



By Betty Kaiser

Cook's Corner — Secretly cooking with cottage cheese

banned foods into our diet. I just didn't tell Chuck what he was eating! Now, he even happily eats cottage cheese on fruit and a sour cream onion dip suits him fine.

Cottage cheese is one of the most versatile things in my frig. I buy the 2 percent low fat carton that has fewer carbs (1 percent) but 13 grams of protein. It still tastes rich and creamy and is great in casseroles, scones, pancakes, waffles, a filling for crepes or eaten alone.

The California Casserole is now very popular and I have previously printed it so I won't repeat myself. Recently I was hungry for macaroni and cheese and came upon the following recipe. I think it's one of the best mac and cheese dishes ever.

Give it a try. The scones recipe calls for cutting them like biscuits. I prefer the usual pie sliced way.

It's your choice. Enjoy!

Creamy Macaroni and Cheese

(Serves 6)

- 3 cups uncooked elbow macaroni
- 6 tablespoons butter divided
- 1/4 cup flour
- 1 teaspoon salt
- 1 teaspoon sugar
- 2 cups milk
- 8 ounces of Velveeta cheese, cubed
- 1-1/3 cups cottage cheese
- 2/3 cup sour cream
- 2 cups shredded sharp cheddar cheese (8 ounces) divided
- 1-1/2 cups soft bread crumbs

Preheat the oven to 350 degrees.

Cook macaroni according to package directions. Drain the macaroni and place it in a greased 9x13 baking pan.

In a medium saucepan, melt 4 tablespoons butter. Add the flour, salt and sugar, then stir until smooth.

Gradually add in the milk, stirring constantly. Bring to a boil. Cook and stir for 2 minutes or until the mixture has thickened. Reduce the heat to low.

Stir in the Velveeta cheese until melted.

Stir in cottage cheese, sour cream and 1 cup cheddar cheese until melted.

Pour the cheese mixture over macaroni. Sprinkle with the remaining cheddar cheese.

Melt remaining butter and toss with bread crumbs; sprinkle over top the casserole.

Bake, uncovered, at 350° for 30 minutes or until golden brown.

Savory Scallion and Cheese Scones

(Makes 8-19 scones)

- 1 cup cottage cheese
- 4 tablespoons milk, plus more for brushing on top
- 2½ cups all-purpose flour
- 1 tablespoon baking powder
- ¾ teaspoon salt
- ¼ teaspoon black pepper
- 6 tablespoons unsalted butter, chilled and diced
- 3 scallions (or green onions) thinly sliced; about ½

Preheat oven to 450F and line a baking sheet with parchment paper.

Puree the cottage cheese and milk together until smooth in a blender or food processor; set aside. Whisk together the flour, baking powder, salt, and black pepper in a large bowl.

Cut in the butter with a fork or using two butter knives until it looks like coarse meal. Add the scallions and stir in the cottage cheese puree. (The dough should come together, but not be too wet; if the dough is still too crumbly, you can add milk a little at a time until it comes together.)

Shape the dough into a ball, then flatten it into a disk; wrap it in plastic wrap and chill 10 minutes in the freezer.

Turn the dough out onto a lightly floured surface. Roll or press the dough out to a circle about 7 to 8 inches in diameter and ¾ inch thick.

Use a floured 2½ inch round cookie cutter to stamp out the scones, then gather up the dough scraps and repeat as necessary (you should get about 8 to 10 scones).

Transfer the scones to the prepared baking sheet, lightly brush the tops with a little milk, and bake until puffed and light golden brown on top and bottom, about 14 to 16 minutes. Serve warm with butter.

Contact Betty Kaiser's Cook's Corner at 942-1317 or email her at bchatty@bettykaiser.com

Pet tips 'N' tales

By Mary Ellen
"Angel Scribe"



Amber Alert!

A paw-fessional hat bark-ler

Retired, Bob loves math. "I've been a math purr-fessor for about 150 years. I now teach it worldwide online and also teach counting to my dog, Gabby, and our friends' dogs with 'one-paw, two-paws, three-paws, four!'"

His other job is doggy-sitting Amber, Gabby's cousin. "It is a win-win-win," said Bob. "The dog's love each other's company. Amber is not alone all day, and her doctor parents know she is in good hands."

The friends met in a roundabout way. When his friend, Stan, went to adopt a golden retriever puppy, Bob volunteered to drive. Well, so he says! It's more like he wanted to be immersed in puppy love. That's when things took a sudden turn, and his and his wife, Jain, were added onto the waiting list for a future puppy.

Months later, on the same evening, two pregnant sister golden retrievers delivered 17 puppies. One of which was their angel, Gabriel.

When Bob and Jain learned that another couple in town had adopted Gabby's cousin, Amber, they asked to be in touch with Amber's family. The rest is fur-story.

I am not sure if Gabby's cousin, Amber, is in the best of hands! After all, Bob trained her to be a hat thief. It all started so innocently...

"The dogs are a tag-team," explained Bob. "Gabby is nuts about balls. She retrieves a tossed one but won't give it to me. When I hold a second ball, she drops her first ball and chases the second. Amber learned that if she picked up the dropped ball and gave it back to me, she would get a treat. She lives for treats, so I always have a pocket full of treats."

Amber quickly realized that she gets extra treats when she handed Bob anything. One day, when he leaned over to pick up a ball, Gabby jumped up and grabbed his hat, either running

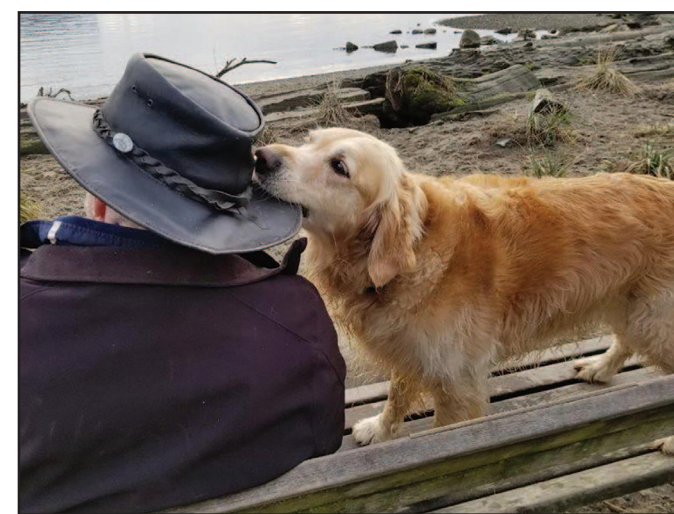


PHOTO BY MARY ELLEN "ANGEL SCRIBE"

Caution! Don't sit on this bench if you are wearing a hat! This paw-fessional thief will 'Retrieve-r' it and be off and running before you can yell, "Hey! Stop! That's my hat!"

away with it or dropping it in the creek or ocean. She would then let it float, or carry it around awhile before retrieving it and handing it in for a treat.

"Amber totally destroyed Bob's first hat," said Amber's human. "We searched worldwide and finally found a leather replacement in Australia. Hope this one lasts longer!"

I stood watching as Amber snatched Bob's new hat off his head 12 times for a yummy treat. Finally, impatiently she stuck her nose in his pocket and polished off the treats. She looked like a dog wearing a surgical mask with only her brown eyes showing above the pocket.

Bob, a smart cookie, always has backup treats in several other pockets for bribing emergencies.

Annually, Amber and Gabby attend the birthday party at Ambleside Beach in West Vancouver, Canada, for them and their 15 birthday buddies on May 10. Many of the dogs, who will be seven this year, have to be driven long distances to attend. Not one word of complaint as they bounce out of their vehicles onto the beach barking and reuniting with look-alike siblings and cousins.

After the beach party, the families drive to Bob and Jain's home to play on Gabby's agility course.

Gabby loves Amber's human family; and when they arrive to pick Amber up from doggy play care, Gabby recognizes their car's sound. She runs to her toy box and carries a favorite toy to the front door to welcome her guests ... and for a treat. She is a great hostess and welcomes everyone — even repairmen — this way. News Alert! Now Amber is copying her cousin because as you know... she just loves treats!

TIPS:

Rewarding your pet with treats bonds you to your dog and helps teach them.

"The dogs play chase exercising each other in our big back yard," said Bob. "One carries a toy outside, then they each hold onto it and wrestle in a tug a war. Then they play tag running up the swing set's slide, then slide down it. Our grandchildren puppy-play with the dogs. They giggle, riding their electric car with the dogs doing what dogs do, running after the little car. Family memories with pets are priceless!"

Share your fun, amazing or crazing pet tips and tales at angelscribe@msn.com or Follow Pet Tips 'n' Tales on Facebook at www.facebook.com/PetTipsandTales. Adopt loving pets online at www.PetFinder.com. For spay or neutering, call the Humane Society at 541-942-2789.

ACE Awards still accepting applications for 2019

Each year, the Department of Land Conservation and Development (DLCD) receives applications from cities around the state for the Achievement in Community Engagement Awards.

These awards recognize the work of communities, special districts, neighborhood groups, and other planning practitioners in making superlative efforts to engage their community in a land use planning exercise.

Outcomes of these projects can be as broad as coun-

ty wide, or as discrete as a community garden.

The Citizen Involvement Advisory Committee evaluates each application in a manner that is mindful of local capacity, scale, and resources.

The community is invited to submit applications again this year to recognize commitment to public participation.

Award applications are due by March 27, 2019, at 5 p.m.

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