

# SIMPLY *Delicious* Real Food Recipes

## FAMILY FEATURES

Most parents face the same mealtime dilemma - making affordable and convenient food that the whole family will like. Time is short, palates are picky and some fear it will cost too much to put real food on the table.

Celebrity chef Bobby Flay joined the Hellmann's® and Best Foods® Real Food Project to help moms tackle the barriers to real food in simple and helpful ways. "Real food does not have to be complicated. With a few basic ingredients, it's easy to create a meal you can feel good about serving the whole family," said Flay.

Flay encourages using food made with ingredients that are simple and delicious. "Real food that tastes great is something every member of the family can appreciate," said Flay. "Adding elements like Hellmann's® Real Mayonnaise made with eggs, oil and vinegar goes a long way toward making real food taste great. You can also use Hellmann's Light®, which has half the calories and fat of Real Mayonnaise and is now made with 100 percent cage-free eggs."

For recipes and how-to videos, visit the Real Food Project at [www.Hellmanns.com](http://www.Hellmanns.com) or [www.BestFoods.com](http://www.BestFoods.com).



### PIMENTO CHEESE-BACON BURGERS

A BOBBY FLAY RECIPE  
PREP TIME: 15 MINUTES  
CHILL TIME: 30 MINUTES  
4 SERVINGS

- 1/3 cup Hellmann's® or Best Foods® Real Mayonnaise
- 1/4 teaspoon Kosher salt
- 1/4 teaspoon ground black pepper
- 1/4 teaspoon cayenne powder
- 1/4 pound extra sharp white cheddar cheese, coarsely grated
- 1/4 pound extra sharp yellow cheddar cheese, coarsely grated
- 1/3 cup drained and finely chopped roasted red peppers or piquillo
- 1-1/2 pounds lean ground beef
- 4 hamburger buns
- 8 thick slices double smoked bacon, crisp

Combine mayonnaise, salt, pepper and cayenne in large bowl with fork. Stir in cheese and roasted peppers. Cover and refrigerate at least 30 minutes.

Meanwhile, shape ground beef into 4 patties. Season, if desired, with salt and black pepper; set aside.

Grill or pan fry burgers, turning once, 8 minutes or until desired doneness. During last 30 seconds of cooking, evenly top each burger with cheese mixture, then cook covered until cheese melts slightly. Arrange burgers on buns, then evenly top with bacon.

### GRILLED POTATO WEDGES

A BOBBY FLAY RECIPE  
PREP TIME: 30 MINUTES/CHILL TIME: 30 MINUTES  
COOK TIME: 25 MINUTES/ 6 SERVINGS

- 2/3 cup PLUS 1 teaspoon malt vinegar
- 1-1/2 cups Hellmann's® or Best Foods® Real Mayonnaise
- 1 tablespoon chopped tarragon
- 5 Russet or all-purpose potatoes, scrubbed
- 1/4 cup canola oil
- 2 tablespoons finely chopped flat-leaf parsley

Bring 2/3 cup vinegar to a boil over high heat in small saucepan and continue boiling until reduced by half. Remove saucepan from heat and let cool 5 minutes.

Combine mayonnaise, cooled vinegar, remaining 1 teaspoon vinegar and tarragon in medium bowl. Season, if desired, with salt and pepper. Cover and refrigerate at least 30 minutes.

Cover potatoes with water in 4-quart saucepot; bring to a boil over medium-high heat. Reduce heat and simmer 15 minutes or until potatoes are tender, but still firm. Drain and cool slightly. Cut each potato lengthwise into 8 slices.

Brush potatoes with oil and season, if desired, with salt and pepper. Grill, turning once, 4 minutes or until golden and cooked through. Arrange potatoes on serving platter, then sprinkle with parsley. Serve with dip.

Mayonnaise mixture is also delicious with hot cooked chicken fingers or fish.

### GOAT CHEESE CROSTINI

PREP TIME: 20 MINUTES / STAND TIME: 30 MINUTES  
COOK TIME: 8 MINUTES / 6 SERVINGS

- 1 cup red grapes, diced
- 1 cup blue and/or black grapes, diced
- 1/2 small red onion, finely chopped
- 1 jalapeño pepper, finely chopped
- 3 tablespoons chopped fresh cilantro or flat-leaf parsley, plus leaves for garnish
- 2 tablespoons red wine vinegar
- 4 slices whole grain bread, quartered, OR 1 baguette, thinly sliced into 16 pieces
- 6 ounces herbed goat cheese, slightly softened
- 1/3 cup Hellmann's® or Best Foods® Real Mayonnaise

Combine grapes, onion, jalapeño pepper, cilantro and vinegar in medium bowl. Season, if desired, with salt and pepper. Let stand at least 30 minutes.

Preheat oven to 375°F. Arrange bread on large baking sheet in a single layer and bake, turning once, 8 minutes or until lightly golden brown and crisp on both sides. Remove and let cool.

Combine goat cheese with mayonnaise in small bowl until smooth. Season, if desired, with salt and pepper. Evenly spread cheese mixture onto crostinis, then top with grape salsa.



### SMOKED CHILE COLE SLAW

A BOBBY FLAY RECIPE  
PREP TIME: 10 MINUTES / CHILL TIME: 20 MINUTES / 4 SERVINGS

- 1/2 cup Hellmann's® or Best Foods® Real Mayonnaise
- 2 tablespoons chipotle peppers in adobo sauce
- 2 tablespoons fresh lime juice
- 2 teaspoons honey
- 1 teaspoon ground cumin Kosher salt and freshly ground black pepper
- 1 medium head green cabbage, finely shredded
- 2 large carrots, finely shredded
- 1 small onion, halved and thinly sliced
- 1/4 cup chopped fresh cilantro

Combine mayonnaise, chipotle peppers in adobo sauce, lime juice, honey and cumin in large bowl. Season, if desired, with salt and black pepper. Stir in remaining ingredients. Cover and refrigerate at least 20 minutes before serving.

## Friends Make Your Life Healthier

BY SHARON GUTHMILLER  
Extension Educator

Having a strong circle of friends can be a good source for aging hearts and help the body's auto immune system resist disease.

People who have one or more good friends have better health than those who have only casual friends or no friends. Friends are as important as families. In our society, many people turn to their friends first when they encounter crisis because of the distance of their family.

We expect different characteristics from long-term as compared to short-term friends. Long-term friends are the only people with whom we can reminisce about memories that occurred during our lifetime. Changes in life such as health changes, widowhood, or retirement are less disruptive on long-term friendships. Short-term friendships help us to deal with changes that affect our daily roles, such as moving into a new area, volunteering, or starting a new job.

Adults expect to receive emotional support and companionship from their friends. When such positive outcomes are not achieved, the results may be breaches of confidence, invasions of privacy, criticism, or loss of respect and reciprocity. In times of crisis, we expect close friends to provide support and companionship. Social interactions with friends help us lead longer and healthier lives.

Studies have shown that people who enjoy the fellowship of friends live longer and are healthier than their counterparts who are socially isolated. Friends are relied upon for emotional support. A close network of friends helps us through the challenging times of life.

The best gift a friend can give is to be a good listener! Some other ways friends can strengthen their relationship include: keeping in regular contact by phone, mail, or in person; allowing your friend to express emotions.

Many emotions may be unpleasant, but be empathetic; paying attention to your friend's feelings and his or her perception of the seriousness of the situation;



SHARON GUTHMILLER

being non-judgmental and not offering advice unless asked; preparing a meal and delivering it to your friend's home; running an errand for your friend or offering to relieve caregivers of their responsibilities.

People without friends are likely to feel isolated and lonely. In the USA, one of every seven men aged 65 or older lives alone. They need to reach out to friends for companionship, friendship, support, and human contact. In addition, men usually have a harder time dealing with their widowhood than women.

About two-thirds of older men reported that they did not have a close friend, while 16% of widows reported having no friends. Because of physical changes, loss, and retirement, friendship is very important for older people.

Although casual friendships can help, one close friend can help relieve stress and depression. Friendship not only gives emotion-

al support, but also is a way of helping, sharing, caring, and informing each other. Friendship can help enrich a person's physical, emotional, and social health and adjust to changes through the challenging times of life.

If you don't have a friend, take the initiative to be a friend to someone else. For instance, join social clubs, civic groups, volunteer organizations, community events, church activities, etc. These are good places to meet people and build a good relationship.

When you attend a group, have something to say. Be informed by reading news, magazines, and books and find opportunities to speak to other people without waiting for them to do it. It is also very important to listen to what the person is saying to you.

Remember, if you want to have a friend, you must be a friend. Nina Chen, Ph.D., human development specialist, University of Missouri Extension

Thought: Don't try to grow an oak tree in a flower pot.

Sharon Guthmiller is a Yankton County Extension educator specializing in family and consumer sciences.

**SCHWESER'S HUGE SUMMER FASHION EVENT**  
**NO EXCLUSIONS - AND FREE ITEMS**

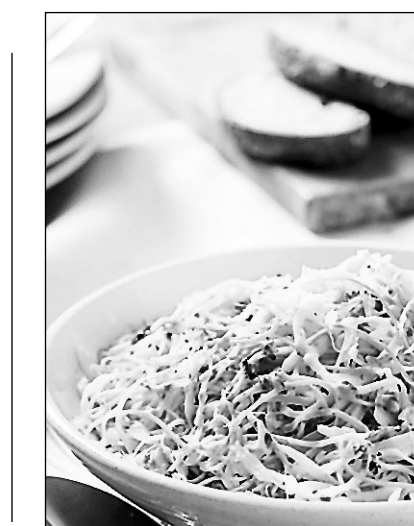
**POWER SATURDAY**  
featuring  
**60% OFF**

spring & summer items, plus the specials below

SAT & SUN • Tote Bag with any \$10 purchase  
FREE • Boxed Jewelry & Tote with any \$40 purchase  
FREE • T-Shirt, Jewelry & Tote with any \$70 purchase

**Saturday Doorbuster** until 2PM  
take an additional **20% OFF** on everything in the store!  
**NO EXCLUSIONS**

**schweser's**  
Fashion For Less  
[www.schwesersstores.com](http://www.schwesersstores.com)  
Yankton Mall



## KEEP YOUR RETIREMENT PLAN ON TRACK

Slumping markets may have derailed your portfolio - but there are measures you can take to stay on course. A dedicated professional can help you develop a personally tailored plan designed to reach your long-term retirement goals. Together, we'll:

- Reaffirm your risk tolerance, time horizon and overall financial goals in light of recent market volatility.
- Examine your asset allocation to affirm proper diversification and investment choices.
- Evaluate short-term requirements and adjust for any unmet needs.
- Utilize a disciplined process to continually monitor your finances and ensure informed decision making, even in poor markets.

Don't let the current market unglue your retirement plans. Contact us now.

**Randy Johnson • Kelly Hosek**  
Financial Advisors

610 W 23rd Street • Yankton, SD 57078  
605-689-2222 • Toll-Free: 877-486-7275 • Fax: 605-689-2225  
[randy.johnson@raymondjames.com](mailto:randy.johnson@raymondjames.com) • [kelly.hosek@raymondjames.com](mailto:kelly.hosek@raymondjames.com)

**RAYMOND JAMES**  
FINANCIAL SERVICES, INC.  
Member FINRA/SIPC

Individual solutions from independent advisors

Asset allocation and diversification do not ensure a profit or protect against a loss.

**KYNT** Yankton's Home Team!

AM 1450  
**MORNING COFFEE**  
WEEKDAYS 7:40 AM  
MONDAY-FRIDAY

Monday, June 7  
7:40 Dennis Povondra  
and the Czech Days Queen  
8:15 Chuck Lambertz

Tuesday, June 8  
7:40 The Center, 8:15 Todd Carr

Wednesday, June 9  
7:40 Laurie Larsen,  
Shannon Trail 5K Walk  
8:15 Chuck Lambertz