

What to do when a bumper crop comes along?

Finding enough ways to use up a bountiful harvest can be a challenge. Here are some unique recipes to put that abundance to good use!

Garlic Kissed Tomatoes

- 6 medium fresh tomatoes
- 1/4 cup vegetable oil
- 2 garlic cloves, thinly sliced
- 3 Tbsp lemon juice
- 1/2 tsp dried oregano
- 1/2 tsp salt
- 1/8 tsp pepper

Peel and cut tomatoes in half horizontally. Squeeze tomatoes lightly to release

seeds. Discard seeds and juices. Place tomato halves in a container with a tight-fitting lid. In a small bowl, mix the oil, garlic, lemon juice, oregano, salt and pepper. Pour over tomatoes.



Seal lid and invert to thoroughly coat.

Refrigerate at least 4 hours or up to 2 days, inverting occasionally to marinate. 12 servings.

Onion Zucchini Bread

- 3 cups flour
- 3/4 cup chopped onion
- 1/2 cup grated Parmesan cheese, divided

- 5 tps baking powder
- 1 tsp salt
- 1/2 tsp baking soda
- 1 cup buttermilk
- 1/3 cup vegetable oil
- 2 eggs, lightly beaten
- 3/4 cup finely shredded zucchini

Combine flour, onion, 6 Tblsps Parmesan cheese, baking powder, salt and baking soda. In a small bowl, mix buttermilk, oil, eggs and zucchini. Stir into flour mixture just until blended. Spoon into a greased 9 inch round baking pan. Sprinkle with remaining Parmesan. Bake at 350 for 40 minutes. 6-8 servings.



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A successful team is a group of many hands but of one mind.

— Bill Bethel

A total team approach is appropriate in so many circumstances, including your health care. At Ear, Nose & Throat Associates P.C. our specialists work together, with one goal in mind: to provide Yankton area residents with the highest quality of ear, nose and throat health care.

We are proud to welcome Micah M. Likness M.D. to our team of specialists. As an Otolaryngologist, Dr. Likness joins Dr. David J. Abbott, and Dr. Catherine A. Wright, Board Certified Otolaryngologists, Dr. Beth J. Beeman, Audiologist and Dr. Todd A. Farnham, Audiologist. Working together, they comprise the area's most comprehensive medical team for the head and neck area. With the addition of Dr. Likness, our patients will experience shorter wait times for appointments.

If you suffer from sinus problems, balance disorders, hearing difficulties, sleep apnea, snoring, or any other problem in the ear, nose or throat area, please call **605-665-0062** to make an appointment with any of our specialists.



Beth J. Beeman
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We're H"ear" For You!
EAR, NOSE & THROAT
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