

# THE SPICE OF LIFE

BY ANGELA SHELF  
MEDEARIS AND GINA  
HARLOW  
KITCHEN DIVA

“Get healthy” and “eat well” are common buzzwords at the start of a new year. Magazine and news articles make it seem as though you need only to eat fruits, vegetables, fiber and omega-3s. But that’s not the whole picture.

While many well-known foods have cancer-fighting and immune-boosting qualities, there are some tasty additives that elevate mild to magnificent and palatable to unforgettable, and also are very good for us. For some time now, doctors have known that there is a scientific basis for why people have used herbs and spices for more than just seasoning for hundreds, if not thousands, of years.

Besides being zesty and hot, intense and complex, and even lovely to look at, herbs and spices have proven health benefits. In addition to preventive attributes, they also may be effective in managing, if not curing, chronic disease. When using spices and herbs, a little goes a long way toward receiving their antioxidant benefits.

That brings us to using them in recipes. The world of spices and herbs is a big one, and most of us only have an inkling of all the choices available and how to use them. Ethnic cuisines have been using native herbs and spices to prepare both beverages and sweet and savory dishes for millennia.

Even though America is a melting pot, we still consider many herbs and spices as exotic. For example, while we are now familiar with herbs like rosemary and use it often in both savory and sweet dishes, most of us consider mint, another versatile ingredient, for use only in sweet dishes.

Mediterranean cooks use mint often and deliciously in savory dishes. The use of cloves and cinnamon is common in Indian savory dishes. The list goes on of the myriad of spices and the ways we can use them to punch up flavor and keep us healthy.

My recipe for Spice Breaded Chicken Fingers with Quinoa and Green Onions puts an international and nutritious spin on a childhood favorite. You can change the spice combination to make the dish reflect your favorite flavors from around the world.

So find an ethnic grocery and explore its spice aisle, and buy a cookbook featuring unique ways to use spices or herb. Make the 2015 the year that you spice up your food ... and your life!

— *Angela Shelf Medearis is a children’s author, culinary historian and author of seven cookbooks. Her website is [www.divapro.com](http://www.divapro.com). To see how-to videos, recipes and more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Read Gina Harlow’s blog about food and gardening at [www.peachesandprosciutto.com](http://www.peachesandprosciutto.com). Recipes may not be reprinted without permission from Angela Shelf Medearis*



KITCHEN DIVA PHOTO

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## CHURCH DIRECTORY



### The Full Gospel Home Church

235 SW 3rd  
Phone 567-7678  
Rev. Ed Baker - Rev. Nina Baker  
Sunday: Sunday School.....10:00 am  
Worship.....11:00 am  
Evening Service.....7:00 pm  
Wednesday Service.....7:00 pm  
\*Casting all your care upon him;  
for he careth for you.\*  
1 Pet. 5:7

### First United Methodist Church Of Hermiston

Rev. Dr. James T. Pierce, Pastor  
*Open Hearts, Open minds,  
Open doors*  
191 E. Gladys Ave.  
Sunday Worship at 11am  
(541) 567-3002

### NEW BEGINNINGS

CHRISTIAN FELLOWSHIP  
Worship Service 10:30 AM  
Sunday School 9:00 AM  
Pastor J.C. Barnett  
Children's Church  
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700 West Orchard Avenue  
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Hermiston, Oregon  
541-289-4774

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[www.HBCHermiston.com](http://www.HBCHermiston.com)

### Seventh-day Adventist Church

Saturdays  
Sabbath School.....9:30 a.m.  
Worship Service.....11:00 a.m.  
Allan Payne, Pastor  
567-8241  
855 W. Highland • Hermiston



1255 Hwy. 395 S. • 567-5834  
[oasisvineyard.us](http://oasisvineyard.us)  
Worship 9:30 AM  
"come as you are"

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SUNDAY SCHOOL 9:30 AM  
CHILDREN'S CHURCH 11:00 AM  
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### Our Lady of Angels Catholic Church

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.....English 7:00 am  
THURSDAY.....Spanish 6:00 pm  
SATURDAY.....English 5:00 pm  
.....Spanish 7:00 pm  
SUNDAY.....English 9:00 am  
.....Bilingual 11:00 am  
OFFICE.....Spanish 1:00 pm  
.....567-5812

### Grace Baptist Church

555 SW 11th, Hermiston  
567-9497  
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Sun. Worship Service.....11:00am  
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*"People Making A Difference"*  
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For more information call  
567-8441

To share your worship times  
call Amanda Jacobs  
541-278-2683

### SPICE BREADED CHICKEN FINGERS

- 1-1/4 pound chicken tenderloins (12 pieces) or 1 1/4 pounds of boneless, skinless chicken thighs cut into 1-inch wide pieces
- 1 cup dry, unseasoned breadcrumbs (Japanese Panko breadcrumbs work best)
- 1 teaspoon salt
- 1 teaspoon freshly ground black pepper
- 1 teaspoon garlic powder
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon smoked paprika
- 1/2 teaspoon oregano
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon cayenne
- 1 egg, lightly beaten
- 1 tablespoon milk
- 1/4 cup olive oil or vegetable oil
- 4 mint leaves, thinly sliced

1. Combine the breadcrumbs, 1/2 teaspoon each of the salt and pepper, along with garlic powder, cumin, coriander, smoked paprika, oregano, cinnamon and cayenne in a shallow dish or pie plate.

2. Place the egg in another shallow dish with remaining 1/2 teaspoons of salt and pepper, and whisk in the milk. Dip each piece of chicken into egg mixture, then coat in crumb-spice mixture, pressing lightly to be sure crumbs adhere well.

3. Heat oil in a large nonstick skillet over medium heat. Add chicken in a single layer and cook until crumbs are golden brown and the interior is no longer pink, about 3 minutes per side.

4. Place chicken on a paper towel-lined plate to absorb any excess oil, then plate individual servings with a side of the Quinoa and Green Onions (see below) and sprinkle with mint leaves. Serves 4.

### QUINOA WITH GREEN ONIONS

- 1 cup quinoa
- 2 teaspoons vegetable oil
- 2 cloves garlic, finely chopped
- 2 cups low-sodium chicken broth
- 2 tablespoons butter
- 2 green onions, thinly sliced

1. Rinse quinoa thoroughly, using a fine-mesh strainer. Set aside to drain.

In saucepan, heat vegetable oil over medium-high heat. Add garlic and saute just until fragrant, about 1 minute. Add the chicken broth and bring to a boil. Add quinoa and reduce the heat to a simmer. Cook, stirring occasionally, until the quinoa is tender and most of the broth has been absorbed, about 12 minutes.

3. Stir in the butter and one-half of the sliced scallions; season to taste with salt and pepper. Remove from heat and allow to stand for 3 minutes.

4. Sprinkle with remaining green onions and serve with Spiced Chicken Fingers, if desired. Serves 4.



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