

Classifieds

Buy, Sell, Trade or Giveaway, Call (606) 723-5012

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SWEET POTATOES
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**\$2 for
20 Words**

Additional Words 10 cents each.

Send with payment to
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Stickeler's Answer

Stickelers Answer

The time is 9:00 p.m. Nine hours ago, it was noon. Six hours later it would be 6:00 p.m.

Eighteen hours of the day have passed by 6:00 p.m., which is 3/4 of the day.

Stickeler's Puzzle on Page B-6

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Daniel Muchow
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EasternKyElectric@yahoo.com

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859-358-0691
james.woolery@live.com

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Kitchen Diva

Go Nuts for Pecans

by ANGELA SHELF MEDEARIS

One of my fondest memories from my childhood is sitting around the dinner table with my family and cracking pecans for my mother's fabulous pies and cakes. I didn't start using pecans for savory dishes until I got married and immersed myself in Texas culinary history and culture.

When selecting pecans, choose plump nuts that are uniform in size and golden brown in color. In-shell pecans should be light brown in color and smooth with no evidence of holes or other damage. Fresh, in-shell pecans will appear dusty, and they will have distinctive black markings on the shell.

The fiber in pecans and other nuts is mostly insoluble, which has been linked to reduced cholesterol levels and shown to be helpful in warding off colon cancer. Pecans contain high levels of zinc, believed to be beneficial to the body's immune rejuvenation system; high levels of magnesium, beneficial in fighting heart disease; and selenium, an antioxidant nutrient linked to a lowered risk of stomach cancer. Pecans also contain vitamin E, an antioxidant that may guard against heart disease, some cancers, Parkinson's disease and cataracts.

Pecans are an excellent source of oleic acid, a fatty acid found in abundance in olive oil. Warm, toasted pecans are not only delicious and satisfying, but researchers are finding that they may be as beneficial to your health as cooking with olive oil. Studies have determined that the oils in pecans are like the olive oil widely consumed in Mediterranean countries, where the population has for centuries enjoyed longevity and one of the world's lowest rates of heart disease.

Like other nuts, pecans are high in fat, but an estimated 90 percent of the fat is monounsaturated. Monounsaturated fats have a protective effect on the blood, lowering total blood cholesterol and preserving the good HDLs that help combat heart disease. In addition, pecans are believed to be helpful in fighting some cancers.

Their high oil content can cause pecans to become rancid if not properly stored. They should be refrigerated, shelled or unshelled, at 32 F to 35 F and can be stored for up to nine months. Pecans also can be frozen, shelled or unshelled, at 0 F for up to two years. They can be thawed and refrozen repeatedly without loss of flavor or texture.

Pecans are especially flavorful as a part of this Pecan and Cranberry Quinoa Salad, which can be served as a vegan entree or a delicious side dish.

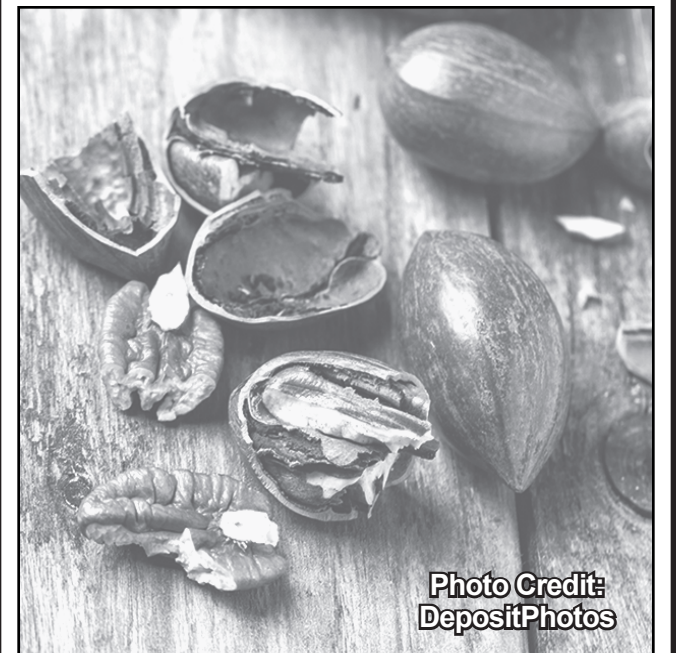


Photo Credit: DepositPhotos

Pecan and Cranberry Quinoa Salad

Quinoa grains are coated with a natural compound called saponins, which can taste soapy or bitter, which is their purpose. Saponins prevent animals and birds from eating quinoa in the wild. Some people are particularly sensitive to saponins, which is why unrinsed cooked quinoa has a reputation for tasting bitter.

If you buy quinoa from the bulk bin section of your supermarket, you might want to rinse it to be safe, especially if you have found quinoa to have a bitter flavor. Pre-washed quinoa as well as boil-in-bag quinoa work well for this recipe. Toasting the quinoa improves the flavor and texture of the grain.

- 2 teaspoons olive oil
- 1/3 cup chopped pecans
- 1 tablespoon chopped fresh parsley
- 2 green onions, roots removed and discarded, green and white parts chopped
- 1/3 cup dried cranberries
- 2 tablespoons freshly squeezed lemon juice (about 1 large lemon's worth)
- 2 tablespoons olive oil
- 1 cup dry, pre-washed quinoa
- 1 1/2 cups vegetable stock
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 teaspoon granulated garlic
- 1 teaspoon granulated onion
- 1/4 teaspoon cayenne pepper
- 1/4 teaspoon sugar or stevia

1. To toast the nuts, place the oil in a medium-sized sauce pot over medium low heat. Add the nuts and stir occasionally until browned and fragrant, about 2 to 5 minutes. Remove nuts to a medium bowl and mix in the parsley, green onions, cranberries, lemon juice and olive oil.

2. Toast the quinoa in the pot over medium low heat for 3 to 5 minutes, stirring occasionally to prevent burning. Add in the vegetable stock or broth, the salt, black pepper, garlic, onion, cayenne pepper and sugar or stevia.

3. Cover the pot, bring to a full boil, then reduce to low and simmer for 15 minutes. Remove from heat and set aside to cool.

4. Pour the pecan mixture on top of quinoa and mix together. Serve immediately or cover and chill in the fridge. Fluff the ingredients with a fork and bring to room temperature before serving. Serves 4 as a side dish, 2 as an entree.

Angela Shelf Medearis is an award-winning children's author, culinary historian and the author of seven cookbooks. Her new cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is www.divapro.com. To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook. Recipes may not be reprinted without permission from Angela Shelf Medearis.

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