

# Cook's Corner: Salad alternatives for a new season



Recipes from

*Betty Kaiser*

A crisp green salad is always a bright and perky accent to whatever you're serving for dinner. But after a long, wet winter, the lettuce we buy for our salads can be very disappointing. The dreary days and endless winter rains lettuce is often kind of wimpy and tasteless.

In fact, my dinner salads have been so boring that not even the dogs want to eat them. I finally gave up on my old stand-by-salad of lettuce, tomato and avocado. Instead, I opted for fruit combos. I think I've added more shredded carrots, cabbage, cranberries, apples and oranges to lettuce salads than ever before.

I had the same bland, boring problem with green vegetables. One can only eat so much broccoli or green beans and I have had my fill. So I went looking for a different, tasty and interesting green leaf lettuce salad AND an unusual green vegetable combination. I found both in an old "Good Housekeeping" magazine.

The following recipes violate my rule of "the fewer ingredients the better" but they are worth the effort. The salad is a little confusing because it has three parts: dressing, pickled red onions and the salad base of greens, etc. But is tangy, crispy and different. The Spring vegetables are a meal in themselves.

Good luck and enjoy!

## PICKLED RED ONIONS

1/3 c. fresh lime juice  
1/4 c. distilled white vinegar  
10 oz. small red boiling onions (about 30), peeled and halved, or 1 red onion, thinly sliced (about 1 cup)

### Make Pickled Red Onions

If using boiling onions: In medium bowl, stir lime juice, vinegar, and 1 teaspoon kosher salt together. Heat medium saucepan of water to boiling on high. Add small onions; boil 1 minute or until just softened. With slotted spoon, transfer to bowl with lime juice mixture. Cover and refrigerate, stirring occasionally, at least 40 minutes or until cold. Makes 2 cups.

If using sliced onion: In small bowl, combine sliced onion, lime juice, vinegar, and 1 teaspoon kosher salt. Cover; refrigerate 30 minutes, stir occasionally. Makes 3/4 cup.

Transfer to a jar; refrigerate (up to 2 weeks) until ready to use.

## SALAD

3 c. coarsely torn romaine lettuce hearts (from 1 head)  
1 1/2 c. green cabbage, very thinly sliced  
4 radishes, cut into matchstick-size strips  
1 carrot, cut into matchstick-size strips  
1 c. cherry tomatoes, halved  
Pickled Red Onions (see recipe below)  
2 small avocados cut into large chunks  
1/2 c. coarsely crumbled Cotija cheese or feta cheese  
3 tbsp. toasted shelled pumpkin seeds (pepitas)  
1 1/2 c. tortilla chips, coarsely crumbled

Make Salad: Just before serving gently toss romaine, cabbage, radishes, carrot, and tomatoes with enough dressing to coat. Season with salt. Drain pickled onions and scatter over salad. Top with diced avocados, Cotija cheese, pumpkin seeds, and crumbled tortilla chips. Serve immediately. Serves a lot!

## QUICK BRAISED SPRING VETABLES

4 green onions, trimmed and sliced  
2 cloves garlic (finely chopped)  
3 tablespoons olive oil  
3 tablespoons lower sodium chicken broth (or water)  
8 ounces asparagus (trimmed and cut into 1 1/2-inch pieces)  
1 cup fresh fava bean (shelled, from about 1 pound pods, peeled, or sugar snap peas, trimmed and halved crosswise)  
1 cup garden peas (shelled fresh, from about 1 pound peas in the pod or frozen peas, thawed)  
1/2 head escarole (torn into bite-size pieces, about 2 cups)  
1/2 cup loosely packed fresh basil leaves  
1 tablespoon grated lemon peel (finely)  
1 tablespoon fresh lemon juice  
1 tablespoon chopped fresh chives (finely)  
1/2 cups baby spinach leaves (loosely packed)  
Parmesan cheese (for serving)

In heavy 12-inch skillet, combine onions, garlic, oil and broth; heat to simmering on med. heat. Cover; cook about 2 min. or until onion softens slightly.

Add asparagus, fava beans and peas and sauté 2-3 min. or until heated through. Add escarole, spinach and basil; sauté 2-3 min. or until escarole wilts and asparagus is crisp-tender.

Stir in lemon peel and juice. Season to taste with kosher salt. Transfer to serving platter; sprinkle with chives and grated Parmesan. Serve immediately. Serves 6.

### 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 942-1317 or email [bchatty@bettykaiser.com](mailto:bchatty@bettykaiser.com)

## Pet Tips 'n' Tales

by Mary Ellen "Angel Scribe"

Karen and Artemis, cousins, were devastated their cat died, so they phoned Rude Ranch Animal Rescue Center. Rude Ranch was featured on the same Animal Planet show MUST LOVE CATS as my famous swimming cats! The owners assuaged the cousins' broken hearts and promised them "the purr-fect cat."

But, instead of coming home with one cat, they arrived home with the "Terror Twins."

The kittens were named after Princesses from Greek mythology: Andromeda (Romi) after King Cepheus' daughter, and Aurora (Rori) after the Princess in "The Sleeping Beauty."

At the age of one something mysterious happened to Romi. Her back legs became dysfunctional and she couldn't see out of one of her eyes.

Rori remains handicap free.

A pet chiropractor taught the cousins some unique healing-petting tips and beneficial kitty massages. Romi has an appreciation for life and each hurdle she's physically presented with, they've found ways to clear it together.

The twins obviously had different fathers because they are two different breeds. Rori is a long-haired Maine Coon and Romi is an Egyptian Mau Mix. Egyptian Mau's bond deeply and are devoted to one person so Romi looks at Karen as if she is a gift from God! It's easy to see why the Egyptians worshiped the cat, God Bast, and made hurting a cat a crime punishable by death.

Rori is small, mighty, fluffy and loves kisses. She jumps up on tables, marching back and forth, until she receives kisses from Karen and Artemis. Or Rori will crawl onto their chests and turn her head back and forth to have both sides of her face kissed. Like Rori, Romi loves to play. To accommodate her handicaps, Karen and Artemis slow down her toy fishing pole or her laser light. They carefully monitor Romi's breathing. When she appears tired, they stop for cuddles.

Romi, like Karen and Artemis, is a lover of sci-fi, the movie 'Battleship' and TV show 'Zoo' are her two favorites (no accounting for taste). When there is a shark movie on, or one with explosives or zombies, she

runs over to the couch and cuddles with her favorite two humans. Romi's curiosity makes her tilt her head in the cutest way, so she can see out of her "good" eye.

In Artemis Milchon's newly published book, 'The Last Dragon' ([www.avalerionbooks.com](http://www.avalerionbooks.com)), the heroine, Sally, is taken in by a group of refugees from another world and give her a real family for the first time, while the Clan Lords teach her how to see the best in herself. Romi's done the same for Karen and Artemis." And the animal shelter was right, they did find the purr-fect cat(s) for Karen and Artemis!

### POTTY TIP

Karen created a "handicapped" assisted-litter box" for Romi to walk into with no steps or walls, and sturdy enough to hold her up, while she is busy 'in de-box'.

Karen tried cheap little plastic boxes, but they were too small. Then they tried cardboard boxes that they treated with a waterproof spray and left to cure in the garage until the smell had dissipated. They then added a dog training pad and a little litter.

Once Karen and Artemis realized Romi couldn't balance on litter, they began using dog training pads inside the box. One side of the box is cut off for Romi to walk directly into without having to step up. They keep the box in the corner of a room, so two of its

sides are supported by the wall for her to lean up against.

Romi likes the dog training pads for two reasons: 1. her little-wobbly legs have no problem navigating them, and 2. they absorb smell which is the reason why cats bury their business in the first place.

Tell us about your awesome cat. [angelscribe@msn.com](mailto:angelscribe@msn.com)

"Follow" Pet Tips 'n' Tales on Facebook. <https://www.facebook.com/PetTipsandTales>

Humane Society for Neuter/Spay Assistance Program. (541) 942-2789



Grab a BITE of  
Cottage Grove

Restaurant  
GUIDE

FIESTA CANTINA SPECIALS

M-MARGARITA MONDAYS

T-TACO TUESDAYS W/FRESH MADE TORTILLAS

W-WELLS DOWN CALLS UP

TH-TRIVIA NIGHT

FRI. & SAT. DJ & DANCING

SUN FOOTBALL PRO SPECIALS, GIANT TV

**EL TAPATIO** 725 Gibbs • Cottage Grove  
Mexican Restaurant & Cantina (541) 767-0457



delicious

FAMILY DINING

We'll make you feel right at home with great food and friendly service!

Daily Specials 20% off for Active Military & Vets. Tuesday Night is Senior Night 4-8 pm.  
**OPEN DAILY**  
Breakfast, Lunch & Dinner  
6am-10pm Sun-Thur  
6am-10pm Fri & Sat.

the FAMILY RESTAURANT  
**Vintage Inn**

1590 Gateway Blvd. • Cottage Grove  
541-942-7144

## COTTAGE GROVE HOUSEHOLD HAZARDOUS WASTE ROUND-UP



SATURDAY  
MAY 13 • 8-2

SOUTH LANE  
COUNTY FIRE &  
RESCUE

233 HARRISON AVE  
COTTAGE GROVE

SPONSORED BY LANE COUNTY,  
THE CITY OF COTTAGE GROVE,  
SOUTH LANE COUNTY FIRE & RESCUE  
COTTAGE GROVE STATION  
AND LANE ELECTRIC



### WHAT TO BRING:

Bring paint, household cleaners, lawn and garden chemicals, car care products, arts and crafts products, and just about any other household hazardous waste. The limit is 35 gallons of waste in total from each household. Check labels for words like flammable, corrosive, poison, caution, and danger. For your safety it is always best to carry these items in a separate compartment (like the trunk of your car) with secured lids to eliminate spills in transport.

### DON'T BRING:

Empty containers, drums, radioactive waste, asbestos, explosives or electronics. For information about disposal of radioactive waste, asbestos and explosives, call Lane County Waste Management Division at 541-682-4120. Up to seven (7) Covered Electronic Devices, CEDs. Can be recycled for free at any one time at these 6 Lane County Transfer Stations; Glenwood, Cottage Grove, Florence, Oakridge, Veneta, and Vida during normal operating hours. Also, Lane County accepts sharps, oil, antifreeze and batteries of all types year-round at all refuse disposal sites. Call 541-682-4120 for more information.

### What about hazardous waste from businesses?

Businesses which generate small amounts of hazardous waste may pre-register to bring that waste to this event. Businesses must pay for disposal of the waste, but most can save money by using this program, rather than hiring a contractor on their own. For more information about this program, call Lane County Waste Management Division at 541-682-4120.

### Year Round Collection Sites—Paint, Electronics, and Fluorescent Lamps

Paint, Electronics, and Compact Fluorescent Bulbs (and tubes up to 4 feet) are accepted year-round at various locations in Lane County through on-going collection programs. Check out the websites below to find a location near you, or call 541-682-4120 for more information.

PaintCare  
[www.paintcare.org](http://www.paintcare.org)

Oregon E-Cycles  
[www.deq.state.or.us/lg/ecycle](http://www.deq.state.or.us/lg/ecycle)  
1-888-5-ECYCLE (532-9253)

CFL Collection Sites  
List of Participating Lighting and Hardware Stores  
[www.lanecounty.org/lamps](http://www.lanecounty.org/lamps)