

## Dish up protein-packed sweet treats

Sometimes it can feel like doing the healthy thing means giving up some of what makes you happy -- like treats and flavors you love. Choosing health shouldn't mean restricting yourself; everyone deserves a treat now and again.

Try incorporating better-for-you ingredients into your favorite indulgences. Look for convenient, ready-to-use products, like Premier Protein High Protein Shakes, to help infuse the nutrition you need with the joy you deserve. With 30 grams of protein, 160 calories and one gram of sugar, the shakes make it easy to take the first step and keep that momentum going, adding nutrient-dense protein to nearly any recipe.

In addition to a smooth, creamy texture, each shake delivers 24 vitamins and minerals including vitamins C and E, which help support a healthy immune system as part of a healthy diet and lifestyle. With 11 flavors -- including strawberries and cream and chocolate -- there's an impossibly indulgent option for everyone to make a healthy life a happy endeavor through recipes like peanut butter jelly ice cream and chocolate ice cream with "caramel" sauce.

Find more information and recipes at PremierProtein.com or on Instagram.

### Peanut Butter Jelly Ice Cream

Servings: 12

- 1 cup whole milk
- 1/2 cup Premier Protein Strawberries and Cream Protein Shake
- 1/4 cup packed brown sugar
- 1/2 teaspoon salt
- 1 large egg, lightly beaten
- 2/3 cup creamy peanut butter
- 2 cups heavy whipping cream
- 2 teaspoons vanilla extract
- 1/2 cup sugar-free strawberry jelly

In large, heavy saucepan, heat milk, protein shake, brown sugar and salt until bubbles form around sides of pan. Whisk small amount of hot mixture into egg. Return to pan, whisking constantly.

Cook and stir over low heat until mixture thickens and coats back of spoon. Remove from heat; whisk in peanut butter. Quickly transfer to bowl; place in ice water and stir 2 minutes. Stir in cream and vanilla. Press wax paper onto surface of custard. Refrigerate several hours or overnight.

Fill cylinder of ice cream



freezer 2/3 full; freeze according to manufacturer's directions.

When ice cream is frozen, spoon into freezer container, layering with jelly; freeze 2-4 hours before serving.

Nutritional information per serving: 271 calories; 23 g of total fat; 11 g of saturated fat; 0 g of trans fat; 72 mg of cholesterol; 205 mg of sodium; 13 g of total carbohydrates; 1 g of dietary fiber; 8 g of total sugars; 6 g of protein.

### Chocolate Ice Cream with "Caramel" Sauce

Recipe courtesy of "Chelsea's Messy Apron"

Servings: 8

- 1 large sweet potato
- 1 bag (10 ounces) dark chocolate chips, plus additional for topping (optional)
- 2 teaspoons pure vanilla extract
- 1/2 teaspoon fine sea salt
- 1/4 cup coconut sugar
- 1 Premier Protein Chocolate Protein Shake
- "Caramel" sauce:
- 3 tablespoons coconut oil (measured when solid)
- 3 tablespoons real maple syrup
- 1-1/2 tablespoons almond

butter  
1/8 teaspoon fine sea salt  
1/4 teaspoon pure vanilla extract

Wash and scrub sweet potato. Pierce with fork several times. Place on microwave-safe plate and microwave 5 minutes; flip and microwave 5 minutes. Allow to cool.

In microwave-safe bowl, microwave chocolate chips in 20-second increments, stirring between each increment until smooth and melted. Set aside.

Remove sweet potato skin and thoroughly mash. Pack into 3/4 cup measuring cup. Place in large blender.

Add melted chocolate to blender along with vanilla, sea salt, coconut sugar and chocolate protein shake.

Place lid on blender and blend on high at least 1 minute, or until ingredients are smooth and incorporated.

Transfer to ice cream maker and prepare according to manufacturer's directions then transfer to airtight container and freeze 2-3 hours.

To make "caramel" sauce: In microwave-safe bowl, microwave coconut oil and syrup 30

## Take family favorites al fresco: Advice for enjoying easy meals outdoors

Bright sunshine, warm patios and fresh foods go hand in hand. As warm weather and sunny days call you outdoors, bring the whole family along with favorite meals that blend perfectly with a soft breeze and the subtle sounds of nature.

Al fresco dining doesn't have to be difficult. Just gather a few supplies, whip up a favorite recipe or two and ask for a hand in heading outside. Take these tips into account to help ensure your backyard dining goes off without a hitch.

**Create a cozy spot:** Dinner in the backyard means convenience and the comfort of your own patio furniture, but you can always enhance the experience with an umbrella to add a touch of shade or a small fan on those still, steamy evenings. If a busy day means a later dinner, hanging strings of soft lighting can help illuminate the table.

**Make it fresh:** Salad season means fresh ingredients for favorite toppings and beyond. Add a crisp bite to your next al fresco occasion with this southwest ranch taco salad featuring Newman's Own's Southwest Ranch Dressing. The dressing is creamy and smoky with a kick of spice and features no artificial flavors, no colors from artificial sources and no MSG, making it a perfect companion for salads and dips. In fact, you can enjoy this seasonal salad even more knowing that 100% of profits from the sale of the dressing goes toward helping nourish and transform the lives of children facing adversity.

**Don't forget the essentials:** No outdoor meal is complete without a few must-haves

seconds. Stir and microwave 30 seconds, or until melted and smooth. Stir in almond butter and whisk until smooth. Add sea salt and vanilla extract; whisk to combine.

Set "caramel" sauce aside at room temperature about 30 minutes. Top ice cream with sauce and additional chocolate chips, if desired.

Nutritional information per serving: 346 calories; 18 g of total fat; 11 g of saturated fat; 5 mg of cholesterol; 219 mg of sodium; 40 g of total carbohydrates; 4 g of dietary fiber; 31 g of total sugars; 7 g of protein.

--Family Features



utensils. Avoid trips back and forth from the house by writing a list of everything you need so you don't head to the deck without forks to share a salad or napkins to help clean up the mess. Bring the basics like plates, cups, utensils, napkins and a cloth to rest food on. Don't leave behind serving spoons, trash bags and other convenience items that make al fresco dining a breeze.

**Serve a perfect salad partner:** While a hearty salad alone is enough for a filling al fresco meal, you can take your backyard dining to the next level with the perfect partner for satisfying salads: crudites. Arranged neatly on a platter or board, a seasonal variety of sliced or whole raw vegetables such as snap peas, celery, carrots, cucumbers, cherry tomatoes, mini bell peppers, broccoli and more can make for a perfect accompaniment to nearly any outdoor meal. Serve with a dip or two, such as Newman's Own's Southwest Ranch Dressing, to complete your al fresco appetizer.

To find more al fresco food options that give back, visit Newman's Own.com.

### Southwest Ranch Taco Salad

Total time: 25 minutes

- 1/2 head romaine lettuce
- 1 pint cherry tomatoes
- 2 small avocados
- 1 tablespoon extra-virgin olive oil
- 1 pound ground beef (80/20 ground chuck)
- 2 teaspoons Newman's Own Mild Taco Seasoning
- 1/4 cup water
- 1 can (15-1/2 ounces) black beans
- 1-1/2 cups canned corn
- 1 cup shredded sharp cheddar cheese

2 tablespoons chopped fresh cilantro, plus additional for serving (optional), divided

1 cup Newman's Own Southwest Ranch Dressing

6 ounces tortilla chips

Coarsely chop lettuce, halve cherry tomatoes and pit, peel and slice avocados. Set aside.

In large frying pan over medium-high heat, heat olive oil. Brown ground beef, stirring occasionally, 4-5 minutes. Add taco seasoning and water; cook according to package directions, 5-8 minutes, or until meat is thoroughly cooked.

Drain and rinse black beans.

Set aside.

Divide lettuce among serving bowls or plates. Top with ground beef, tomatoes, avocados, black beans, corn, cheese and 2 tablespoons cilantro. Tuck in tortilla chips.

Drizzle with southwest ranch dressing and sprinkle with additional cilantro, if desired.

--Family Features

## TOPS meetings in McVile

TOPS (Take Off Pounds Sensibly), a weight-loss group, meets every Monday at the Cedar Ridge Apartments in McVile. Weigh-in time is 6 p.m. and meetings start at 6:15 p.m. Meetings take place on Hamlin Street North, just south of the school. A meeting sign will be posted on the door to use, on the west side of the apartments.

Attendees' first meeting is free.

Chapter fees go to purchase TOPS supplies and awards for members. For more information, call Artha at 322-4341 or Gayle at 322-5136.

### 25674 ABSTRACT OF STATEMENT FOR THE YEAR ENDING DECEMBER 31, 2023

Travelers Property Casualty Company of America	
In the state of Connecticut	
Total Assets	1,038,376,166
Total Liabilities	561,463,056
Aggregate write-ins for special surplus funds	155,551
Common Capital Stock	5,040,000
Preferred Capital Stock	0
Aggregate write-ins for other than special surplus funds	0
Surplus notes	0
Gross paid in and contributed surplus	378,052,652
Unassigned funds (surplus)	93,664,908
Total capital and surplus	476,913,111
Total Liabilities, Capital and Surplus	1,038,376,167
<b>NORTH DAKOTA BUSINESS ONLY FOR THE YEAR 2023</b>	
Total Direct Premiums Earned	25,066,023
Total Direct Losses Incurred	28,772,513
Total Accident & Health Direct Premiums Earned	0
Total Accident & Health Direct Losses Incurred	0
<b>STATE OF NORTH DAKOTA OFFICE OF THE COMMISSIONER OF INSURANCE</b>	

I, Jon Godfread, Commissioner of Insurance of the State of North Dakota, do hereby certify that the foregoing is a true Abstract of Statement, as officially filed by the Company in this office.

IN TESTIMONY WHEREOF, I have hereunto set my hand and affixed the seal of this office at Bismarck, the first day of May, A.D. 2024. (SEAL)

**JON GODFREAD**  
Commissioner of Insurance  
STATE OF NORTH DAKOTA  
OFFICE OF THE COMMISSIONER OF INSURANCE  
COMPANY'S CERTIFICATE OF AUTHORITY

WHEREAS, the above corporation duly organized under the laws of its state or country of domicile, has filed in this office a sworn statement exhibiting its condition and business for the year ending December 31, 2023 conformable to the requirements of the laws of this State regarding the business of insurance and

WHEREAS, the said company has filed in this office a duly certified copy of its charter with certificate of organization in compliance with the requirements of insurance law aforesaid,

NOW THEREFORE, I, JON GODFREAD, Commissioner of Insurance of the State of North Dakota, pursuant to the provisions of said laws, do hereby certify that the above named company is fully empowered through its authorized agents and representatives, to transact its appropriated business of authorized insurance in the state according to the laws thereof, until the 30th day of April, A.D. 2025.

IN TESTIMONY WHEREOF, I have hereunto set my hand and seal at Bismarck this first day of May, A.D., 2024. (SEAL)

**JON GODFREAD**  
Commissioner of Insurance  
(Publish May 2, 9 & 16, 2024)

### 27855 ABSTRACT OF STATEMENT FOR THE YEAR ENDING DECEMBER 31, 2023

Zurich American Insurance Company of Illinois	
In the state of Illinois	
Total Assets	53,520,731
Total Liabilities	19,338,349
Aggregate write-ins for special surplus funds	0
Common Capital Stock	5,000,000
Preferred Capital Stock	0
Aggregate write-ins for other than special surplus funds	0
Surplus notes	0
Gross paid in and contributed surplus	28,295,295
Unassigned funds (surplus)	887,086
Total capital and surplus	34,182,381
Total Liabilities, Capital and Surplus	53,520,731
<b>NORTH DAKOTA BUSINESS ONLY FOR THE YEAR 2023</b>	
Total Direct Premiums Earned	142,247
Total Direct Losses Incurred	152,984
Total Accident & Health Direct Premiums Earned	0
Total Accident & Health Direct Losses Incurred	0
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(Publish May 2, 9 & 16, 2024)

### 28665 ABSTRACT OF STATEMENT FOR THE YEAR ENDING DECEMBER 31, 2023

The Cincinnati Casualty Company	
In the state of Ohio	
Total Assets	631,571,128
Total Liabilities	114,204,272
Aggregate write-ins for special surplus funds	0
Common Capital Stock	3,750,000
Preferred Capital Stock	0
Aggregate write-ins for other than special surplus funds	0
Surplus notes	0
Gross paid in and contributed surplus	18,000,000
Unassigned funds (surplus)	495,616,856
Total capital and surplus	517,366,856
Total Liabilities, Capital and Surplus	631,571,128
<b>NORTH DAKOTA BUSINESS ONLY FOR THE YEAR 2023</b>	
Total Direct Premiums Earned	251,381
Total Direct Losses Incurred	153,816
Total Accident & Health Direct Premiums Earned	0
Total Accident & Health Direct Losses Incurred	0
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(Publish May 2, 9 & 16, 2024)

### 32700 ABSTRACT OF STATEMENT FOR THE YEAR ENDING DECEMBER 31, 2023

Owners Insurance Company	
In the state of Ohio	
Total Assets	5,646,336,970
Total Liabilities	3,772,933,046
Aggregate write-ins for special surplus funds	0
Common Capital Stock	6,500,000
Preferred Capital Stock	0
Aggregate write-ins for other than special surplus funds	0
Surplus notes	0
Gross paid in and contributed surplus	220,998,592
Unassigned funds (surplus)	1,645,905,332
Total capital and surplus	1,873,403,924
Total Liabilities, Capital and Surplus	5,646,336,970
<b>NORTH DAKOTA BUSINESS ONLY FOR THE YEAR 2023</b>	
Total Direct Premiums Earned	32,625,625
Total Direct Losses Incurred	23,503,809
Total Accident & Health Direct Premiums Earned	0
Total Accident & Health Direct Losses Incurred	0
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(Publish May 2, 9 & 16, 2024)

### 34312 ABSTRACT OF STATEMENT FOR THE YEAR ENDING DECEMBER 31, 2023

Producers Agriculture Insurance Company	
In the state of Texas	
Total Assets	721,164,732
Total Liabilities	659,754,285
Aggregate write-ins for special surplus funds	0
Common Capital Stock	3,000,000
Preferred Capital Stock	0
Aggregate write-ins for other than special surplus funds	0
Surplus notes	0
Gross paid in and contributed surplus	37,069,958
Unassigned funds (surplus)	18,131,698
Total capital and surplus	58,201,656
Total Liabilities, Capital and Surplus	717,955,941
<b>NORTH DAKOTA BUSINESS ONLY FOR THE YEAR 2023</b>	
Total Direct Premiums Earned	17,038,787
Total Direct Losses Incurred	10,666,268
Total Accident & Health Direct Premiums Earned	0
Total Accident & Health Direct Losses Incurred	0
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### 36684 ABSTRACT OF STATEMENT FOR THE YEAR ENDING DECEMBER 31, 2023

Riverport Insurance Company	
In the state of Iowa	
Total Assets	114,109,040
Total Liabilities	58,149,322
Aggregate write-ins for special surplus funds	0
Common Capital Stock	3,500,000
Preferred Capital Stock	0
Aggregate write-ins for other than special surplus funds	0
Surplus notes	0
Gross paid in and contributed surplus	27,500,000
Unassigned funds (surplus)	24,959,718
Total capital and surplus	55,959,718
Total Liabilities, Capital and Surplus	114,109,040
<b>NORTH DAKOTA BUSINESS ONLY FOR THE YEAR 2023</b>	
Total Direct Premiums Earned	4,107,395
Total Direct Losses Incurred	1,739,597
Total Accident & Health Direct Premiums Earned	0
Total Accident & Health Direct Losses Incurred	0
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