

# Cooking Corner

## California Sweet Potatoes Are Great For More Than Thanksgiving—Enjoy Them Every Day

(NAPSA)—While for many, it's not the holidays without sweet potatoes, California sweet potatoes can (and should) be enjoyed throughout the year. Thanks to great growing conditions—rich sandy soil, abundant sunshine and warm, dry climate—California sweet potatoes are widely available and ready to add both flavor and superfood nutrition to all your favorite recipes.

One medium (4-oz. cooked) California sweet potato has only 105 calories and 0g fat or cholesterol, yet this tasty tuber contains more than 80 nutrients including:

- 2 grams of protein
- vitamin C (a good source)
- vitamin A (more than an entire day's requirement)
- calcium.

Perhaps even better, California sweet potatoes are delicious in sweet AND savory dishes. Toss them into your favorite soups, stews and casseroles or feature them on a pizza or in a pasta. You can even include mashed sweet potatoes in cupcake, waffle or pancake batter, adding flavor, nutrition and a tender texture.

Here are some more great ways to enjoy California sweet potatoes in your year-round repertoire:

• **For a simple sheet pan supper,** toss diced sweet potatoes, halved Brussels sprouts, and diced red onion with olive oil, chopped fresh rosemary, salt and pepper and arrange on a sheet pan. Top with seasoned chicken thighs and roast until cooked through. Serve with a simple salad.

• **Try a sweet potato pizza or tart.** Top store-bought pizza dough or puff pastry with fontina, roasted California sweet potatoes, caramelized onions and a sprinkle of salt. Bake until golden brown and bubbly, then top with a



Treat your family and friends to savory, tasty Sweet Potato Toast Bites.

**California Sweet Potato Toast Bites with Figs, Blue Cheese, Flaked Salt and Honey**  
Makes 12

- 12 crosswise slices California sweet potato (about 1/4-inch thick)
- 2 ounces good-quality blue cheese (about 1/4 cup packed)
- 3 dried figs, stemmed and quartered
- 12 small rosemary sprigs
- About 1 teaspoon flaked sea salt
- About 1/2 teaspoon pepper
- About 1 tablespoon honey

Cook the sweet potato slices in your toaster oven as you would small slices of bread, using the most well-done setting, until tender (you might have to do this in batches, and each batch might have to cook two times). Set aside to cool to room temperature. Top each sweet potato slice with 1 teaspoon of blue cheese, 1 fig quarter and a rosemary sprig, arranging them on plates or a platter. Sprinkle with the salt and pepper, then drizzle with the honey and serve.

Note: If you don't have a toaster oven, use three or four lengthwise slices of sweet potato and cook them in your toaster using the most well-done setting (you might have to do this two times). Then cut each toasted slice into three or four pieces to make 12 smaller toasts.

**Learn More**

For other recipe ideas and further information about California sweet potatoes, visit [www.casweetpotatoes.com](http://www.casweetpotatoes.com).

handful of arugula.

• **How about pasta?** While cooking store-bought tortellini according to package directions, sauté cubed California sweet potatoes with butter, olive oil and fresh sage leaves. Drain tortellini, reserving some of the cooking water. Add tortellini to the sweet potatoes and gently toss, add pasta water to loosen and finish with a knob of butter. Serve with fresh grated Parmesan.

• **For an after-school snack,** cut California sweet potatoes into 7-inch slices, pop them in the toaster or microwave until tender, then brush with melted butter and sprinkle with cinnamon and sugar. Or top with avocado and chopped fresh tomatoes.

• **For a truly tempting treat,** try California Sweet Potato Toast Bites. Here, they're topped with figs, blue cheese, flaked salt and honey—making them excellent for a snack, appetizer or elegant dessert.

**999 ♦ PUBLIC NOTICES**

**IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR THE COUNTY OF LANE PROBATE DEPARTMENT**

In the Matter of the Estate of PAUL F. SAUER, Deceased.  
No. 16PB08747

**NOTICE TO INTERESTED PERSONS**

NOTICE IS HEREBY GIVEN that the undersigned, Nadine M. Sauer, has been appointed Personal Representative of the above-entitled estate. All persons having claims against the estate are required to present them, with proper vouchers attached, within four (4) months after the date of first publication of this Notice, as stated below, to the Personal Representative at the offices of THOMAS C. NICHOLSON, Attorney at Law, PO Box 308, Florence, Oregon 97439, or the claims may be barred.

ALL PERSONS WHOSE RIGHTS MAY BE AFFECTED BY THESE PROCEEDINGS MAY OBTAIN ADDITIONAL INFORMATION FROM THE RECORDS OF THE COURT, FROM THE PERSONAL REPRESENTATIVE, OR FROM THE ATTORNEY FOR THE PERSONAL REPRESENTATIVE.

Dated: November 6, 2017.  
Nadine M. Sauer, Personal Representative

ATTORNEY:  
Thomas C. Nicholson, OSB #813265  
552 Laurel Street  
PO Box 308  
Florence, OR 97439  
Telephone: 541-997-7151  
Fax: 541-997-7152  
tnicholson@nicholsonlaw.biz

Publication Dates: November 8, 15, & 22, 2017

**999 ♦ PUBLIC NOTICES**

**INVITATION TO BID**

Notice is hereby given that the Owner, City of Florence, 250 Hwy. 101, Florence, Oregon, Lane County, 97439 will receive sealed bids for performing the construction of Harbor Vista Campground Collection System according to the Drawings and Project Manual including Specifications prepared by Kennedy/Jenks Consultants and accepted by the Owner and described in general as: Construction within Lane County's Harbor Vista Campground of a new submersible duplex pumping station with an approximately 1,300 foot 4-inch HDPE forcemain, approximately 2,450 linear feet of 8-inch sanitary sewer with associated manholes, RV sanitary service connections, service laterals, decommissioning of the campground's existing septic tank and drain field, and site paving.

Questions regarding the type of work required may be addressed to Charles Wright at Kennedy/Jenks Consultants, phone number 541-338-8135.

A pre-bid conference will be held on Monday, November 20, 2017 at 10:00 am at Florence City Hall. Prebid site visits may be arranged at the convenience of the Owner.


Sealed bids will be received at: Florence City Hall, 250 Hwy 101, Florence, Oregon 97439 until: Wednesday, December 6, 2017, 2:00 p.m. local time. Bids received after that time will not be accepted. Bids will be opened in public and read aloud shortly after the specified closing time. Interested parties are invited to attend. Bid security made payable to the Owner is required to accompany each bid. Bid security shall be in the form of a cashier's or certified check or a Bid Bond as required by the Bid Security Document following the Bid Form.

Requirements for Oregon Public Works Contracts. Bidders are required to comply with applicable bidding and contracting procedures and all applicable State of Oregon Public Works contracting rules and regulations. Each bidder must identify whether the bidder is a "resident bidder" as defined in ORS 279A.120. No offer will be received or considered by the Owner unless the offer contains a statement by the bidder as a part of its offer that "Contractor agrees to be bound by and will comply with the provisions of ORS 279C.838 and ORS 279C.840. The Owner will not receive or consider an offer for a Public Improvement Contract unless the offeror is registered with the Construction Contractors Board. The bidder may not discriminate against a subcontractor in awarding a subcontract because the subcontractor is a minority, woman or emerging small business enterprise certified under ORS 200.055 or a business enterprise that is owned or controlled by or that employs a disabled veteran, as defined in ORS 408.225.

Bids will remain subject to acceptance for a period of 60 days after the time fixed for the opening of the bids, within which time an award will be made. The Owner reserves the right to reject any and all bids or to waive any irregularities or informalities in any bid or in the bidding. The Drawings and Project Manual including Specifications may be examined at Florence City Hall, 250 Hwy 101, Florence, Oregon 97439. The Drawings and Project Manual including Specifications may be obtained online from: Quest Construction Data Network Project # 5432420. Requests for Information and Addenda: a. Requests for information received less than 7 days prior to Bid opening may not be answered. b. Addenda will be issued no later than 3 days prior to Bid opening.

By order of Mike Miller, November 8, 2017

Publication Date: November 15, 2017



## Graphic Search

### Good luck

Wednesday's Graphic  
America Recycles Day  
November 15

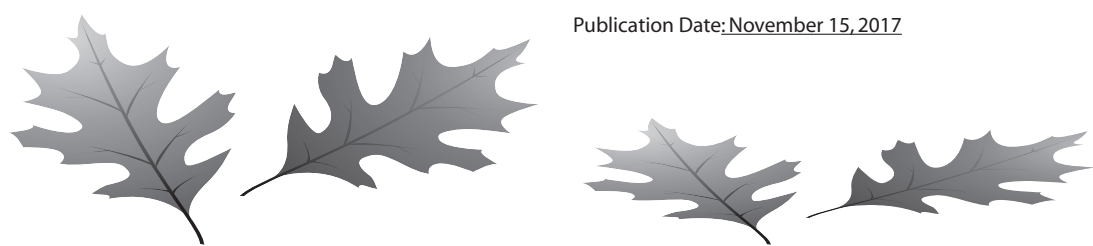
Here is how it works...  
We will put a graphic or photo in the box to the left. You find it somewhere in the classifieds. Come into our office. Enter your name, phone number and describe where you found the graphic or bring in a clipping to attach to your entry into the drawing for a gift certificate.

Gift Certificates must be picked up within 2 weeks of winning  
Deadline for today's paper:  
Thursday by 3:00 PM

**VERONICA ZECCHINI found the Veterans Day Graphic on page 8B (TR Hunter Real Estate Upper right-hand corner of Veterans Day Parade banner)**  
She won a gift certificate to The Chicken Coop.

Saturday's Graphic


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Age is only a number.  
—Lexi Starling  
\*\*\*  
No man is ever old enough to know better.  
—Holbrook Jackson  
\*\*\*  
The time to begin most things is 10 years ago.  
—Mignon McLaughlin  
\*\*\*  
Those who trim themselves to suit everybody will soon whittle themselves away.  
—Charles M. Schwab  
\*\*\*  
What do we live for, if not to make life less difficult for each other.  
—George Eliot

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**D-222 REAL ESTATE**

*Lynnette Wikstrom – Broker*  
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