

## FOOD FEATURE



# SUMMER FRUIT BOWL

KITCHEN DIVA PHOTO

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BY ANGELA SHELF  
MEDEARIS  
KITCHEN DIVA

The best part of the bounty of summer is the abundance of fresh fruits. Eating fruit is not only delicious and refreshing, it's also good for you. Most fruits are naturally low in fat, sodium and calories. None have cholesterol.

People who eat fruit as part of an overall healthy diet are likely to have a reduced risk of heart disease, including heart attack and stroke. It also may protect against certain types of cancers, and reduce the risk of obesity and Type 2 diabetes.

Fruits are the source of many essential nutrients that aren't consumed as much as they should be, including potassium, dietary fiber, vitamin C and folate (folic acid).

Diets rich in potassium may help to maintain healthy blood pressure. Sources of potassium include bananas, prunes and prune juice, dried peaches and apricots, cantaloupe,

honeydew melon and orange juice.

Dietary fiber from fruits helps reduce blood cholesterol levels and may lower the risk of heart disease. Fiber is important for proper bowel function, and helps reduce constipation and diverticulosis. Fiber-containing foods such as fruits help us feel full with fewer calories. (Note: Fruit juices contain little or no fiber.)

Folate (folic acid) helps form red blood cells. In women of childbearing age, folic acid reduces the risk of neural tube defects, spina bifida and anencephaly during fetal development.

My recipe for fruit salad is combined with quinoa to make it a healthier and more versatile dish for breakfast, lunch or dinner. Quinoa is native to Bolivia and is a relative of Swiss chard, spinach and beets. It comes in three varieties (whole grain white, red and black) and is gluten free and packed with nutritional benefits.

Quinoa also is a complete protein, which means it provides all nine essen-

tial amino acids necessary for good health. Your body can't produce these nutrients itself, so you have to get them frequently through food. Just one cup contains 8 grams of protein, 5 grams of fiber, plus significant amounts of iron, magnesium, folate and heart-healthy omega 3 fatty acids.

Summer Fruit Salad with Quinoa can be served for breakfast with the sweet Poppy Seed Dressing. For a spicy, sweet and savory lunch or as a light summer supper or side dish, serve with the Spicy Chili Vinaigrette.

— *Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is www.divapro.com. To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Recipes may not be reprinted without permission from Angela Shelf Medearis*

## SUMMER FRUIT SALAD WITH QUINOA

- 1 1/3 cup water
- 2/3 cup quinoa (whole grain white, red or black varieties)
- 2 cups sweet cherries, stemmed
- 1/2 pound watermelon, cut in small wedges
- 4 small plums, pitted and cut into wedges
- 1 medium papaya, peeled, seeded and sliced
- 2 tablespoons finely chopped fresh mint
- Poppy Seed Dressing or Spicy Chili Vinaigrette

1. Combine water and quinoa in a medium saucepan. Bring to a boil, reduce heat to simmer and cook with cover on for 15 minutes. Remove from heat and set aside, with cover off, to cool completely.

2. Arrange cherries, watermelon, plums and papaya in container with lid. Toss with quinoa and mint. Cover and refrigerate salad until ready to serve with your choice of dressing. Do not dress salad until ready to eat. Makes 6 servings.

## POPPY SEED DRESSING

- 1/4 cup honey
- 2 tablespoons lemon or lime juice
- 1/2 teaspoon poppy seeds
- 1/8 teaspoon salt
- 1/3 cup oil

Beat together honey, lemon juice, poppy seeds and salt. Gradually beat in oil until dressing thickens. Cover and chill. Makes about 2/3 cup.

## SPICY CHILI VINAIGRETTE

- 2 tablespoons finely minced red onion
- 2 tablespoons lime juice
- 1/8 teaspoon salt
- 1 Thai or serrano chile pepper, finely chopped
- 2 tablespoons chopped cilantro
- 1/4 cup extra-virgin olive oil

In a large bowl, whisk together onions, lime juice, salt, chile and cilantro. Drizzle in oil while continuing to whisk constantly. Makes about 2/3 cup.

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LOST CAT 3/15/15:  
B&W named  
Monkee, long hair,  
white paws, lost near  
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### Special Notices 10

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**\$109,000, ONE** level  
3 bedroom, flat lot  
with fenced back-  
yard. New Roof,  
Open Concept, Nice  
kitchen, Excellent  
Value. Might go  
Fast! Matt Vogler  
541.377.9470  
MLS:15127217  
**John J. Howard &  
Associates  
541-377-9470**

### Homes for Sale, Pendleton 100

**\$125,000 EXTRA**  
Large Living Room  
with high ceilings en-  
hances this comfort-  
able family home.  
Nice kitchen with  
separate dining.  
Master suite, Det-  
ached garage, RV  
parking. Matt Vogler,  
541.377.9470  
MLS15079110  
**John J. Howard &  
Associates  
541-377-9470**

### Homes for Sale, Pendleton 100

**\$135,000 - 3 Bed-**  
room 1.5 Bath  
Home. Over 2,000  
Square ft. Large liv-  
ing room. Small  
separate house. Ga-  
rage/Storage build-  
ing. Great location.  
MLS# 14049686  
**Rocky Mikesell  
Blue Jeans Realty  
(541-379-8690)**

### Homes for Sale, Pendleton 100

**\$154,500 - 4 Bed-**  
room 3 Bath Home.  
North Hill. Hard-  
wood Floors. Cen-  
tral Heat & Air.  
Large back deck.  
Garage. 1924 Sq.  
Ft. Nice inside and  
out. MLS#  
14211391  
**Rocky Mikesell  
Blue Jeans Realty  
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### Homes for Sale, Pendleton 100

**\$155,000 - 3 Bed-**  
room 2 Bath View  
Home. Large .6 acre  
lot. Nice condition  
throughout. Gor-  
geous view from the  
deck and living room.  
Sherwood School  
Dist. MLS#  
15115206  
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### Homes for Sale, Pendleton 100

**\$199,000 4 Bed 3**  
Bath Home. Very  
nice throughout.  
Newer Kitchen. Co-  
piner Counter tops.  
Newer Furnace and  
Central Air. Two car  
garage.  
MLS#13384063  
**Rocky Mikesell  
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**\$205,000 - 3 Bed-**  
room 3 Bath Home.  
Office or 4th Bed-  
room. Fenced Yard.  
2 car garage. Plenty  
of Parking. Located  
on 18th Street.  
Needs cosmetics  
and carpet. MLS#  
15339642  
**Rocky Mikesell  
Blue Jeans Realty  
(541-379-8690)**


### Homes for Sale, Pendleton 100

**\$205,000 - 4 Bed-**  
room 3 Bath 2362  
sq ft. Home. Very  
nice condition  
throughout. Large  
back deck. Fenced  
back yard. Gor-  
geous view.  
MLS# 14029793  
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**1.83 ACRES** with  
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.\$199 900  
#15461834 6 bed  
w/2 bath home +  
smaller manufac-  
tured rental home to  
help with your financ-  
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Call Kerry to tour  
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miliar status, or na-  
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such preference, limi-  
tation, or discrimina-  
tion." Familial status  
includes children un-  
der the age of 18 liv-  
ing with parents or le-  
gal custodians, preg-  
nant women, and peo-  
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1-800-669-9777. The  
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number for the hear-  
ing impaired is  
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### Homes for Sale, Pendleton 100

**\$178,500, 3 bed-**  
room 2 bath in Pop-  
ular McKay Neighbor-  
hood. Super Sharp  
Updated Kitchen and  
Bathrooms, Living  
Room, Family Room,  
Den, Extra Large  
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Vogler,  
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### Homes for Sale, Pendleton 100

**\$485,000 COUN-**  
TRY Living!  
Gorgeous 4 Bedroom, 3  
Bath Custom home  
on 8.9 Acres 20  
miles South of  
Pendleton. Large  
Garage and 40x60  
Shop. Vaulted Great  
Room. Creek and 2  
Ponds. MLS#  
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### Homes for Sale, Pendleton 100

**\$153,000 PRICE JUST REDUCED!**  
Well maintained 3 bdrm, 2 bath  
(Pendleton, OR)  
One level with double garage with lots of  
storage overlooking Rice Park w/sunset  
view. Newer vinyl, siding, roof, deck,  
updated kitchen. Gas heat/gas fireplace,  
central air, sunken living room, large  
master suite, fenced low maintenance yard.  
1496 square feet. Built in 1979.  
971-317-1247 & 541-278-3391  
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