



FRESH TAKES ON KIDS' FAVORITES

FAMILY FEATURES

As the kids head back to school, there's no better time to make a fresh start in the kitchen, too. Substituting nutritious ingredients such as sorghum in your favorite grain-based foods is an easy way to upgrade your family's menu this fall.

Some of the traditional snacks kids love most — such as cakes, cookies and doughnuts — can all be prepared using sorghum, a gluten-free cereal grain grown throughout the world. This highly versatile ingredient is naturally high in fiber, iron and protein, and can be used in a wide range of preparations. In fact, white food-grade sorghum can be milled directly into whole grain flour to produce foods such as brownies, breads, pizza dough, pastas, cereals, pancakes and waffles.

Whether it's a power breakfast to fuel the day, a sweet lunchbox treat or a tasty after school snack, these recipes showcase how simple it can be to give your kids' favorite treats a nutritious makeover they'll be thrilled to sample.

For more nutritious back to school recipes and tips for cooking with sorghum, visit www.HealthySorghum.com.

Sorghum Pancakes

Recipe provided by Barbara Kliment

- 1 3/4 cups sorghum flour
- 1/4 cup cornstarch
- 3 teaspoons baking powder
- 2 teaspoons sugar
- 1/2 teaspoon salt
- 1/2 cup powdered buttermilk
- 2 eggs
- 3 tablespoons melted butter
- 1 1/2 cups water

Heat oven to 200°F. Combine dry ingredients. In separate bowl, beat together eggs, melted butter and water; add to dry ingredients and mix just until well blended. Heat large skillet or griddle over medium-low heat. Spray pan with cooking oil. Wet fingertips under faucet and shake them over hot griddle. If water droplets "sizzle," heat is right to begin making pancakes. For large cakes pour 1/4 cup of batter into pan; for small use 2 tablespoons of batter. Cook until bubbles form on top; flip and cook until golden brown on bottom. Transfer to baking sheet and keep warm in oven while making rest of pancakes. Serve warm with butter and syrup.

Chewy Oatmeal Toffee Cookies

Recipe provided by Kate Lange

- 1 cup butter, softened
- 2 eggs
- 2 cups light brown sugar
- 2 teaspoons vanilla extract
- 1 cup sorghum flour
- 3/4 cup unbleached white flour
- 1/2 teaspoon salt
- 1 teaspoon baking soda
- 1/8 teaspoon allspice
- 1 1/2 teaspoons cinnamon
- 1/8 teaspoon cloves
- 3 cups oatmeal
- 1 cup coconut flakes
- 1 (10-ounce) package almond toffee bits

Heat oven to 375°F. Lightly grease cookie sheet. Cream butter, eggs, brown sugar and vanilla in large bowl until light and fluffy. Mix flour, salt, soda, allspice, cinnamon and cloves; add to butter mixture. Beat until well blended. Stir in oatmeal, coconut and toffee bits with spoon. Drop by rounded teaspoons about 2 inches apart onto prepared sheet. Bake 8-10 minutes or until edges are lightly browned. Cool 1 minute; remove to wire rack.

Milo Doughnuts

Recipe provided by Karla Lubben

- 1 egg
- 1/2 cup sugar
- 1/2 cup milk
- 2 tablespoons melted shortening or lard
- 1/2 cup sifted sorghum flour
- 1 1/2 cups sifted all-purpose flour
- 2 teaspoons baking powder
- Dash of cinnamon
- Dash of salt
- 8 cups vegetable oil

Glaze:

- 1/2 cup powdered sugar
- 2 teaspoons warm milk
- 1/2 teaspoon vanilla

In large bowl, beat together egg and sugar. Stir in milk and shortening. Sift together all dry ingredients. Add dry ingredients to egg mixture and stir to combine. Chill dough for 30 minutes. On lightly floured surface, flatten dough to 1/2-inch thickness with your fingertips or rolling pin. Cut out doughnuts using a doughnut cutter or two sizes of round cookie cutters. Transfer doughnuts to waxed paper and allow to dry for 10 minutes. In deep heavy pot or electric fryer, heat oil to 375°F. Using wire spatula dipped in hot oil, carefully transfer doughnuts into hot oil. Cook 2-3 doughnuts at a time turning them when brown on one side. Remove to paper towel or racks to drain.

For glazed doughnuts, combine powdered sugar, milk and vanilla flavoring. Drizzle on doughnuts or sprinkle doughnuts with powdered sugar or mixture of cinnamon and sugar.

Celiac-friendly substitutions:

- 2 teaspoons vanilla extract: Use 2 teaspoons X-Tra Touch vanilla or any other gluten-free vanilla.
- 3/4 cup unbleached white flour: Replace with 6 tablespoons chickpea (garbanzo bean) flour and 6 tablespoons sweet rice flour, or use 3/4 cup commercial gluten-free flour.
- 3 cups oatmeal: Replace with 3-4 cups of any gluten-free, ready-to-eat flake cereal slightly crushed, or gluten-free crispy rice cereal.
- 1 (10-ounce) package almond toffee bits: Verify product is gluten-free or use 1 3/4 cups chopped almonds or walnuts.



Deadline Set For Gov's Ag Summit Registration

PIERRE — Registration for the sixth annual South Dakota Governor's Agricultural Summit will close on July 6. Those wanting to attend can register at www.sdagsummit.com. The Summit will be held on July 9-10 at the Lodge in Deadwood.

"The Governor's Ag Summit is a great time for farmers, ranchers, ag industry leaders, legislators and congressional delegates to come together and discuss the future of our number one industry. This year we have put together a full, engaging and informative program for this year's Governor's Ag Summit. I encourage everyone to attend," said SD Secretary of Agriculture Lucas Lentsch.

A Black Hills Agricultural Tour will kick off the event on Thursday afternoon with events including:

- a tour of the Belle Fourche Irrigation District,
- a tour of Black Hills For-

est Products sawmill and • a tour of the Crow Peak Brewery in Spearfish.

Friday morning will begin with a "State of Ag Address" from SD Secretary of Agriculture Lucas Lentsch and Gov. Dugaard will present the 2015 Ag Ambassador Award to South Dakota State professor Dr. Bob Thaler. Attendees will hear from a variety of speakers including: Brian Klippenstein, Protect the Harvest; Sen. John Thune (R-S.D.); Brad Nussbaum and Brittany Nussbaum, Cottonwood Ridge Dairy; and Dr. Brent Gloy, Agricultural Economic Insights, LLC.

For more information about the Summit, visit <http://sdda.sd.gov/office-of-the-secretary/ag-summit/> or contact Dani Hanson at danielle.hanson@state.sd.us. This event is free and open to the public. The Summit will also be livestreamed for those unable to attend via sdda.sd.gov.

The Irene Rodeo Association wants to express our sincerest appreciation to everyone who helped make our 2015 rodeo a complete success! Our thanks go to the spectators, contestants, and all of the volunteers who donated their time to help us host another SDRA rodeo. Mother Nature even came through giving us great weather. We now move on to start the plans for our 24th rodeo in 2016. Hope to see you there!

Thanks again.
Irene Rodeo Association



Card of Thanks

The Marvis Tronvold family wishes to express our gratitude to all of our friends and relatives for your prayers, cards and memorials for the loss of our beloved Marvis.

Your thoughtfulness is greatly appreciated.

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Bottolfson-Scott

Chelsey Marie Bottolfson and Brandon Lee Scott of Brookings, SD, announce their engagement and upcoming marriage. Parents of the bride are Art and Cheryl Bottolfson, Crofton, NE. Parents of the groom are Les and Cindy Scott of New Castle, PA.

The bride is a graduate of the University of Sioux Falls with a bachelors degree in English and is a retail banking coordinator at First Bank and Trust in Brookings, SD.

The groom is a graduate of South Dakota State University with a Ph.D. in biochemistry and currently has a post doctorate position at South Dakota State University in Brookings, SD.

The couple is planning a July 11, 2015 wedding at St. Boniface Catholic Church in Menominee, NE.