



# Perfect Picnic Picks

FAMILY FEATURES

**P**erk up your next picnic with these deliciously different sandwiches and salads that are super easy to prepare, plus they can be made ahead. Condiments make the difference between a good sandwich and a great sandwich. Grab a jar of Aunt Nellie's Sliced Pickled Beets. Their sweet-tangy homemade flavor makes them a perfect base for quick relish to embellish all kinds of sandwiches. For a Greek-inspired relish, chop and toss the beets with marinated artichoke hearts and olives. Add to a basic turkey sandwich for a gourmet twist. Wrap up brunch favorites smoked salmon and cream cheese in a flour tortilla with a chopped pickled beet-red onion-caper relish. Delicious any time! Pantry staples, such as READ 3 or 4 Bean Salad and German Potato Salad, are handy head starts to fabulous salads. A can of bean salad, cooked tortellini, veggies and basil pesto make a picnic-perfect salad in minutes. German potato salad paired with grainy mustard and sliced steak becomes a rustic entree salad to serve atop convenient packaged greens. Patio party or potluck in the park, these new picnic picks will bring compliments. For additional recipes and serving suggestions, visit [www.auntnellies.com](http://www.auntnellies.com) or [www.READSalads.com](http://www.READSalads.com).



## Bean, Tortellini & Pesto Salad

Servings: 6  
Preparation Time: 15 minutes  
Cooking Time: 10 minutes

- 2 cans (15 ounces each) READ 3 or 4 Bean Salad
- 1/4 cup prepared basil pesto
- 1/2 teaspoon salt (optional)
- 1 package (9 ounces) refrigerated tortellini, any variety

Drain bean salad; reserve 1/2 cup liquid. Combine reserved liquid, pesto and salt, if desired; set aside.

Cook tortellini according to package directions; drain, rinse in cold water and drain again. Add pesto dressing; toss to coat. Add stir-ins if desired. Toss with bean salad.

Serve at room temperature or chilled.

**Note:** Recipe can be doubled.

**Optional Stir-Ins:** grape tomatoes or halved cherry tomatoes, chopped bell pepper and thinly sliced green onion

## Smoked Salmon & Beet Wraps

Servings: 4  
Preparation Time: 30 minutes

- 1 jar (16 ounces) Aunt Nellie's Sliced Pickled Beets
- 2 tablespoons finely chopped red onion
- 1-2 tablespoons capers
- 1-2 teaspoons lemon zest
- 1/2 cup spreadable chive cream cheese
- 2 large soft flour tortillas (10-12-inch diameter)
- 8 slices smoked salmon
- 1/2 cup baby spinach leaves

Drain beets; chop. Discard beet liquid. In medium bowl, combine beets, onion, capers and lemon zest.

Spread 1/4 cup cream cheese evenly over each tortilla, leaving 1-inch border. Place 4 salmon slices over cream cheese; press lightly. Top each with spinach. Sprinkle beet mixture evenly over spinach.

Roll up. Wrap each roll tightly in plastic wrap. Refrigerate up to 4 hours.

To serve, remove plastic wrap; cut each tortilla into 2 pieces.

**Note:** Can be made with other meats.



## Steak & German Potato Salad

Servings: 4  
Preparation Time: 15 minutes  
Cooking Time: 15 minutes

- 1 can (15 ounces) READ German Potato Salad
- 2 tablespoons coarse ground Dijon-style mustard
- 1/2 pound boneless top sirloin steak, cut 1 inch thick
- 1 bag (10 ounces) hearts of romaine lettuce

Stir together potato salad and mustard in medium bowl; set aside.

Heat medium nonstick skillet over medium heat until hot. Place steak in skillet and cook about 15 minutes until medium rare doneness (145°F); turn occasionally.

Cool steak. Carve diagonally across grain into 1/4-inch-thick slices; reserve. Just before serving, gently toss steak with potato salad. Serve over greens.

**Note:** Recipe can be doubled.



## Picnic-Wiches With Greek Artichoke-Beet Relish

Servings: 6  
Preparation Time: 20 minutes

- 1 jar (16 ounces) Aunt Nellie's Sliced Pickled Beets
- 1 jar (about 6 ounces) marinated artichoke hearts
- 1/2 cup pitted kalamata or ripe olives, sliced
- 3 tablespoons sliced green onions
- Freshly ground black pepper to taste
- 6 romaine lettuce leaves
- 1 pound thinly sliced deli turkey
- 6 ciabatta or sandwich rolls, sliced horizontally in half
- 1/3 cup crumbled feta cheese
- 1/4 cup pine nuts, toasted

Drain beets and artichoke hearts, reserving 1/4 cup liquid from each. Coarsely chop beets and artichoke hearts. Combine beets, artichokes, olives and green onions in medium bowl; set aside.

Whisk together reserved beet and artichoke liquids in small bowl. Pour over beet mixture; toss gently to coat. Season with black pepper, if desired.

Layer lettuce and turkey on bottom halves of rolls. Top with relish, feta cheese and pine nuts. Top with remaining halves of rolls. Wrap tightly; chill up to 4 hours until ready to serve. Serve with remaining relish.

## Eldest Living South Dakotan Is Sought

SIOUX FALLS — South Dakota Health Care Association's (SDHCA) Century Club is in search of the 2015 Centenarian of the Year. In order to qualify for this honorable recognition, your birth date must be before April 1, 1908. You must be at least 107 years old to be considered to earn this recognition.

According to Century Club records, Tillie Knodel of Scotland, was born April 1, 1908, is currently the eldest living South Dakotan and recently celebrated her 107th birthday! Therefore, if you are aware of a South Dakota resident who is older than Tillie, contact the SDHCA office.

The Century Club is open to everyone in the State of South Dakota upon reaching his or her 100th birthday. There are no dues and every inductee receives a specially designed, framed certificate and membership card. The Century Club has received more than 1,500 applicants to induct since it began in 1997. A specially designed, framed certificate will be presented to the current eldest living Century Club Member recognizing him or her as the "Centenarian of the Year."

If you know someone in your community that would qualify for the Centenarian of the Year or you want an application to induct someone in to the Century Club, contact LuAnn Severson, Century Club Coordinator, South Dakota Health Care Association at 1-800-952-3052 or write: Century Club, South Dakota Health Care Association, 804 N Western Avenue, Sioux Falls, SD 57104 or you may download an application at [www.sdhca.org](http://www.sdhca.org).

South Dakota Health Care Association (SDHCA) is a statewide not-for-profit association, representing nursing facilities, assisted living and senior living facilities that provide long term care to the citizens of South Dakota.

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RELAY FOR LIFE

American Cancer Society

YANKTON AREA RELAY FOR LIFE

JUNE 26-27, 2015 • RIVERSIDE PARK

SURVIVOR'S LAP • 6:00PM

4:30 - 5:30PM Survivor Registration • 5:00 - 5:30PM Survivor Celebration/Meal • 5:45PM Group Survivors Pictures

SURVIVOR REGISTRATION

Name\_\_\_\_\_Gender M/F

Phone\_\_\_\_\_Email Address\_\_\_\_\_

Date of Birth (optional)\_\_\_\_\_Month and Year of Diagnosis\_\_\_\_\_

Type of Cancer\_\_\_\_\_T-Shirt Size (circle): YM, YL, S, M, L, XL, 2XL, 3XL, 4XL

Signature\_\_\_\_\_

\* I am interested in hearing more about patient-related programs/services of the American Cancer Society. Yes/No

\* Please contact me about volunteer opportunities with the American Cancer Society. Yes/No

\* Please send me information about donating to the American Cancer Society. Yes/No

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Please send registration form by Friday, June 12th to:

Avera Cancer Institute Yankton - Attn. Darla Gullikson, 1115 W 9th St., Yankton, SD 57078

Survivor Registration form can also be completed on the Yankton Relay For Life website at [www.relayforlife.org/yanktonSD](http://www.relayforlife.org/yanktonSD) (click on Survivors & Caregivers) by June 12th to ensure t-shirt size.