

Recipes that beat the winter blues

Betty Kaiser's

Cook's Corner



I am so tired of winter. I can't wait for the sun to shine and the garden to brighten up meals at our house. The calendar may say it's springtime, but it doesn't look springy to me. Looking out the window the daffodils are struggling to bloom and the skies are still gray and yucky. I know that we need the rain but I am really, really tired of wet, cloudy weather and boring dinners.

So while I'm waiting for the weather to lighten up, I checked out some of my old editions of "Food & Family" magazine. This is my go-to recipe source when I'm really desperate for something different to prepare for almost any meal. Kraft's recipes are made to order for busy cooks of all ages and anyone who's just plain old tired of cooking.

The thing I love about their recipes is that they look and taste special AND I can usually find most of the ingredients in my cupboard and refrigerator. Also, if I have to run to the market and pick up one or two ingredients it won't break the bank. I always strike gold when I pull out a stack of their quarterly issues.

Today I'm sharing some recipes that now have a permanent home in my recipe box. They are especially colorful and tasty in this gloomy weather. The shrimp, broccoli and spaghetti go together so fast that you barely have time to set the table. And if company is coming I guarantee that the Bacon-wrapped Pork with Mango Salsa will be a hit. A quick Caesar Salad will be great with either of the entrees and my not-so-secret instant pudding recipe will polish off the meals with minimal effort if you add a store bought vanilla wafer. Enjoy!

Keep it simple and keep it seasonal! Betty Kaiser's Cook's Corner is dedicated to sharing a variety of recipes that are delicious, family oriented and easy to prepare. Contact her at (541) 942-1317 or email bchatty@bettykaiser.com

SPAGHETTI WITH GARLIC-SHRIMP BROCCOLI

8 ounces spaghetti, uncooked
4 cups broccoli florets
1/2 cup Tuscan House Italian Dressing
1 pound uncooked, deveined, peeled large shrimp
2 cloves garlic, minced 1/4 cup grated Parmesan Cheese
Cook spaghetti in large saucepan as directed on package. Add broccoli to the cooking water for the last 2 minutes. Meanwhile, heat dressing in large skillet on medium-high heat. Add shrimp and garlic; cook and stir 3-4 min. or until shrimp turns pink.
Drain spaghetti mixture; return to pan. Add shrimp mixture and cheese, mix lightly. Serve with a green salad and crusty bread.
Note: Recipe says that it serves 6 but I think it's more like 4.

BACON-WRAPPED PORK with MANGO SALSA

1 pork tenderloin (1 pound) cut into 4 pieces
4 slices bacon
1/4 cup zesty Italian Dressing
1 mango, chopped (or pineapple)
1/2 cup red pepper, finely chopped
1-2 green onions, finely chopped
1-2 tablespoons fresh cilantro, chopped
1-tablespoon fresh limejuice
Mango Salsa: Combine dressing, red pepper, green onion, cilantro and lime juice. Set aside.
Meat: Press each piece of meat into 3-1/2 inch medallion. Wrap bacon slice around edge of each piece; secure with wooden toothpicks.
Heat large heavy skillet sprayed with cooking spray on high heat. Add meat; cook on medium-high heat 5 minutes on each side or until done.
Remove and discard toothpick from meat. Let meat stand 3 minutes. Serve topped with mango mixture, a baked potato, green vegetable and salad.
Note: Can also be grilled.

QUICK CAESAR SALAD

8 cups romaine lettuce, washed, drained and refrigerated
1 cup seasoned croutons
1/4 cup Parmesan Cheese
1/3 cup Kraft Lite Caesar Dressing
Tear the romaine into bite-size pieces. Add croutons and lightly mix with dressing. Garnish with Parmesan Cheese. Serves 4.

NOT-SO-SECRET INSTANT PUDDING

1 small package Instant Jell-O Pudding
(Your choice: banana, butterscotch, chocolate, pistachio)
1 3/4 cups milk
1/2 cup Cool Whip (defrosted)
Whip together the pudding and milk until well blended. Put in refrigerator about 20 minutes or until partially set. Remove and fold in Cool Whip. Spoon into serving dishes, garnish and serve when cold and set. Serving size varies.
Garnish according to pudding flavor: banana slices, coconut, maraschino cherries, butterscotch or chocolate chips, etc.

LORANE NEWS

Spring break is almost over and there are several interesting events this weekend. Also, open enrollment is over at the end of this month.

On Saturday, April 1, Crow Grange has their dinner and bingo at 7 pm. This one is very special because it is the start of the Joe Canaday Memorial Scholarship. All proceeds from this evening go toward this scholarship. Joe was a very special person, a lifelong member of Crow Grange and a buddy reader at Applegate Elementary. What a fun way to help others! Add to this, the progressive blackout is \$600. A great evening for all. Then on Sunday, April 2, come enjoy the always entertaining Lorane Grange/Rural Art Center Talent Show. All the fun begins at 3 pm sharp. Anyone not on the list may sign-up when you arrive, but come by 2:45 pm. Call 541-942-5701 for more information. Everyone else prepare for more wonderful talent. Next Wednesday, April 5 is half day art class with Kathy Johnson. A former teacher in our district, Kathy brings years of experience to teach you brush painting. For more information, call 541-935-2100.

Nicholas Ritch, LTC

www.dorenataxservice.com
nick@dorenataxservice.com
541-870-2371

\$50 OFF
Your 2016 Tax Return
(minimum \$150 Return)

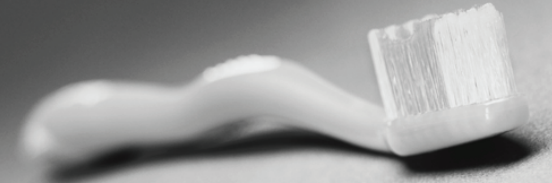
Mobile Licensed Tax Consultant that will come to you!

Includes Cottage Grove, Creswell and surrounding areas.
Specializing in individual income taxes with small businesses, rentals, and farms.

Business License # B16090 • Designated Consultant N.Ritch # 35406-C

NEW: Digital X-Rays (use less radiation)

Implants • Teeth Whitening • Extractions
Lumineers (no prep veneers as seen on TV)



Cottage Grove Dental

Dr. Brent Bitner, DDS

350 Washington, Cottage Grove (behind Better Bodies)

541.942.7934



LOW COST

Local & Metro Weekday Trips
Professional Caring Staff

South Lane
Wheels
Your Regional Public Transportation Service

No eligibility requirements.

541-942-0456
southlanewheels.org

Worship Directory

WORSHIP WITH US

DRAIN:
Gateway Family Fellowship
Church of the Nazarene
337 "C" St. Drain, OR
Sunday School 9:30am
Worship 10:45am
Living Hope Free Lunch
Wed. at 12:30pm
541-836-7051 www.drainnaz.org

HOPE U.M.C.
131 W "A" St. Drain, OR
541-315-1617
Pastor: Lura Kidner-Miesen
Fellowship & Song: 11:30am
Potluck Lunch: 12:00pm
Worship: 12:30pm

COTTAGE GROVE:
6th & Gibbs Church of Christ
195 N. 6th St. • 541-942-3822
Pastor: Aaron Earlywine
Youth & Families Pastor: Seth Bailey
Services: 9am and 10:30am
Christian Education
Nursery for pre-k - 3rd Grade
www.6thandgibbs.com

Calvary Baptist Church
77873 S 6th St • 541-942-4290
Pastor: Riley Hendricks
Sunday School: 9:45am
Worship: 11:00am
The Journey: Sunday 5:00pm
Praying Thru Life: Wednesday 6:00pm

Calvary Chapel Cottage Grove
1447 Hwy 99 (Village Plaza)
541-942-6842
Pastor: Jeff Smith
Two Services on Sun: 9am & 10:45am
Youth Group Bible Study
Child Care 10:45am Service Only
www.cgcalvary.org

Center for Spiritual Living
Cottage Grove
700 Gibbs Ave. (Community Center)
Rev. Bobby Lee
Meets Sunday 3:00 p.m.
clscottagegrove@gmail.com

Church of Christ
420 Monroe St • 541-942-8565
Sunday Service: 10:30am

Cottage Grove Bible Church
1200 East Quincy Avenue
541-942-4771
Pastor: Bob Singer
Worship 11am
Sunday School: 9:45am
AWANA age 3-8th Grade,
Wednesdays Sept-May, 6:30pm
www.cgbible.org

Cottage Grove Faith Center
33761 Row River Rd. • 541-942-4851
Lead Pastor: Kevin Pruett
www.cg4.tv
Full Children's Ministry available
Two Services 9am & 11am

Covered Bridge Nazarene Church
152 S. M St.
541-942-4422
Pastor: Cindy Slaymaker
Sunday School: 9:30am
Worship 10:30am

Delight Valley
Church of Christ
33087 Saginaw Rd. East
541-942-7711
Pastor: Bob Friend
Two Services:
9am - Classic in the Chapel
10:30am - Contemporary in the Auditorium

First Presbyterian Church
3rd and Adams St • 541-942-4479
Pastor: Karen Hill
Worship: 10:00am
Sunday School: 10:00am
www.cgpresbynews.com

Hope Fellowship
United Pentecostal Church
100 S. Gateway Blvd. • 541-942-2061
Pastor: Dave Bragg
Worship: 11:00am Sunday
Bible Study: 7:00pm Wednesday
www.hopefellowshipupc.com
"FINDING HOPE IN YOUR LIFE"

Living Faith Assembly
467 S. 10th St. • 541-942-2612
Pastor Rulon Combs
Worship & Children's
Church 10:00 am
Youth 180 Mondays 5:30-8pm

Non-Denominational Church of Christ
1041 Pennoyer Ave • 541-942-8928
Preacher: Tony Martin
Sunday Bible Study: 10:00am
Sunday Worship: 10:50am & 5:30pm
www.pennoyeravecoc.com

Old Time Gospel Fellowship
103 S. 5th St. • 541-942-4999
Pastor: Jim Edwards
Sunday Service: 10:00am
Join us in Traditional Christian Worship



Our Lady of Perpetual Help and St. Philip Benizi
Catholic Churches
1025 N. 19th St.
541-942-3420 / 541-942-4712
Pastor: Roy L. Antunez, S.J.
Euch. Liturgies; Sat. 5:30pm
Sun. 10:30am
St. Philip Benizi, Creswell:
552 Hollbrock Lane • 541-895-8686
Sunday: 8:30am

St. Andrews Episcopal Church
1301 W. Main • 541-767-9050
Rev. Lawrence Crumb
"Church with the flags."
Worship: Sunday 10:30am
All Welcome

Seventh-day Adventist Church
820 South 10th Street
541-942-5213
Pastor: Kevin Miller
Bible Study: Saturday, 9:15 am
Worship Service: Saturday, 10:40 am
Mid-week Service: Wednesday, 1:00 pm

Trinity Lutheran Church
6th & Quincy • 541-942-2373
Pastor: James L. Markus
Sunday School & Adult Education 9:15am
Sunday Worship 10:30 am
Comm. Kitchen Free Meal Tue & Thur
5:00pm TLC Groups
llccg.com

United Methodist Church
334 Washington • 541-942-3033
Pastor: Lura Kidner-Miesen
Worship: 10:30am
Comm. Dinner (Adults \$5, Kids Free)
2nd & 3rd Monday 5-6:00pm
cottagegroveumc.org

"VICTORY" Country Church
913 S. 6th Street • 541-942-5913
Pastor: Barbara Dockery
Worship Service: 10:00am
Message: 11:00am
"WE BELIEVE IN MIRACLES"

Our Worship Directory is a weekly feature in the newspaper. If your congregation would like to be a part of this directory, please contact the Cottage Grove Sentinel at 541-942-3325.