

Classifieds

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

CASE MANAGER
FT case manager for Richmond law office. Bachelor's degree or paralegal, medical, social work experience. Send phone, email, resume, 3 references, salary to PO Box 2036, Richmond, KY 40476. -05/16

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Sears garden tiller with 3.5 hp Briggs & Stratton motor. Call (606) 723-2085. -05/16

TRAILER FOR RENT
Three-bedroom trailer for rent in Ravenna. Pet restrictions. Call (606) 401-6062. -05/16

FOR SALE
Black wrought iron table, 4 chairs. Good condition. Can be used with umbrella, not included (606) 723-0359. -05/16

FOUND CAT
Orange Tabby Cat, Male 2-3 years old in Winchester Road/Cressy area. (606) 723-5307. -05/30

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Property For Sale

SCENIC PROPERTY FOR SALE
For sale at Cedar Grove in Irvine, Kentucky, 25 acres, more or less on Overlook Road. Columbia gas, KU electric, Estill County Water District with city sewer available. Very scenic property overlooking the mountains and connected to the Kentucky River. Call (606) 434-3737.

Stickeler's Answer

Stickelers Answer

- 1) slate
- 2) belt
- 3) culture
- 4) bank
- 5) panel
- 6) convoy

Stickeler's Puzzle on Page 11

Log Homes

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Kitchen Diva Salad for Supper

by ANGELA SHELF MEDEARIS

A bowl filled with a cold salad with flavorful ingredients are a "hot" menu item this year! There are several ways to incorporate the numerous varieties of spring vegetables, superfoods, grains and cheeses into a "super" salad by using simple preparation methods. Here are a few tips to make a salad that will appeal to even the pickiest eater:

Make it colorful! Skip the iceberg and opt for spinach, kale or another dark leafy green. Dark leafy greens supply a tremendous amount of nutrients, including vitamin A, vitamin C, vitamin K, iron, calcium and fiber. Add color with some carrots, red bell peppers, tomatoes, blanched asparagus, beets or any other vegetable, and you get additional nutrients critical for maintaining eyesight, bone health and digestive health.

Salad isn't just for vegetables anymore! Try adding in cooked grains such as brown rice, quinoa and barley to add nutritious texture, and fruits like apples, citrus segments, grapes, strawberries or blueberries to your plate of colorful vegetables. Like many vegetables, fruits contain antioxidants that can help protect against certain forms of cancer and reduce levels of LDL, or bad cholesterol. Try to limit or avoid dried fruits, such as dried cranberries or blueberries. These often have added sugars that can up the calorie content of your salad.

Add a healthy crunch! A few toasted walnuts or almonds, spicy baked garbanzo beans and pickled vegetables are a great addition to any salad.

Add some protein! Protein takes longer to digest, so it keeps us full longer. Protein also is needed for healthy muscles. Eggs, lean meat, beans and cheese (in limited quantities) are easy ways to add protein.

Find a healthier dressing that works for you! There now are quite a variety of light dressings and vinaigrettes to choose from. Vinegar-based dressings typically have less fat and calories than creamy dressings. Oil and vinegar is a healthy choice in limited amounts -- the healthy fat from the oil helps your body to absorb some of the vitamins from the salad.

Creating a healthy salad can be a simple way to satisfy recommendations for fruit and vegetable intake. It's also a wonderful way to use leftover cooked meats, vegetables and grains. Don't be afraid to use your grocery deli section selections for sliced vegetables and roasted deli meats to make a delicious meal in record time.



Photo Credit: Deposit Photos

SPRING SALAD BOWL

For the Salad Dressing:

- 3 tablespoons fresh lemon juice
- 2 tablespoons unseasoned rice vinegar or sherry vinegar
- 1 teaspoon sugar, stevia, agave or honey
- 1/2 teaspoon Dijon mustard
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon garlic powder
- 1/2 cup olive oil

Using a small bowl, whisk together the lemon juice, vinegar, sugar, mustard, salt, pepper and garlic powder. Drizzle in the olive oil while whisking until the mixture is well-combined. Dressing will keep up to three days in a jar or container with a tight-fitting lid. Whisk together or shake the dressing to re-combine the ingredients. Makes about 1/3 cup.

For the Salad Bowl:

- 9 cups mixed tender greens (such as mizuna, tat-soi, arugula, dandelion greens and/or sorrel)
- 3 cups Romaine hearts, or kale leaves cut into bite-size pieces
- 2 apples (Gala, Fuji or other sweet, crisp apples) or 2 pears (Green Anjou or Bartlett) sliced thinly or chopped into bite-sized pieces, 1 large orange, peeled and segmented, or 3/4 cup of berries
- 1/2 cup cooked brown rice, quinoa, barley or any other whole, cooked grain
- 6 ounces deli sliced roast turkey, roast chicken breast or roast beef, cut into bite-size pieces, or cooked leftover poultry or beef cut into bite-size pieces
- 1 large Haas avocado, peeled, seeded and cut into bite-size chunks
- 1/2 cup slivered almonds or walnut halves, toasted

1. Using a large bowl, add the mixed greens, Romaine or kale. Pour 3/4 of the salad dressing over the greens and toss together to coat the leaves, about 1 minute.

2. Add the fruit and grains, meat and the remaining salad dressing; toss together until combined. Sprinkle the avocado and nuts on the top of the salad. Serves 6.

TIP: This salad can be separated into containers to pack for lunch or a quick to-go meal.

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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