



By Betty Kaiser

Cook’s Corner

Getting the most from green beans

tion for me.

It’s not so much that I like the process but that I like the products.

Right now, I’m also looking for ways to eat them fresh. A dinner menu at our house usually includes a lean protein (chicken, fish, or pork) and two to three small sides: a starch, a simple vegetable and a salad.

Summers we eat a lot of beans, tomatoes and zucchini, so I look forward to new recipes.

Here’s how I prepare fresh green beans: Al dente is good but the Southern girl in me still likes them cooked-to-death with onion and salt pork. I also know that’s way too much fat. So, today’s first recipe is a substitute.

Fresh green beans with bacon is almost as tasty as the old-fashioned way.

Most of us agree that bacon makes vegetables taste way better. In this recipe, you sauté the bacon and then use a little bit of bacon grease left in the pan as a substitute for butter or oil. It’s so good it may even entice finicky appetites to eat their veggies.

If you like, add a little garlic at the last minute.

The second recipe for Roasted Green Beans is for those who like their veggies al dente. Again, it doesn’t call for a lot of ingredients and can be put in the oven the last 25 minutes or so with whatever else you’re cooking that night.

It’s quick, healthy and tasty.

And finally, for those of you who are craving

something different — check out the Philadelphia Cheese casserole below. It’s creamy! It’s also quick to put together. It makes a great potluck dish, or you can cut the recipe in half for a small family. Enjoy!

Now if you’ll excuse me, I have canning to do...

Fresh green beans with bacon

- 1 1/2 to 2 Pounds Green Beans washed, ends trimmed
- 6 slices of raw bacon chopped
- bacon drippings
- 1 clove garlic, minced
- salt and black pepper to taste
- lemon wedge

Place chopped bacon into a frying pan and cook until crispy. Remove bacon and set aside on a paper towel lined plate. Remove excess bacon drippings leaving about 2 tablespoons in the pan.

Turn heat to medium. Add Green Beans to pan and cook until they are lightly browned, stirring occasionally (about 8 minutes). Add salt and pepper, garlic and bacon. Squeeze the lemon wedge over the beans.

Toss and cook for 1 minute more. Serves about 6.

Oven roasted green beans

- 1 lb. green beans, washed and trimmed
- 1 tablespoon olive oil (you’ll need more!)
- 1/2 teaspoon seasoned salt
- black pepper to taste
- 1/4 teaspoon garlic powder

Preheat oven to 400°F.

Place beans in a bowl. Drizzle with olive oil and add seasonings. Toss well. Spread into a single layer on a greased baking sheet. Roast beans 18-22 minutes or until tender-crisp. Add more olive oil if needed. Broil 1 minute if desired. Serves 4.

Green bean casserole (Philadelphia Cream Cheese)

- 2 lbs. fresh green beans; trimmed, cut cross-wise in half
- 1 (8 oz.) package cream cheese, softened
- 1/2 cup milk
- Salt and pepper to taste
- 1 to 2 cloves garlic, minced, divided
- 1/2 cup sliced almonds
- 1/4 cup panko bread crumbs
- 2 Tbsp. butter, melted

Heat oven to 350°F. Spray 2-quart casserole dish.

Cook beans in boiling water 3 min. Meanwhile, whisk cream cheese, milk, pepper and half the garlic in large bowl until blended. Drain beans. Add to cream cheese mixture; mix lightly. Spoon into prepared casserole.

Combine remaining garlic with almonds, bread crumbs and butter; sprinkle over bean mixture. Bake 30 minutes or until beans are tender and crumb topping is golden brown.

Note: Serves a crowd—16!

Contact Betty Kaiser’s
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Pet Tips

‘n’ Tales

By Mary Ellen
“Angel Scribe”

Party animals!



Peter the “Party Animal” loves to cela-BRAT-e!

What do you do when you have no children to celebrate the passing of the years? Kristi and her husband, Dave, have no human babies together but two kids... errrr, fur babies: a sassy 17-year-old grey and black tabby named Claire; and Pete, an 11-year-old mischievous orange and white tabby named after their friend with red hair, Peter.

The fun couple take their kids’ photos on the first and last day of the school season and post them on Facebook along with all their friends’ “real kids” photos. Anyone with or without children can tell you that their pets are family and often describe them as their “fur kids.”

Kristi is no exception.

The couple annually send out birthday announcements with their cats’ photographs on them along with text informing their friends of the upcoming party. In lieu of gifts, they request donations for the Humane Society.

When asked why they hold CAT-cela-BRAT-ions, Kristi responded, “Are you kidding me? I’m in love with my cats! They’re our babies. When Claire turned 15, we had a quinceanera for her. It is a Latin coming-of-age party for young ladies. She wore a bright red dress and a sparkle crown, of course, for her invitation card’s photo.”

For the party, Kristi wore her prom dress from 1993. “I have no idea why I still have it,” she said.

Last year, Kristi and Dave held Claire’s Sweet 16 birthday party and her invitation was her driver’s license with her photo. Her height and weight read: 1’ 1” and 10 pounds. This year will be Peter’s 12th party.

“We started the special events as a joke because of all of the money we’ve spent on friends’ baby showers, births and birthdays,” said Kristi. “Over the years, the party planning has expanded. We serve a cookie-cake with our cats’ photo on it now.”

The parties must be a riot! Fifty caring friends show up carrying donations and pet food for the animal shelter and some even gift Kristi’s kitties with a new catnip: toy/mouse/cigar/rainbow.

Both of Kristi and Dave’s party animals are rescues.

“I was in a shelter looking for a little orange cat when I spotted five-month-old Claire,” said Kristi. “She locked eyes with me and I couldn’t leave without her. Years later, an orange four-month kitten, Peter, appeared on our porch and nobody claimed him. He won our hearts over in four-and-a-half minutes.”

Yes. This cat family has as many crazy quirks as the rest of us. Pete won’t eat from the same food can twice in a row. So, at any given time, they always have two opened cans for his gourmet tastes in the fridge. And no one can use the “loo” without Pete joining them in the bathroom and jumping on their lap while they are on the throne as he demands their full attention.

Claire has a gentle healing heart. Her fur-avorite pastime is cat napping with Kristi, a massage therapist, and intuitively sending her energy when she is not feeling well.

“Claire always knows where I need energy healing work,” said Kristi. “She lays on whatever part of my body needing the work. You can see the healing pouring from her heart and through her eyes as she purrs and infuses me with her love.”

Peter enjoys the family’s nightly happy hour and coffee on the weekends with his people outside on their patio. He entertains them by laying on his back in the grass cat-chatting to them nonstop.

“Pete has an amazing number of different purring tones and inflections as he answers our ‘purr-sistant’ questions,” laughs Kristi. “Our ‘kids’ add laughter and love to our home.”

TIPS: Upset about pet fur all over your clothes and couches? Follow Tips and Tales reader Margaret’s advice: “I’ve color coordinated my decor and clothes with the dominant pet fur in the house. This saves money buying lint rollers.”



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LORANE NEWS

CONTRIBUTED BY
LIL THOMPSON
FOR THE SENTINEL

Community-wide Garage/Yard sales. Published hours are 9 a.m. to 3 p.m. Some may open earlier or close later. If you do not want to have it at your home, call Jeri at 541-942-2448 to rent a table at the Grange for \$10. There is still time. Maps are in many places: homes, at the grange and area stores. Come out for a great day and remember: Someone’s giveaway may be your treasure.

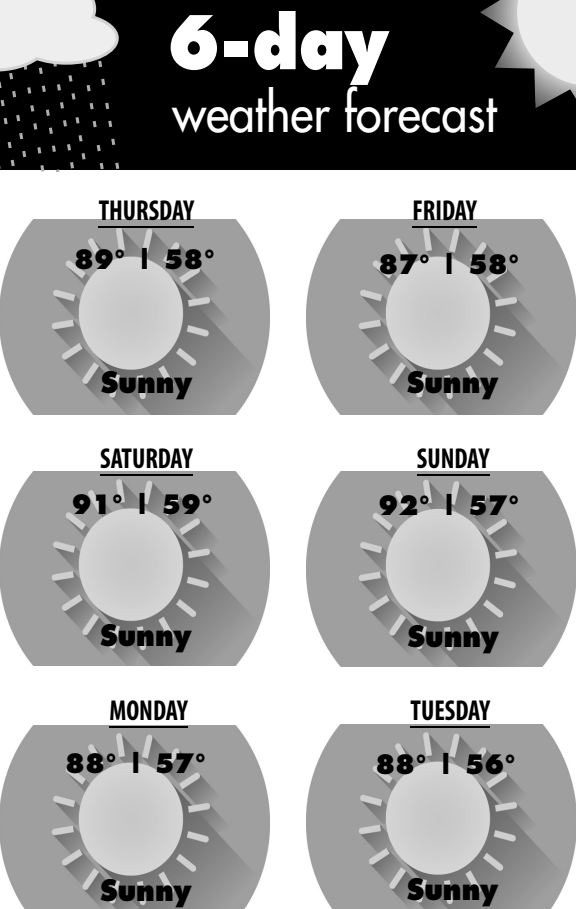
- On Sunday, Aug. 4, the

Gear Bicycle Club has a 100-mile run, starting early in the morning. They will be stopping at the Grange for a brief rest stop.

- Next Sunday, Aug. 11, come enjoy the annual Lorane Community Potluck at the Lorane Grange. Doors will open at 10 a.m., so those going to church may drop off their dish. Many people come around 11 a.m. to visit, with lunch starting promptly at noon. Please remember to mark your dishes in case you forget them. After eating, wander down to the Fire Hall for the annual Volunteer Fire Department Ice Cream Social from 1 to 5

p.m. Come enjoy delicious pies and ice cream while enjoying music by Kyle and Jim. Take a fire engine ride or enjoy any of the various activities taking place on the church lawn across the street.

- Just a reminder that there is a Red Flag warning in our area. It is hot, dry and windy, so please be careful. Be aware of times when you cannot run any combustion-driven equipment. This includes lawnmowers, weed-eaters and power saws. If you’re not sure, check with the fire department or read the signs. Things are very dry and we do not need more wildfires.



THURSDAY	FRIDAY
89° 58° Sunny	87° 58° Sunny
SATURDAY	SUNDAY
91° 59° Sunny	92° 57° Sunny
MONDAY	TUESDAY
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