

Healthy, Hearty Comfort Food

Family Features

During the short days and cold nights of winter, many of us crave comfort foods. Unfortunately, the rich dishes we usually think of tend to be low in nutrition and packed with fat and calories. Well, take heart. It's possible to enjoy satisfying dishes that are tasty, hearty and nutritious.

Dry peas, lentils and chickpeas (garbanzo beans), all part of the legume family, are one way to make comfort foods more healthful. These ingredients pack a nutritional punch while adding flavor to recipes: just one cup of dry peas, lentils or chickpeas gives you more than half the recommended daily dosage of fiber and up to 18

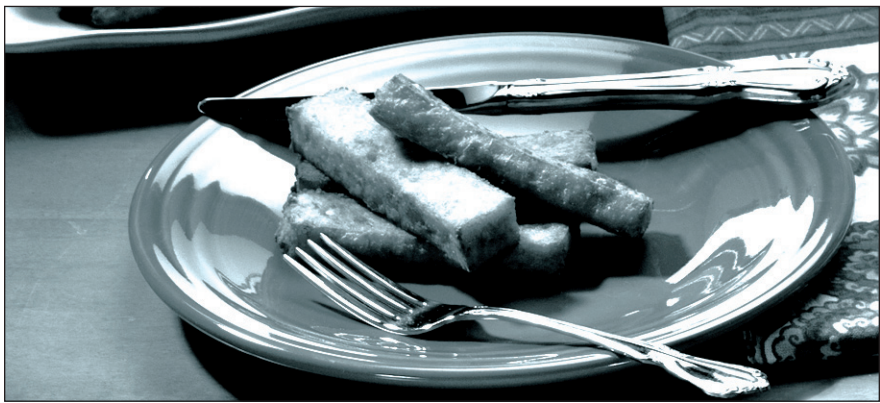
grams of protein. They also contain little to no fat, making them a healthy meat alternative.

Chef Tracy O'Grady, from Willow Restaurant in Arlington, Va., knows how to make the most of these versatile ingredients. "You may already love lentil soup," she says. "But lentils have a wide range of uses, and are a great addition to hearty fare like enchiladas, veggie burgers — even chocolate cake."

And while chickpeas are best known as the key ingredient in hummus, they also appear in rich-tasting foods like Willow's Chickpea Fries (see O'Grady's recipe).

For more recipes and information from the USA Dry Pea & Lentil Council, visit www.pea-lentil.com.

Willow's Chickpea Fries



SERVES: 8 (6 PER PERSON)

- 2 1/2 cups water
- 1 garlic clove, minced fine
- 2 cups whole milk
- 2 teaspoons kosher salt
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon smoked paprika
- 3 cups chickpea flour; reserve 1 cup for dusting
- 1 cup cooked chickpeas, roughly chopped
- 2 cups Parmesan cheese, finely grated
- 1/2 cup extra virgin olive oil
- 1 gallon canola oil

Place water, garlic, milk, salt, cayenne and paprika in a non-reactive sauce pot and heat until it boils.

Lower heat to gentle simmer and whisk in chickpea flour. Whisk just until smooth and then use a high heat spatula to finish the process. Cook mixture for about 5 minutes, constantly stirring to make sure there is no scorching.

Once flour is nearly cooked, fold in chopped chickpeas, Parmesan cheese and extra virgin olive oil. Stir until well incorporated and hot. This should take about 3 additional minutes.

Place in a plastic wrap lined 10 x 12-

inch tray. Cover with plastic wrap and push down so it is even. Chill for at least 2 hours in the refrigerator or until completely chilled.

After well chilled, turn the chickpea mold onto a cutting board. Cut fries 12 times in 1-inch pieces and then cut each strip into 4 pieces, forming 48 pieces.

Heat canola oil in a large stainless steel fry pot to 350°F. Dust fries with remaining chickpea flour and fry in 4 batches until hot and golden brown.

Drain in paper towels to remove excess oil. Serve immediately with Orange Preserved Lemon Dipping Sauce.

ORANGE PRESERVED LEMON DIPPING SAUCE

MAKES: ABOUT 1 CUP

- 2 oranges, juiced and zested with a microplane zester
- 2 preserved lemons juiced, the peel minced fine*
- 1 tablespoon red wine vinegar
- 1/4 cup extra virgin olive oil
- Kosher salt to taste

*If preserved lemons are unavailable, can be substituted with 2 fresh lemons, juiced and zested.



Red Lentil Crusted Goat Cheese With Three Lentil Salad And Ruby Red Grapefruit Vinaigrette

SERVES: 6

- 1 cup cooked red lentils, al dente
- 1 cup brown lentils, cooked
- 1 cup green lentils, cooked
- 5 spears Broccolini, cooked and roughly chopped
- 1 head endive, sliced
- 1/8 cup, plus 2 tablespoons extra virgin olive oil
- 1 tablespoon red wine vinegar
- Kosher salt, to taste
- Cracked black pepper, to taste
- 9 ounces goat cheese, sliced into 6 2-inch slices
- 1/2 ruby red grapefruit, peeled and seeded and remaining juice squeezed into a bowl
- 1 lime, juiced

Combine the three varieties of lentils in a glass or Pyrex bowl, reserving 1/4 cup of red lentils to crust the goat cheese. Add Broccolini, endive, 2 tablespoons extra virgin olive oil, red wine vinegar, salt and pepper and mix well. Set aside for 1/2 hour to 1 hour to allow flavors to meld.

Place remaining red lentils on a shallow tray and roll goat cheese slices in lentils until coated. Place lentil slices into a

baking pan.

For vinaigrette, combine, grapefruit juice, lime juice, and 1/8 cup extra virgin olive oil and whisk until emulsified. Add grapefruit segments; season with salt to taste.

Just before serving, heat goat cheese slices for 3 to 5 minutes in a 350°F oven until warm, but not melting apart. Distribute lentils onto six plates, place goat cheese slices on lentils and drizzle with vinaigrette.

TIPS FOR COOKING DRY PEAS, LENTILS AND CHICKPEAS

—Dry peas and lentils don't require soaking. Soak dried chickpeas in cold water for 12 hours before cooking (or you can buy pre-cooked, canned chickpeas).

—Spread dry peas and lentils in a single layer on a baking sheet. Check for and discard any debris. Rinse under cold water.

—To cook lentils, use 1 1/2 cups of water to 1 cup of lentils. Bring water to boil and add lentils. Boil for 2 or 3 minutes and reduce heat to a simmer. Cook until tender. Green or brown lentils take approximately 30 minutes and red lentils about 8 to 10 minutes.

Relay

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"Mid-July in Yankton is pretty darn hot, and we have run into that the last couple of years," Holmquest said. "Listening to our survivors and wanting to make sure that they are comfortable, as well as our teams, it is important to us that we always put on a great event and make our teams as comfortable as possible. Unfortunately we can't control the weather, so we are hoping by moving the date up a few weeks, we can beat the heat and humidity a bit."

If a person or group is interested in learning more about Relay For Life, Holmquest said Tues-

day's kick-off is the place to be.

"We don't send them out empty-handed," she said. "We have all kinds of information about what the American Cancer Society does, why we have Relay events and how they support the cancer society, ideas on how to form a team, what happens at a Relay event, just a lot of information."

However, if you are not able to attend the meeting and are interested in learning more, there are several options.

For more information about Relay For Life, contact Holmquest at 605-323-3551 or Darla Gullickson at the Avera Sacred Heart Cancer Center in Yankton at 668-8850. You can also go to www.relayforlife.org/yanktonsd.

Revenue

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"I think the prudent thing is to continue to be cautious as we move forward," Terwilliger told the lawmakers.

Fred Schoenfeld, the Legislature's chief fiscal analyst, said South Dakota's economy appears to be growing as new businesses locate and build in the state. But he said financial problems in Europe, expected federal budget cuts and rising gasoline prices could cause the national economy to falter, which would hold up growth in South Dakota.

Next year's state budget will spend more than \$4 billion in state, federal and other funds. But the governor and Legislature focus most attention on spending from the South Dakota's general fund, which includes state taxes and will be slightly more than \$1.2 billion next year.

The governor and the Legislature a year ago cut spending in most state agencies and programs

by about 10 percent for the current budget year. Dugaard has proposed increasing state aid next year to school districts and the medical organizations that provide health care to poor people in the Medicaid program.

Terwilliger said revenue from the sales tax — state government's largest revenue source — is expected to grow by 3.8 percent this year and 3.7 percent

next year, when it is expected to bring in about \$764 million.

Revenue from the contractor's excise tax should remain steady as construction continues throughout the state, and the bank franchise tax is expected to exceed previous projections because credit card banks have weathered the recession and adjusted to changes in federal regulations, Terwilliger said.

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