



Mediterranean Bean & Pita-Wiches, Red Cabbage, Onion & Bacon Jam, and Herbed Beet & Tomato Salad

fresh, fun SUMMER MEALS

FAMILY FEATURES

Flavorful al fresco dining ideas

Here comes the sun — and the fun of dining al fresco. When it comes to summer fare, familiar favorites are always welcome, such as burgers on the grill, sandwiches, salad, lemonade and dessert. But if the tried-and-true choices are getting a little too familiar, maybe they need a makeover.

New al fresco favorites

These deliciously doable ideas start with time-saving, quality prepared products, such as Aunt Nellie's jarred vegetables and READ classic bean salads, that provide real homemade flavors. Here's how:

- Elevate burgers from basic to sensational with a dollop of Red Cabbage, Onion & Bacon Jam, made with sweet-and-sour red cabbage, sauteed onions and smoky bacon.
- Need a new sandwich inspiration? Mediterranean Bean & Pita-Wiches are a combination of 3 or 4 bean salad, vegetables, olives and feta cheese stuffed into whole grain pita pockets.
- Trade the traditional greens or potato salad for Herbed Beet & Tomato Salad, an updated combo of colorful sweet-tangy pickled beets, garden-fresh yellow tomatoes and herb vinaigrette.
- What's for dessert? Try Fudgy Beet Brownies, which are made with Harvard beets to keep them extra moist and yummy.
- Lemonade is always a welcome thirst quencher, especially if it's pink. Here's the simple secret: Just stir pickled beet liquid into prepared lemonade — it's pink in a wink.

Cheers to a new twist on favorite al fresco fare. For additional recipes and serving suggestions, visit www.auntnellies.com and www.readsalads.com.



Pink Lemonade



Fudgy Beet Brownies

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Prep time: 15 minutes
 Cook time: Per package directions
 Servings: 24 brownies

- 1 jar (15.5 ounces) Aunt Nellie's Harvard Beets, not drained
- 1 box dark or milk chocolate brownie mix (for 13-by-9-inch pan)*
- 1/4 cup vegetable oil
- 2 eggs
- 1 cup semi-sweet chocolate chips or chunks
- Confectioners' sugar (optional)

Preheat oven to 350°F. Lightly spray bottom of 9-by-13-inch pan with nonstick cooking spray. Place beets in blender or food processor. Puree until smooth; set aside.

Combine brownie mix, oil, eggs and pureed beets in large mixing bowl; stir until well blended. Stir in chocolate chips. Pour into prepared pan. Bake as directed on package, checking after shortest recommended baking time. Remove from oven; cool. Lightly dust with confectioners' sugar, if desired.

*Note: Package sizes may vary according to brand.

Pink Lemonade

Makes: 2 quarts
 Add 2 to 4 tablespoons pickled beet liquid to 2 quarts prepared lemonade; stir. For deeper pink color add additional beet liquid.

Herbed Beet & Tomato Salad

Prep time: 20 minutes
 Servings: 4

- 1 jar (16 ounces) Aunt Nellie's Sliced Pickled Beets
- 2 medium yellow tomatoes, sliced 1/4 inch thick
- 1/4 cup olive or vegetable oil
- 1/4 cup white wine or rice vinegar
- 1 tablespoon finely chopped fresh herbs (such as thyme, parsley, basil, oregano or chives)
- 1 clove garlic, minced
- Salt and pepper

Drain beets well.* Cut beets in half. Cut tomato slices into quarters.

For vinaigrette, whisk together oil, vinegar, herbs and garlic. Add salt and pepper to taste.

Place tomatoes in large bowl. Toss with dressing. Gently toss in beets. Serve immediately or chill.

*Reserve liquid for pink lemonade, if desired.

Mediterranean Bean & Pita-Wiches

Prep time: 30 minutes
 Servings: 6

- 1 can (15 ounces) READ 3 or 4 Bean Salad
- 1/2 cup crumbled feta cheese
- 1/2 cup chopped tomatoes
- 1/2 cup coarsely chopped baby spinach
- 1/4 cup sliced celery
- 1/4 cup sliced pitted black or Kalamata olives
- 2 tablespoons chopped fresh oregano or basil
- 6 whole grain pita pocket halves

Dressing:

- 2 tablespoons reserved bean liquid
- 2 tablespoons olive oil
- 2 tablespoons fresh lemon juice
- 1 clove garlic, minced
- Black pepper, coarsely ground

Drain bean salad; reserve 2 tablespoons liquid. In large bowl, toss together bean salad and next six ingredients.

For dressing, whisk ingredients together. Add dressing to bean mixture; toss. Fill pita pocket halves with bean mixture.

Red Cabbage, Onion & Bacon Jam

Prep time: 20 minutes
 Cook time: 25 minutes

- 1 jar (16 ounces) Aunt Nellie's Sweet & Sour Red Cabbage
- 1/4 pound bacon (thick cut or regular)
- 1 large yellow onion (about 8 ounces)
- 2 tablespoons granulated or brown sugar
- 2 tablespoons white balsamic or white wine vinegar
- 1-2 tablespoons fresh thyme (or 1 teaspoon dried thyme)
- 1/2 teaspoon ground black pepper
- 1/8 teaspoon cayenne pepper (or to taste)
- Green onion or parsley (optional)

Drain cabbage; reserve liquid.

Cut bacon into pieces (about 1/4 inch). Cook in large skillet over medium to medium-low heat until browned and crisp. Transfer bacon to paper towel-lined plate; reserve. Measure 2 tablespoons drippings and return to skillet. Discard remaining drippings.

Meanwhile, cut onion lengthwise in quarters. Cut crosswise into very thin slices (about 1/8 inch thick). Heat bacon drippings over medium-low heat until hot. Add onion slices, reduce heat to low and cook 5 minutes or until onions begin to soften, stirring occasionally.

Stir in sugar, vinegar, thyme, peppers, bacon and 1/2 cup reserved liquid. Add cabbage and continue cooking over medium-low to low heat 15 minutes or until liquid is absorbed and mixture is very soft and thick, stirring occasionally. Sprinkle with thinly sliced green onion or chopped parsley before serving, if desired.

Serve warm or at room temperature as topping for burgers or crostinis, as sandwich spread, condiment for meats or tossed with pasta.

Wagon Train Route Finalized

PIERRE — The route has been set for the 125th anniversary wagon train. The wagon train will start in Yankton, home of the Dakota Territory Capital, on Sept. 3 and end at the State Capitol in Pierre on Sept. 20.

"Traveling in a wagon train for 15 to 17 miles a day is hard work, but it's also a lot of fun making new friends on the ride and along the route," said wagon train organizer Gerald Kessler who has participated in over 90 wagon trains.

The route includes stops in 13 towns and several pastures as the wagon train makes its way on roads and cross country.

Each evening when the wagon train stops, local landowners and historians will present a history of the

local area. Communities and civic groups will be sponsoring evening meals and events so locals can see the wagon train up close and visit with wagon train participants.

The wagon train is being sponsored by the South Dakota Draft Horse and Mule Association. The total cost per participant is \$125, regardless of whether the participant is riding for one day or all 17 days. The wagon train will supply a wagon master, outriders, toilets, water and buses to move vehicles each evening. Participants must supply their own equipment, animals, food, livestock feed and other traveling necessities. All fees and donations will be used to defray the costs of the wagon train.

Thirty-six wagons and 84

people have already signed up for the wagon train from eight states — South Dakota, North Dakota, Minnesota, Colorado, Nebraska, Iowa, Wisconsin and Kentucky.

Those who would like to participate must apply online. The route map and application can be found at <http://125.sd.gov>. For more information, contact Gerald Kessler at 605-223-2313.

REUNIONS

BIETZ REUNION

The descendants of Friedrich Bietz will hold the 27th annual family reunion potluck at 12:30 p.m. on Sunday, July 20, in the First American Lutheran Church basement in Tripp. (Note the change of location.) Elevator available. Hot and cold beverages will be furnished.

BUY FRESH, BUY LOCAL

- Generations Farm (Fordyce, NE) will have fresh produce at the Corps of Discovery Welcome Centers' Hwy. 81 Farmers Market Thursdays from 4 to 7pm.

Advertise Here! Contact the Press & Dakotan Classifieds staff at (605) 665-7811 or stop at 319 Walnut St., Yankton, SD 57078.