

FLAVORFUL, *Festive and Fun*



Bring The Taste Of Summer To Your Memorial Day Meal

Family Features

Memorial Day is often synonymous with a backyard barbecue to kick start the summer. As you celebrate this holiday weekend, have a delicious, grill-inspired meal ready in 45 minutes or less with these fun, flavorful recipe ideas. With mouthwatering grilled beef, high-quality ingredients like canned tomatoes and bold bursts of flavor from lime juice, chimichurri and barbecue sauces, your Memorial Day menu is sure to be a memorable hit.

Get your grill sizzling with recipes like Lime-Marinated Flank Steak with Stuffed Poblano Peppers and Chimichurri Steak Wraps. And don't forget a refreshing salad to complete your grilling holiday menu. Spicy Barley and Black Bean Salad is a fast option with a flavorful twist — perfect for your Memorial Day table.

For more grilling recipes and beef cooking tips visit www.BeeftsWithForDinner.com, and for quick and easy weeknight recipes that can be prepared in 30 minutes or less, visit www.ReadySetEat.com.

LIME-MARINATED FLANK STEAK WITH STUFFED POBLANO PEPPERS

MAKES 6 SERVINGS
TOTAL RECIPE TIME: 45 TO 50 MINUTES
MARINADE TIME: 6 HOURS TO OVERNIGHT

- 1 can (14-1/2 ounces) Ro*Tel Original Diced Tomatoes & Green Chilies
- 3/4 cup chopped fresh cilantro, divided
- 1/3 cup fresh lime juice
- 2 tablespoons olive oil
- 1 beef flank steak (about 1-1/2 pounds)
- 2 cups cooked brown rice
- 1 can (15 ounces) reduced-sodium or regular black beans, drained and rinsed
- 6 medium poblano chili peppers (about 4 inches long)

TOPPINGS:

Toasted shelled pepitas (pumpkin seeds), crumbled queso fresco and lime wedges (optional)

Drain tomatoes, reserving juice for marinade. Set aside diced tomatoes with green chiles.

Combine reserved tomato juice, 1/2 cup cilantro, lime juice and olive oil in medium bowl. Cover and refrigerate 1/3 cup marinade for rice. Place beef steak and remaining marinade in food-safe plastic bag; turn steak to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight, turning occasionally.

Combine rice, reserved 1/3 cup marinade, diced tomatoes, black beans and remaining 1/4 cup cilantro in medium bowl. Season with salt and pepper, as desired. Set aside.

Cut slit lengthwise down 1 side of each poblano pepper to create pocket, leaving stem and tip intact. Make another small crosswise cut just below the stem to form T-shaped opening. Remove and discard seeds and membranes, being careful to keep peppers intact. Spoon rice mixture evenly into peppers. Wrap each tightly in aluminum foil to seal.

Remove steak from marinade; discard marinade. Place steak in center grid over medium, ash-covered coals; arrange peppers around steak. Grill steak, covered, 11 to 16 minutes (over medium heat on preheated gas grill 16 to 21 minutes) for medium rare to medium doneness, turning occasionally. Grill peppers, covered, 25 to 30 minutes (20 to 25 minutes on gas grill) or until peppers are tender and filling is heated through, turning occasionally.

Carve steak across grain into thin slices. Remove peppers from foil. Serve peppers with steaks and toppings as desired.

COURTESY OF THE BEEF CHECKOFF AND CONAGRA FOODS

CHIMICHURRI STEAK WRAPS

MAKES 4 SERVINGS
TOTAL RECIPE TIME: 15 TO 20 MINUTES



CHIMICHURRI SAUCE:

- 1 cup fresh parsley leaves
- 2 cloves garlic
- 3 tablespoons olive oil
- 1 tablespoon red wine vinegar
- 1/4 teaspoon salt

STEAK WRAPS:

- 4 medium whole wheat tortillas (8 to 10-inch diameter)
- 3 cups fresh baby spinach
- 1/2 large red bell pepper, cut into thin strips
- 12 ounces grilled beef steak, cut into slices

Place parsley and garlic in food processor or blender container. Cover; process until finely chopped. Add oil, vinegar and salt; process just until blended.

Spread each tortilla evenly with Chimichurri Sauce, leaving 1/4-inch border around edge. Top with equal amounts spinach, bell pepper slices and beef slices on top two-thirds of tortilla. Fold bottom of tortilla up over filling. Fold right and left sides to center overlapping edges; secure with wooden picks, if desired.

COURTESY OF THE BEEF CHECKOFF

SPICY BARLEY AND BLACK BEAN SALAD

MAKES 4 SERVINGS (1-1/2 CUPS EACH)
TOTAL RECIPE TIME: 25 MINUTES



- 1 cup quick cook barley, uncooked
- 1 1/2 cups frozen whole kernel corn, thawed
- 1/2 teaspoon garlic salt
- 1/4 teaspoon ground black pepper
- 1 can (15 ounces each) Rosarita Premium Whole Black Beans, drained, rinsed
- 2 cans (10 ounces each) Ro*Tel Original Diced Tomatoes & Green Chilies, drained
- 1/4 cup sliced green onions, white and green parts
- 1/2 cup shredded cheddar or Mexican blend cheese

Cook barley according to package directions; drain if necessary. Place barley in large bowl. Add corn, garlic salt and pepper; toss to combine. Add black beans, drained tomatoes and onions. Sprinkle with cheese just before serving.

COURTESY OF CONAGRA FOODS

Summer Vacation Shouldn't Signal A Break From Good Nutrition

Family Features

While students are enjoying summer break, parents should make certain their children are not taking a vacation from the structured meal schedule and guaranteed physical activity that many benefit from during the school year. Nutrition and education experts warn that for too many kids, summer is a time when bad eating habits can prevail.

Child nutrition expert and mother Jodie Shield, RD, says, "It can be a struggle to ensure kids are not only having fun, but also getting the nutrients they need, during the summer months, but there are things you can do to make learning about and eating vegetables fun."

To help parents meet their children's recommended two to five cups of fruits and vegetables each day, Shield offers these inventive activities and delicious recipe ideas — all guaranteed to help kids love their veggies.

- Hit the Farmers' Market for a Scavenger

Hunt: Visit your local farmers' market with the whole family. Divide a list of vegetables that includes family favorites and new additions, and let everyone search for their veggies. Once everyone has returned, use the fresh produce to prepare dinner together.

- Cool (Pizza) Down When It Heats Up: On a hot summer day, let your kids "veg out" with a no-bake pizza. Start with a pre-baked pizza crust and spread on a mixture of equal parts low-fat cream cheese and ranch dressing. Encourage your kids to add their favorite veggies on top — try broccoli florets, bell peppers, portabella mushrooms and diced green onion.

- Erect Veggie Totem Poles: Your kids will have a blast turning vegetable kebobs into totem poles. Help them thread fresh vegetables — such as baby carrots, zucchini chunks, diced cucumber and cherry tomatoes — through a wooden skewer. Using their imagination and a little ranch dressing as "glue," let them make faces with small pieces of veggies. Use the leftover dressing as a dip.

VEGETABLE GARDEN "DIRT" CUPS WITH RANCH DIP

PREP TIME: 10 MINUTES
SERVES 8 - 10

YOU'LL NEED:

- 2-4 cups pumpernickel pretzel or dark corn chip crumbs
- 2 cups Hidden Valley Original Ranch Light Dressing
- Variety of vegetables for dipping: mini carrots with tops, pea pods, mini sunburst squash, celery sticks, green beans or whatever your child likes to dip

1. Crush the pumpernickel pretzels or dark corn chips until mixture resembles dirt.
2. Pour a layer of dirt crumbs into the bottom of a clear container (or for single servings pour into paper cups).
3. Pour dressing over crumbs then add a thicker layer of dirt crumbs on top.
4. Place vegetables into dirt cup or serve them on the side to dip.

Visit LoveYourVeggies.com for more fun recipes, tips and activities to help your kids eat right and beat the heat this summer.

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Soup & salad luncheon provided.
RSVP to Jill Sprakel
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