



## Simple Swaps For Your Next Barbeque

Summertime officially ushers in grilling season. There's no better way to celebrate the warm weather than at a backyard barbeque. Whether you're entertaining friends or cooking for your family, it's easy to make healthful choices at your next summer soiree.

When planning for an outdoor get-together, try better-for-you alternatives to traditional grilling fare. For example, serve fresh, seasonal grilled vegetables instead of potato chips. Once you've fired up the grill, try veggie burgers as an alternative to meat. MorningStar Farms Grillers Original Veggie Burgers contain 57 percent less fat than regular ground beef.\* So, it's not a burger - it's better!

Get your meatless barbeque started with an Alpine Burger. Or, if you're looking for a burger with a bit of a twist, consider making these Garden Veggie Deluxe Burgers or Spicy Tex-Mex Pita Burgers.

Once you're finished with the main course, grill pineapple and serve it over sherbet for dessert.

These simple substitutions are so delicious, your family and friends are sure to leave your next backyard party satisfied. For more recipes and fun food ideas, visit [www.morningstarfarms.com](http://www.morningstarfarms.com).

\*Regular ground beef contains 14g total fat per 64g serving. Grillers Original contain 6g fat per 64g serving.

(FAMILY FEATURES)



### GARDEN VEGGIE DELUXE BURGERS

Prep Time: 5 minutes  
Time to Table: 25 minutes  
Servings: 2

- 2 MorningStar Farms Garden Veggie Patties Veggie Burgers
- 2 slices (1 1/2 ounces total) Provolone cheese
- 2 tablespoons reduced-fat mayonnaise or regular mayonnaise
- 1/4 teaspoon curry powder
- 2 whole-wheat hamburger buns
- 2 slices tomato

- 2 slices red onion
- 4 rings green or red bell pepper
- Fresh flat-leaf parsley leaves for garnish (optional)

Cook burgers according to package directions. Top hot burgers with cheese slices. Let stand until cheese melts, about 1 minute.

Meanwhile, in a small bowl, stir together mayonnaise and curry powder. Spread on bun bottoms. Top with burgers, tomato, red onion and bell pepper. Top with parsley leaves, if you like, and bun tops.



### ALPINE BURGER

Prep Time: 25 minutes  
Time to Table: 25 minutes  
Servings: 1

- 3/4 cup sweet onions, sliced
- 1/2 cup fresh mushrooms, sliced
- 1/4 teaspoon bottled minced garlic
- 1 MorningStar Farms Grillers Original Burger
- 1 teaspoon spicy brown mustard or Dijon Mustard
- 1 slice multigrain or whole wheat bread, toasted
- 1/3 cup baby arugula
- 1 tablespoon Gruyere cheese or Swiss cheese, shredded

In large nonstick skillet coated with cooking spray, cook onions, covered, over medium-low heat for 16 to 20 minutes or until onions are very tender, stirring occasionally. Stir in mushrooms and garlic. Cook over medium heat, covered, for 4 to 6 minutes or until onions begin to brown and mushrooms are tender, stirring occasionally. Remove from heat.

Meanwhile, cook veggie burgers according to package directions.

Spread mustard on one side of bread slice. Top with arugula (if desired). Place burger on arugula. Spoon onion mixture over burger. Sprinkle with cheese. Let stand for 1 to 2 minutes or until cheese melts. Serve immediately.

### SPICY TEX-MEX PITA BURGERS

Prep Time: 20 minutes  
Time to Table: 20 minutes  
Servings: 2

- 2 MorningStar Farms Spicy Black Bean Veggie Burgers
- 1 cup baby romaine lettuce or torn romaine lettuce
- 2 tablespoons reduced-fat mayonnaise
- 4 teaspoons chopped fresh cilantro
- 1/2 medium avocado, pitted, peeled, chopped
- 4 tablespoons tomato salsa
- 1 whole-wheat pita bread round
- 4 tablespoons shredded Cheddar cheese with jalapeno peppers or Monterey Jack cheese with jalapeno peppers
- 10 baked tortilla chips (optional)

Cook burgers according to package directions.

Meanwhile, in a mixing bowl, toss together lettuce, mayonnaise, and cilantro until lettuce is evenly coated. In another bowl, stir together avocado and salsa.

Cut pita bread across middle in half. Fill each half with lettuce mixture. Insert burgers. Add cheese and avocado mixture. Serve with tortilla chips, if desired.

## Potatoes Offer Endless Cooking Possibilities

BY SHARON GUTHMILLER  
Extension Educator



SHARON GUTHMILLER

Potatoes are a good source of vitamin C as well as a good provider of energy because of their complex carbohydrates and also is a good storehouse of minerals.

Yellow fleshed varieties owe their color to fat soluble carotenoids. Purple and blue potatoes have water-soluble antioxidant properties. Potatoes that have turned green in the sunlight should either be deeply peeled to remove the green or discarded. Stressful growing conditions with too much light or too high alkaline level in soil can cause potatoes to become bitter or develop the green cast to the surface of the potato.

Have you ever wondered why mashed potatoes remain white and a freshly cut potato turns brown when it is left standing? Mashed potatoes will also turn brown if they are exposed to the air long enough. Oxidation causes browning. Plain raw potatoes that are sliced so the inner starch is exposed to the oxygen in the air will turn brown or "rust." Mashed potatoes are cooked and have other ingredients like salt, milk and butter added to them. These added ingredients help preserve the potatoes from oxidation for a longer period of time.

Two general types of potatoes are generally used in cooking. These are the "mealy" and "waxy" named for their textures when cooked. Mealy type potatoes are denser than waxy types. Mealy types include the russets, blue and purple varieties. Mealy potatoes produce a fine, dry fluffy texture that works well in baked, fried and mashed potatoes. Waxy types of potatoes such as red and white-skinned varieties and true new potatoes remain more solid in texture because of how the cells adhere together during cooking and work well in potato cakes, salads and gratins.

Peeling the skin from the potato before boiling it affects the nutrient content of the potato. Much of the potato's nutrition content can be found in the potato skin. Potatoes can be washed and cooked with the skins on them. The potato is a nutrient dense food. It does provide good nutritional return for the calories. A medium-size potato (about 1/3 pound or 150 grams) has only about 110 calories. Too often, the potato has been linked with fattening images by association with high calorie toppings such as sour cream, gravy and mayonnaise. Fried potatoes and French

fries are high in calories. The frying oil in which they are immersed coats their surface and is drawn into the pores created when the surface dries out. Chips (which are almost all surface) can contain up to 35% oil, and

thick fries may be 10-15% oil. Potato chips are basically French fries that are all crust and no interior.

The making of good French fries includes the following considerations: Simple quick frying of the raw potato sticks for fries does not work well. This gives a thin, delicate crust that softens quickly due to the interior moisture. A crisp crust needs a beginning period of gentle frying. This allows the starch in the surface cells time to dissolve from the granules, reinforce and glue together the outer cell walls into a thicker layer. Good fries can be made by starting the potato strips in relatively cool oil (250-325°F) for 8-10 minutes, then raising the oil temperature to 350-375°F and cooking for 3-4 minutes to brown and crisp the outside. Best results can be obtained when potato strips are pre-fried at the lower temperature ahead of time, then set aside at room temperature and to the brief high-temperature frying at the last minute. The potatoes are cut into thin cross sections then deep fried until dry and crisp.

Did you know that a potato is about 80% water and 20% solid; Henry Spalding first planted potatoes in Idaho in 1837; "French Fries" were introduced to America when Thomas Jefferson served them at a White House dinner; United States potato lovers consumed more than 4 million tons of French Fries in various shapes and sizes; The average American eats 120-140 pounds of potatoes per year. Germans eat more than 200 pounds per year; and the largest potato grown was 18 pounds and 4 ounces according to the Guinness Book of World Records. It was grown in England in 1795.

Thought: Kind words are short to speak, but their echoes are endless.

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

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