

SIDES

Continued from Page B1

2. Meanwhile, make vinaigrette: In a jar, shake together olive oil, vinegar, maple syrup and Dijon mustard until fully combined. Season with salt and pepper.

3. Place arugula in a large serving bowl and lightly dress with vinaigrette. Top with beets, avocado, goat cheese and walnuts. Toss gently and add more vinaigrette as needed.

Per serving: 395 calories; 32 g fat; 5 g saturated fat; 3 mg cholesterol; 9 g protein; 24 g carbohydrate; 14 g sugar; 8 g fiber; 170 mg sodium; 100 mg calcium

— Recipe from delish.com

½ cup dried cranberries
Note: This can also be made in an air fryer. In a large bowl, toss vegetables with oil, balsamic vinegar and herbs. Season with salt and pepper. Place vegetables in basket of air fryer and cook at 400 degrees for 10 minutes, shaking halfway through. Before serving, toss roasted vegetables with pecans and cranberries.

1. Preheat oven to 400 degrees. Scatter vegetables on a large baking sheet. Toss with oil, balsamic vinegar, rosemary and thyme. Season with salt and pepper.

2. Bake for 20 to 25 minutes, until the vegetable are tender, shaking the pan halfway through.

3. Before serving, toss roasted vegetables with pecans and cranberries.

Per serving: 272 calories; 17 g fat; 2 g saturated fat; no cholesterol; 5 g protein; 31 g carbohydrate; 19 g sugar; 1 g

fiber; 358 mg sodium; 64 mg calcium

— Recipe from delish.com

KALE, GINGER AND PEANUTS SALAD

Yield: 4 servings

9 ounces by weight (1 full cup) smooth peanut butter
Zest of 2 limes
Juice of 4 limes
2 teaspoons grated (not minced) ginger
1 shallot, finely diced
1 tablespoon plus 1 teaspoon superfine sugar, see note
2 tablespoons water, plus more if needed
10 ounces kale, washed, stalks removed and hand-shredded
Handful of dry-roasted salted peanuts, halved
Note: To make superfine sugar, place granulated sugar in blender and blend on medium-high speed for 10 to 15 seconds.

1. In a large bowl, whisk together the peanut butter, lime zest, lime juice, ginger, shallot, sugar and water. You want a creamy consistency. If it's still a bit thick, add more water to thin it out.

2. Toss the kale generously with the peanut dressing, adding more or less to your liking. Serve with a sprinkling of peanuts on top. Any leftover dressing will keep in the refrigerator 1 week.

Per serving: 416 calories; 31 g fat; 6 g saturated fat; no cholesterol; 23 g protein; 35 g carbohydrate; 12 g sugar; 329 mg sodium; 139 mg calcium

— Adapted from a recipe in "Claridge's: The Cookbook" by Martyn Nail and Meredith Erickson



Holiday Roasted Vegetables.

Hillary Levin/St. Louis Post-Dispatch-TNS

HOLIDAY ROASTED VEGETABLES

Yield: 4 servings

¾ pound Brussels sprouts, trimmed and halved
2 large carrots, peeled and sliced into ½-inch pieces
2 tablespoons olive oil
1 tablespoon balsamic vinegar
1 teaspoon chopped rosemary leaves
1 teaspoon chopped thyme leaves
Kosher salt
Freshly ground black pepper
½ cup toasted pecans



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TUESDAY, DECEMBER 28, 2021

CROSSWORD PUZZLER

- ACROSS**
- 1 Pancho Villa's coin
 - 5 Natural resin
 - 8 Catch on
 - 11 Pronto
 - 12 String tie
 - 13 Rhea cousin
 - 14 Nursery word
 - 15 Draft animals
 - 16 Pen part
 - 17 Diagram
 - 19 Enthusiastic
 - 21 Solidify
 - 23 Government org.
 - 25 Calif. neighbor
 - 26 Be in debt
 - 27 Tierra — Fuego
 - 28 Per capita
 - 31 Old-fashioned pronoun
 - 32 Illegal act
 - 35 Potatoes — gratin
 - 36 Saharan
 - 39 Kind of steer?
- DOWN**
- 1 Cooking spray brand
 - 2 That, to Jaime
 - 3 Taste
 - 4 October's stone
 - 5 Bagel partner
 - 6 Ship's position
 - 7 Role for Arnold
 - 8 Swiss lake
 - 9 Qatar ruler
 - 10 Place to soak
 - 12 More gaunt
 - 18 Aussie rock group
 - 20 Two hundred fins
 - 21 "Naked Maja" artist
 - 22 Water pitcher
 - 24 Suspect's claim
 - 29 "Brian's Song" star
 - 30 Mammoth
 - 33 Pumper's pride
 - 34 Jane Austen title
 - 37 Slickest
 - 38 Smidgen
 - 40 Medieval clown
 - 42 Red Sea republic
 - 45 Leap in a tutu
 - 46 Hill's opposite
 - 48 Soft mineral
 - 49 Pep
 - 51 GI hangout
 - 53 Arrogance
 - 54 Currently

Answer to Previous Puzzle

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110 Announcements

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110 Announcements

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- Main Event
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- Baker City Fire Dept.
- Haines Sell-Rite
- Idle Hour
- Salvation Army

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