crusts
- 1/2 cup lemon curd
- 1/2 cup blueberries or raspberries
- powdered sugar, for dusting (optional)

To make Mini Pecan Crusts: Heat oven to 350 F. Line mini muffin tin with paper liners.

In food processor, blend pecans, butter and sugar until mixture forms coarse dough.

Scoop about 2 teaspoons pecan mixture into each muffin tin. Use back of wooden spoon or fingers to press mixture evenly along bottom and up sides of each muffin cup.

Bake 12 minutes, or until crusts are golden brown. Allow crusts to cool completely before removing from pan.

Spoon 1 teaspoon lemon curd into each Mini Pecan Crust. Top each with one raspberry or three small blueberries. Dust with powdered sugar, if desired.

Sheet Pan Eggs with Pecan Breakfast "Sausage"

Pecan Breakfast Sausage:

- 1 teaspoon extra-virgin olive oil
- 1/2 medium onion, diced (about 1/2 cup)
- 1 tablespoon coconut aminos
- 1 teaspoon sage
- 1 teaspoon thyme
- 1/4 teaspoon nutmeg
- 1/4 teaspoon garlic powder
- 1/4 teaspoon black pepper
- 1/8 teaspoon cayenne pepper
- 1 cup raw pecan halves

Sheet Pan Eggs:

- 12 eggs, beaten
- 3/4 cup fat-free or low-fat milk
- 1 1/4 teaspoons salt
- 1/2 teaspoon pepper
- 1 cup fresh spinach, chopped
- nonstick cooking spray

Heat oven to 325 F.

To make Pecan Breakfast "Sausage": In pan over medium heat, add olive oil, onion, coconut aminos, sage, thyme, nutmeg, garlic powder, black pepper and cayenne pepper. Cook about 4 minutes until onion is translucent.

In food processor, pulse onion mixture and pecans until consistency of ground beef is reached, about 8-10 pulses.

To make Sheet Pan Eggs: In large bowl, whisk eggs, milk, salt and pepper until combined.

Add pecan "sausage" and spinach to eggs and stir. Lightly spray nonstick 12-by-17-inch sheet pan with cooking spray. Pour egg mixture onto prepared pan. Bake 18-20 minutes, or until eggs are fully cooked.

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Source: American Pecan Council



Get Involved in the Game of Chess

(Family Features)
Chess, once a game considered to be reserved for the affluent and older men, is creating a cooler image with a younger demographic. The ancient game has seen a rising level of involvement among young people in the United States, and there's even a growing interest in watching tournaments, where big money is at stake.

Youth who are interested in taking up the game can find plenty of inspirational role models; three of the top 10 players in the world are from the United States, which is now host to some of the most prestigious chess events in the world including the U.S. and U.S. Women's Chess Championships, the U.S. Junior Championship and U.S. Girls' Junior Championship and the Sinquefeld Cup.

If you're interested in taking up the game on your own or sharing the experience with a young player, here are some tips to get started.

Practice at Home

As the saying goes, the best place to begin is the beginning, and with chess, that means taking time to understand the game. Grow familiar with the chess board and pieces, as well as the rules and basic strategy. Practicing at home with friends and family can build a foundation for learning more complex game play down the road.

Learn About its History

The origins of chess date back as far as 1,500 years, and for young players, the ability to take an active part in a piece of history can hold an element of fascination on its own. One way to explore the game's history is to visit the World Chess Hall of Fame in the U.S. Chess capital, St. Louis, which currently features a series of exhibitions that highlight the connections between chess, art, culture and history. Plan your visit at worldchesshof.org.



Encourage Friends to Take Interest

Chess provides a unique dynamic for a pair of players to converse and bond over the love of the game while developing a mutual respect for one another. Encourage your young player to invite friends to play, and to develop peer relationships through a shared interest in chess.

Follow Tips from the Pros

For those unfamiliar with the game, keeping tabs on elite players who have perfected it not only gives kids insight on high-level strategy, it offers inspirational role models.

"One of the most important things for a young player to remember is that chess isn't just about planning your own openings and moves," said grandmaster Fabiano Caruana, who is currently the No. 1 U.S. player and the first American to challenge for an undisputed World Chess Championship since 1972. "You also have to be

conscious of your opponents and their vantage point on the game. That awareness of others is actually a lesson that applies to life in general."

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Source: Chess Club and Scholastic Center of St. Louis

Join a Chess Club

Interaction with players of all levels is not only a fun way to build relationships with those who share a love of chess, it's a great opportunity to meet fellow players who are eager to trade tips or simply pull up a chair and enjoy a game. Many clubs offer other resources, as well. For example, the Saint Louis Chess Club hosts dozens of international, national and open tournaments, in addition to weekly classes and lectures. Learn more at saintlouischessclub.org.

"Introducing a child to chess is a true gift," Caruana said. "There are so many advantages, from cognitive to social to even financial rewards for students who embrace the game and excel."

