

Keeping Resolutions *WHILE ON THE GO*



Inspiring Recipes By Chef Candice Kumai

Family Features

Year after year, saving money and eating healthier rank high on the list of New Year's resolutions, but as many know all too well, busy schedules can make it hard to keep these resolutions up. "Pretty Delicious" author and "Top Chef" alum Candice Kumai has partnered with The Glad Products Company to create delicious recipes that help bring healthy food out of the kitchen, and in turn, help to save you both the cost and calories associated with eating lunch out. Chef Kumai's recipes are inspired by Glad To Go

reusable lunch and snack containers, which feature a detachable 1.5-ounce "To Go" cup that snaps into the lid — allowing you to confidently transport foods that you haven't been able to before. Just imagine — no more dressing leak disasters when bringing a salad to work.

"Now there's no excuse for us to break our New Year's resolutions," says Kumai. "My recipes are not only healthy, delicious, convenient meal time options, but they fit into our everyday lives while helping to save money, time and calories and reduce waste."

For additional recipes, lunchtime tips, coupon offerings and more, visit www.Facebook.com/Glad.

Spicy Tequila Lime Shrimp Salad

PREP TIME: 10 MINUTES | COOKING TIME: 5 MINUTES | SERVES: 4

FOR THE SHRIMP

2 tablespoons extra virgin olive oil
 1 garlic clove, minced
 1/2 teaspoon ground cumin
 Pinch red pepper flakes
 1 pound medium shrimp, de-veined
 3 tablespoons high-quality tequila
 Salt, to taste
 1 teaspoon dried chipotle powder
 2 to 3 tablespoons fresh cilantro, chopped

FOR THE SALAD

4 cups dark, leafy mixed greens

1/2 cup roasted red peppers, sliced thin
 1/2 cup black beans, drained and rinsed
 1 avocado, sliced thin

FOR THE DRESSING

1/2 cup nonfat plain Greek yogurt
 3 tablespoons high-quality tequila
 1 tablespoon grated lime zest
 1 teaspoon hot sauce
 2 tablespoons fresh lime juice
 Pinch of sea salt to taste

Add olive oil to a large skillet over medium heat. Once oil is hot, add chopped garlic and cook for

about 1 minute. Add cumin and red pepper flakes, and let flavors blend together.

Add shrimp and toss. Carefully add tequila and cook until alcohol burns off. Season with salt, and add dried chipotle powder. Once shrimp are cooked, add chopped cilantro, toss and put aside on a plate.

Toss mixed greens in a large salad bowl and add in roasted red peppers and black beans. In medium bowl, whisk all of the dressing ingredients together and alter to desired taste by adding additional hot sauce and salt. Top with avocado slices and sautéed shrimp.

Roasted Fig and Blue Cheese Salad

PREP TIME: 10 MINUTES | COOKING TIME: 20 MINUTES | SERVES: 4

FOR THE FIGS

2 cups fresh black mission figs, sliced in half
 2 tablespoons balsamic vinegar
 2 tablespoons extra virgin olive oil
 1 teaspoon honey
 1/4 teaspoon sea salt
 For the salad
 1/2 cup blue cheese, cut into elegant wedges or thin slices
 6 cups mixed salad greens with arugula
 1/2 cup candied walnuts
 Sea salt to taste

FOR THE DRESSING

3 tablespoons honey
 2 tablespoons Dijon mustard
 1/4 cup balsamic vinegar

1/4 teaspoon sea salt

To roast figs, preheat the oven to 350°F. Remove stems off end of each fig, then slice fig in half. Roast for approximately 30 minutes or until a bit golden brown. Remove and cool slightly.

In small mixing bowl, mix 2 tablespoons balsamic vinegar, olive oil and honey. Add figs and toss to coat evenly. Marinate for 5 to 10 minutes.

Whisk honey, mustard, 1/4 cup balsamic vinegar and sea salt together to create dressing.

Place greens in large salad bowl; toss in candied walnuts. Serve with two fig halves on top of each salad with a blue cheese wedge.



Spinach Salad with Walnuts, Strawberries and Goat Cheese

PREP TIME: 10 MINUTES | COOKING TIME: 10 MINUTES | SERVES: 4

FOR THE SALAD

1/2 cup walnuts
 4 cups fresh spinach, stems trimmed
 8 large strawberries, hulled and thinly sliced
 1/4 cup crumbled goat cheese

FOR THE DRESSING

3 tablespoons honey
 2 tablespoons Dijon mustard
 1/4 cup balsamic vinegar
 1/4 teaspoon sea salt

Heat the oven to 375°F.

Place walnuts on rimmed baking sheet and bake until fragrant and toasted, about 8 minutes. Transfer to a plate to cool.

Toss spinach with strawberries in a large bowl. In small bowl, whisk together

honey, mustard, vinegar and salt. Sprinkle walnuts on top of spinach and strawberries mix.

Serve sprinkled with goat cheese, with remaining dressing on the side.

Chasing Away The Chill With Tasty Chili

Family Features

When there's a chill in the air, nothing warms better than a bowl of chili. It's true that many chilis require long, slow cooking, but luckily not all do. This comforting, one-pot meal can be on the table in under 30 minutes.

Savory and satisfying, the base for this chili is simple: a can of Southwestern Bean Salad. Seasoned with a hint of heat and chili powder, this canned combo of black beans, kidney beans, corn and hominy is a perfect chili starter. Adding lean, quick-cooking pork tenderloin or chicken breast, chopped tomato and bell pepper makes a top notch chili in no time.

Chili is just right for dinner on a busy weeknight, but is also a great dish for casual weekend entertaining. Set out sour cream, cilantro and shredded cheese for toppers and let guests help themselves to a hearty bowl. Pair with a corn muffin or tortilla chips to round out the menu.

A can of Southwestern Bean Salad is the start for many deli-

cious options beyond chili. Of course, it's a ready-to-eat quick side dish — just open the can — but the possibilities are endless. Add chopped tomatoes and cilantro for a sassy salsa. Simmer with sautéed bell pepper and onion, and some vegetable broth for a scrumptious vegetarian soup. Or, for a zesty dip, puree it in the food processor leaving it slightly chunky.

For additional recipes and information about Southwestern Bean Salad, visit www.READsalads.com.

Southwestern Bean Chili

PREPARATION TIME: 20 MINUTES

1 tablespoon olive or vegetable oil
 1/2 pound pork tenderloin, trimmed or 1/2 pound chicken breast, cut into 1-inch pieces
 1 cup chopped onion
 1 cup chopped bell pepper (one color or a combination)
 1 jalapeño pepper, finely chopped

1 teaspoon ground cumin
 1 teaspoon chili powder, mild or hot
 1 cup chopped tomato
 1 cup beer, chicken broth or water
 1 can (15 ounces) READ Southwestern Bean Salad, not drained
 Salt, to taste
 Sour cream and chopped cilantro, optional

1. Heat oil in large saucepan or Dutch oven over medium heat. Add pork; cook and stir until browned and just cooked through, 3 to 5 minutes. Remove from pan.
 2. Add onion, bell pepper and jalapeño; cook and stir 2 minutes until crisp-tender. Stir in cumin, chili powder and tomato. Add beer; bring to boil. Reduce heat; simmer 5 minutes.
 3. Stir in bean salad; return pork to pan. Cook until heated through, about 3 minutes. Add salt, as desired. Serve topped with sour cream and cilantro, if desired.

MAKES 4 SERVINGS
 (ABOUT 1-1/4 CUPS EACH).



Beautiful Home on 5+ Acres!



www.302turkeyroad.com

302 Turkey Road

- 4 bedroom, 3 bath open concept surrounded by nature and wildlife
- Kitchen features custom oak cabinets, granite counters, stainless appliances
- Spacious master bedroom suite — walk-in closet, oversized whirlpool tub and jetted shower
- Walkout lower level includes family room, theatre room, exercise room, bedroom and bath

New On The Market!
\$450,000



Sally & Terry
 Broker Associates
 660-5352, 660-6679
www.SallyandTerry.com

Lewis & Clark Realty, Inc.
www.yanktonareahomes.com

Don't Miss It!

FRIDAY THE 13TH SALE

13 HOURS ONLY! 8am-9pm

It's Your Lucky Day! Save on lots of Great 13 Hour Specials

HyVee
EMPLOYEE OWNED

2100 Broadway
 Yankton, SD