



A MEDITERRANEAN MENU

for Outdoor Entertaining—OPA!

FAMILY FEATURES

When al fresco entertaining calls for some flavorful inspiration, look to the fresh and abundant offerings of Mediterranean cuisine.

Inspired by its coastal origins, traditional Greek dishes feature a colorful collection of fruits, vegetables, grains, legumes and grilled fare. Whether you're serving friends with a themed event or simply enjoying a homemade meal with the family, delicious Greek cuisine is perfect for sharing with those you love.

From raw to roasted, pickled to caramelized, the onion is one of the most versatile vegetables, and is commonly found among the many fresh flavors of this fare. Plus, when you cook with the mighty onion, you're serving up a good source of vitamin C.

The growers and shippers of the Idaho-Eastern Oregon Onion Committee and the National Onion Association offer the following tips about onions:

- One large onion, diced equals about 1 cup fresh and 1/4 cup cooked.
- Grill and saute onions over low to medium heat. This will bring out a savory, sweet, mellow flavor. High heat can cause the onion to taste bitter.
- Store onions in a cool, dry, well-ventilated place with minimal exposure to light.
- Keep peeled and cut onions in a sealed container in the refrigerator for seven to 10 days.

For more tips and ideas to add flavor to your outdoor celebrations, visit www.onions-usa.org and www.usaonions.com.

Lentil Salad with Marinated Onions, Roasted Tomatoes and Olives

Servings: 6–8

- 2–3 medium tomatoes cut into eight wedges
- 1 (9.5-ounce) jar whole, pitted Greek olives, drained
- 4 tablespoons extra-virgin olive oil
- 1 tablespoon balsamic vinegar
- 8 thyme sprigs, leaves removed
- Sea salt
- 1 1/3 cups lentils
- 1/2 medium red onion, thinly sliced
- 1 1/2 tablespoons red wine vinegar
- 2 garlic cloves, pressed
- 1 medium cucumber, chopped
- 1 (12-ounce) jar artichoke hearts, sliced
- 1/4 cup parsley, chopped
- 3 tablespoons chives, chopped
- 2/3 cup crumbled feta
- 1 tablespoon lemon juice
- Fresh ground black pepper

Preheat oven to 400°F. On medium-sized baking sheet lined with parchment paper, arrange tomatoes skin side down. Add drained olives to pan; drizzle with 1 tablespoon olive oil and balsamic vinegar. Sprinkle with thyme leaves and sea salt. Roast for 20 minutes. Remove from oven and cool completely.

Cook lentils according to package directions, approximately 20 minutes.

While lentils are cooking, place red onion in small bowl. Pour red wine vinegar over onions and sprinkle with sea salt. Stir and let stand at room temperature while lentils are cooking.

When lentils finish cooking, drain if needed. In large bowl combine lentils, marinated red onion, garlic and remaining olive oil. Mix well and cool completely. When cool, combine rest of ingredients with lentils. Serve cold.



Turkey and Onion Meatball Kebabs with Yogurt Dipping Sauce

Servings: 6 large or 9 small kebabs

- 1 tablespoon cumin seed
- 1 cup plain yogurt
- 1 tablespoon chopped cilantro
- 1 tablespoon chopped chives
- 3/4 teaspoon honey
- 1/4 teaspoon salt
- 1 pound ground turkey
- 3 cloves garlic, chopped
- 2 teaspoons lemon zest
- 1/4 teaspoon kosher salt
- 1/4 teaspoon cayenne pepper
- 1 large yellow onion, peeled and cut in thin wedges
- 1 green pepper, cut into 1-inch dices
- 12 cherry tomatoes

Heat small pan over medium heat. Add cumin seeds to toast. Stir frequently, for about 3 minutes or until seeds are fragrant and slightly browned. Remove seeds to spice grinder or mortar and pestle; grind to moderately fine powder.

In medium bowl, combine yogurt, cilantro, chives, honey, salt and 1 teaspoon ground toasted cumin. Cover and refrigerate at least 1 hour.

In second medium bowl, combine turkey, garlic, lemon zest, salt, cayenne and 1 teaspoon ground toasted cumin; mix gently but thoroughly. Shape into eighteen 1 1/2-inch meatballs.

Preheat grill. On metal skewers (or bamboo skewers soaked in water 30 minutes), thread meatball, onion wedge, pepper square and cherry tomato. Repeat. Finish skewer with another meatball and onion wedge.

Grill until meatballs reach internal temperature of 160°F, turning as needed. Serve immediately with dipping sauce.

For mini-skewers, use 2 meatballs, 2 onion wedges, 1 cherry tomato and 1 pepper square on each skewer.

Orange, Mint and Onion Salad

Servings: 6

- 3 navel oranges
- 1/2 sweet yellow onion, peeled and thinly sliced
- 1/4 cup fresh mint leaves, torn
- 1/4 cup black olives, oil cured, pitted

Vinaigrette:

- 1/3 cup cider vinegar
- 2 tablespoons honey
- 2 teaspoons Dijon mustard
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1/4 cup canola oil

For salad, cut top and bottom off each orange so it sits flat on cutting surface. Remove peel and pith (white part) by taking sharp knife and running it down sides of orange from top to bottom, following shape of each orange. Slice oranges into rounds.

Arrange slices, overlapping each other slightly, on large platter. Scatter onion, mint and olives over oranges.

For vinaigrette, whisk vinegar with honey, mustard, cinnamon and salt. Slowly add oil while whisking constantly, until well combined.

Drizzle vinaigrette over salad and serve immediately.

Note: Any leftover dressing can be stored, tightly covered, in refrigerator for up to 5 days.

2015 Ideafest



SUBMITTED PHOTO

The 2015 Ideafest was held at the University of South Dakota in Vermillion on April 15-16 where students compiled their research and results on a poster for presentation to the general public. Sophomore biology major Theresa Barnes from Yankton researched the question: Does altering the lipid composition of the native plant *Camelina Sativa* seeds change their germination under temperature and saline changes? Barnes presented her poster on the research of *Camelina sativa* seeds that was conducted in Biology Professor Koster's lab at The University of South Dakota.

Vermillion Public Library To Host Writer In Artists And Authors Series May 6

VERMILLION — The Edith B. Siegrist Vermillion Public Library will host Paula Bosco Damon in its Artists & Authors series on Wednesday, May 6, at 7 p.m.

Paula Bosco Damon is an award-winning writer whose works have won numerous honors, including first place in National Federation of Press Women, South Dakota Press Women and Iowa Press Women

writing competitions. In the 2009, 2010 and 2011 South Dakota Press Women Communications Contests, Paula has earned eight first-place awards. In 2011, the writer was ranked third among columnists nationwide for her creative non-fiction in the National Federation of Press Women Communication Contest. Her stories breathe life into mundane day-to-day experiences

and skillfully deconstruct some of the most complex life-altering moments into a language and narrative with universal appeal. The *Carroll Times Herald* titled "My Story. Your Story." A popular keynote speaker, she has conducted readings of her

work to audiences in New York, Pennsylvania, Iowa, Nebraska and South Dakota.

This event is open to the public.

For more information call the Library at 605-677-7060.



Opsahl-Bakhtiari

Laura J Opsahl and Nicholas M Bakhtiari, both of Mitchell, SD, announce their engagement and upcoming marriage.

Parents of the couple are Kevin and Lisa Opsahl of Yankton, SD; and Tony Bakhtiari and Susan Grabowski of Virginia, MN.

The bride-elect is a graduate of Northern State University and is currently employed in the Mitchell School District in Mitchell, SD.

The groom-elect is a graduate of the University of Wisconsin Superior and is currently employed as Area Manager of Glik's Clothing Company.

The couple is planning a May 30, 2015 wedding in Mitchell, SD.



Look Who Is Celebrating 75 YEARS of Feisty!!

HAPPY BIRTHDAY! MARLIN SLAGLE!!

We Love You!