

All FIRED UP for Flavor



Family Features

Grilling is a great way to get a whole lot of flavor that goes way beyond plain burgers and basic barbecue. Lean meats, juicy marinades and zesty toppings add up to terrific flame-kissed dishes that will make guests want to kiss the cook.

Here are some easy ways to take big flavor from the grate to the plate:

Grill Up the Unexpected

A lot of fruits and veggies are easy to cook over the coals. Try:

- Zucchini
- Eggplant
- Portobello mushrooms
- Corn
- Romaine hearts
- Pineapple
- Onion (sliced thick)
- Stone fruits like peaches, plums and mangoes

Marinate Meats

When grilling lean meat, use a flavorful marinade with some acidic ingredients (like citrus juices) to help break down tough meat fibers. Make sure the marinade covers the meat entirely, and let it do its magic for several hours or overnight. Some bold ingredients to experiment with:

- Chili sauce
- Olive oil
- Lemon or lime juice
- Soy sauce
- Worcestershire sauce
- Molasses
- Garlic
- Red pepper flakes

Top It Off

In addition to the good old grilling standbys like ketchup or barbecue sauce, set out some tasty toppers that can work on just about anything:

- Roasted red peppers
- Caramelized onions
- Spicy Wholly Guacamole
- Pickled jalapeño peppers
- Chipotle or basil mayo
- Wholly Salsa
- Smoked cheese slices

When you're ready to fire up some flavor, try these recipes from Wholly Guacamole. Made with all-natural ingredients, Wholly Guacamole can be found in the produce section of your grocery store. For more recipes, visit www.eatwholly.com.

Guacamania

Guacamole isn't just packed with flavor, it's packed with healthful ingredients. Avocados are full of the good kinds of fats • the same ones in olive oil and almonds. They're loaded with magnesium, Vitamin E, folic acid and lutein, a natural antioxidant. Avocados have 60 percent more potassium than bananas. Add in the benefits associated with tomatoes and onions and you have a remarkably low-calorie, good-time food.



BEEF STEAK SOFT TACOS

SERVES: 6

Marinade:
2/3 cup prepared Italian dressing
2 tablespoons chopped fresh cilantro
1 tablespoon chili powder
Beef Tacos:
2 boneless beef chuck shoulder steaks, cut 3/4 inch thick (about 1-1/2 pounds)
12 small flour tortillas, warmed
Toppings:
Thinly sliced lettuce, chopped tomato, dairy sour cream, guacamole (optional)

Combine marinade ingredients in small bowl. Place beef steaks and marinade in food-safe plastic bag; turn to coat. Close bag securely and marinate in refrigerator 6 hours or as long as overnight, turning occasionally. Remove steaks; discard marinade. Place steaks on grid over medium, ash-covered coals. Grill, uncovered, 14 to 17 minutes for medium rare (145°F) to medium (160°F) doneness, turning occasionally. Carve into thin slices; season with salt. Serve in tortillas with toppings.



WHOLLY LIME CHEESEBURGERS

SERVES: 6

2 pounds lean ground beef
1/2 lime, juiced
1 teaspoon garlic
1/2 cup diced onion
1/2 cup diced tomatoes
6 slices Monterey Jack cheese
6 hamburger buns
Your favorite flavor of Wholly Guacamole

In a large bowl mix together ground beef, lime juice, garlic, onion and tomatoes. Form meat into 6 patties. Cook burgers to desired doneness on a preheated grill. Add a slice of cheese to each burger during the last minute of cooking. Serve on toasted buns with a healthy dollop of guacamole. This recipe also makes great sliders. For a leaner version, use ground turkey instead of ground beef.

AVOCADO STUFFED SALMON

SERVES: 4

2 packages lemon butter grilled salmon, defrosted
1 cup spicy Wholly Guacamole
1 egg yolk
1/4 cup bread crumbs
1 teaspoon lemon zest
Sea salt and freshly cracked pepper to taste
Preheat your oven to 350°F. Using a sharp serrated knife, cut a pocket into the side of each piece of salmon. In a bowl, combine guacamole, egg yolk, bread crumbs and lemon zest to make stuffing. Stuff fish with avocado mixture; season each fillet with salt and pepper. Bake for 8 minutes and serve immediately.

S.D. Launches New Small-Business Lending Program

PIERRE — Gov. Dennis Daugaard has announced that South Dakota businesses have a new financial option to help them expand.

South Dakota WORKS is the newest financing program in the Governor's Office of Economic Development (GOED). The program, launched in collaboration with the U.S. Department of the Treasury, provides South Dakota businesses with working capital funds.

The governor said South Dakota WORKS complements GOED's existing fixed-asset lending portfolio.

"Economic concerns at the national level have made it difficult for our businesses to access the working capital they need to grow and expand," Gov. Daugaard said. "South Dakota WORKS allows our businesses easier access to the working capital, startup funds, payroll and inventory money they need to realize their full potential."

South Dakota WORKS is funded by a \$13.2-million State Small Business Credit Initiative (SSBCI) grant approved by the U.S. Department of Treasury. The SSBCI program, which supports state-level, small-business lending programs, is an important component of the Small Business Jobs Act signed into law last fall. South Dakota expects to generate a minimum "bang for the buck" of at least \$10 in new private lending for every \$1 in federal fund-

ing. As such, this \$13.2 million allocation is expected to support more than \$132 million in new private lending.

"These funds will help break down barriers to loans for credit-worthy small businesses looking to invest and hire in their local communities," said Treasurer of the United States Rosie Rios. "This program will help ensure that more Main Street entrepreneurs have access to the credit they need to expand their businesses and create new jobs."

Gov. Daugaard said the new program will also provide an additional boost to South Dakota's lending industry.

"South Dakota WORKS is a great opportunity to partner with our state banking industry to offer additional business financing," the governor said. "By cooperating on loans for working capital, we're spreading any potential risk between the federally-backed South Dakota WORKS program and the private lending industry. That should make it easier for our healthy businesses to access the working capital they need."

South Dakota WORKS funding can only be used for business and commercial loans. The program requires a minimum loan amount of \$20,000 that must be used as new financing. For additional information on South Dakota WORKS, including loan applications, visit sdreadytowork.com or contact your local lending agency.

USD Ranked Among 'Best Universities'

VERMILLION — The University of South Dakota ranks as one of the "Best National Universities," according to U.S. News and World Report.

In the magazine's 350-page guidebook, "America's Best Colleges 2012," South Dakota ranks among the top 200 institutions in the First Tier as defined by U.S. News and World Report. This is the 21st consecutive year that the University of South Dakota has been featured in "America's Best Colleges."

"To achieve this recognition for more than two decades is an acknowledgment of our outstanding academic programs, quality research and significant alumni support," said James W. Abbott, president of the Univer-

sity of South Dakota. "The entire university community is to be commended for this honor and the continued success of the University of South Dakota."

The National Universities category consists of 280 institutions. USD is one of 172 public universities to be included while 101 private schools and seven for-profit universities are also recognized in either the First or Second Tier. "Best National Universities" criteria is based on several key credentials of higher education standards, including undergraduate academic reputation, graduation and retention rates, faculty resources, student selectivity, financial resources, graduation rate performance and alumni giving.

Pancake Supper

Wednesday, October 12, 2011 • 4:30-7pm

All you can eat Pancakes & French Toast

Single serving: eggs, sausage or bacon

THE CENTER
RECREATION • SOCIALIZATION • NUTRITION
900 Whiting Dr. • 665-4685

\$5.00
Open to the public



Livingston-Brunick

Jennifer Livingston and Justin Brunick announce their engagement and upcoming wedding on Oct. 22, 2011. Parents of the couple are Darrell and Nancy Livingston and Ned and Dana Brunick, all of Yankton, SD. Jennifer is a 1998 graduate of Yankton High School. She is a Personal Banking Representative at First Premier Bank in Sioux Falls, SD. Justin is a 1996 graduate of Yankton High School and a 2009 graduate of the University of South Dakota. He is an art teacher at St. Mary Catholic Schools in Dell Rapids, SD.

Celebrate with us!

605-665-2929
800-572-2072

WE ACCEPT ALL INSURANCE CARDS.

October is American Pharmacists Month.

Pharmacy & Drive-Up Hours:
MONDAY - FRIDAY: 8:30AM to 9:00PM
SATURDAY: 8:30AM to 5:00PM SUNDAY: Noon to 5:00PM

YANKTON MEDICAL CLINIC

THANK YOU

On behalf of the Yankton School District 63-3 Foundation, we would like to thank the individuals, businesses, service organizations, and foundations who generously donated to restore Yankton Middle School 7th and 8th grade activities.

We would also like to recognize and thank First Dakota National Bank and Larry and Diane Ness for their donations to restore 5th and 6th grade activities.