

Times Leader

A Weekly Addition to the Oakes Times & the Dickey County Leader - January 9, 2025 Page 5

Prairie Fare: Add some spice to your menus

Julie Garden-Robinson, Ph.D., R.D., L.R.D.



Spices can enhance the nutritional value of food, because have almost no calories. Spices allow us to reduce the amount of added salt, sugar and fat in some recipes.

(Pexels photo)

"How long can you keep spices?" a woman asked me.

I was presenting a workshop about food safety.

"Spices do not become unsafe, but they lose their flavor. How long have you had your spices?" I asked.

"I received them for our wedding," she responded.

I noted a bit of a grin on her face, so I asked the next obvious question.

"How long have you been married?" I asked.

"It's been over 40 years."

That response got a big laugh from the audience.

Most of us have spices beyond their prime. To retain their quality, store them in a cool, dry and dark place. Most sources say to use them within two to three years, but label them with the date you opened them. Whole spices such as cloves last longer than ground spices.

As spices age, the essential oils and other compounds degrade. Do the "sniff test" with your spices. If the aroma is weak, add more. If you do not smell anything, you may want to

refresh your spice cabinet and buy a smaller amount next time.

The use of spices dates back thousands of years. They were widely used in Egypt, China and India in food preparation, preservation, religious and medicinal purposes.

Early explorers were sent throughout the world to find spices for the spice trade. Spice traders became very wealthy because the cargo was almost as valuable as precious metals.

Early people did not have refrigerators and freezers, so spices became a way of disguising the flavor of food beyond its prime.

Spices can be from seeds, stems, leaves, bark, flowers and roots of plants, while herbs are from non-woody plants. Spices can be mild or hot.

Can you name a spice derived from a seed? If you are thinking of pepper, cardamom, coriander (the seed form of cilantro), cumin, dill, mustard or vanilla, you are correct. Many more seed-based spices are available.

Can you name a spice derived from the dried inner bark of a tree? Flavor-enhancing cinnamon is derived from an evergreen tree. If you have a sweet tooth, try putting a pinch of cinnamon in your coffee or tea.

Cloves, by the way, are a flower bud from a type of evergreen tree.

Spices can enhance the nutritional value of food, because have almost no calories. Spices allow us to reduce the amount of added salt, sugar and fat in some recipes.

Having a mortar and pestle or a spice grinder can release the pungent aromas from whole spices. Black pepper is the most popular spice. Consider investing in a pepper grinder or try the spices with the built-in grinder.

What if you have a lot of spices in your cupboard but are not sure how to use them? Cuisine throughout the world uses different spices.

Explore some recipes in the coming year or make your own spice blends. Check out NDSU Extension's "Do It Yourself Spice Mixes" for printable

guides for a Mexican seasoning blend, a ranch blend or an Italian spice blend.

Have you ever tried making scones that are a delicious breakfast bread? Cardamom is featured in this week's recipe. This recipe also has a secret ingredient: pureed red lentils. This ingredient adds protein and fiber.

Strawberry Cardamom Scones
1½ cups all-purpose flour
1 cup whole wheat flour
2 tablespoons wheat germ
1 tablespoon baking powder
½ teaspoon baking soda
¼ teaspoon ground cardamom
½ cup cold butter, cut into small cubes
½ cup maple syrup
1 egg
1 cup split red lentil puree
1 cup sliced strawberries

To make lentil puree: Cook lentils according to package directions for 15 to 20 minutes, drain and blend thoroughly in a food processor.

Preheat oven to 400 F. In a large bowl, mix flours, wheat germ, baking powder, baking soda and cardamom. Cut butter into flour mixture with a pastry blender or use your fingers to mix in. The mixture should resemble oat flakes. In a medium bowl, whisk together maple syrup, egg and lentil puree. Add strawberry slices. Turn dough onto a floured surface. Halve the dough into two discs, approximately 1-inch thick. Cut each disc into eight pieces. Bake on a parchment lined baking tray for 20 minutes, or until the tops are lightly browned. Cool on a baking rack before serving.

Makes 16 servings. Each serving has 170 calories, 6 grams (g) fat, 4 g protein, 24 g carbohydrate, 2 g fiber and 45 milligrams sodium.

Dickey County Public Transportation

Handicapped Accessible Vehicles

Ellendale:
Monday - Thursday
8:30am - 4:30pm

Oakes:
Monday - Friday
8:30am - 4:30pm

To Aberdeen:
The third (3) Monday
of each month

If you need a ride, call:
742-3509

The McIntosh County Bus goes through Ellendale on their way to Aberdeen the 1st and 3rd Tuesdays of the month. If you would like to catch a ride call: 701-731-0072

Dickey County Senior Menu

Ellendale: 349-4513

Oakes: 742-3509

Friday: Meatloaf, Mashed Potatoes, Brussels Sprouts w/Bacon, Fruit Cocktail, Whole Grain Bread, Soft Margarine Cup, 1% Milk.

Monday: COOK'S CHOICE SURPRISE!!

Tuesday: Beef Stew, Cauliflower, Fruited Jello, Whole Grain Bread, Soft Margarine Cup, 1% Milk.

Wednesday: Chicken Spreme, Potatoes & Onions, Asparagus, Applesauce, Whole Grain Bread, Soft Margarine Cup, 1% Milk.

Thursday: BIRTHDAY DAY!! BBQ Pork Ribs, Baked Beans, Au Gratin Potatoes, Pears, Whole Grain Bread, Soft Margarine Cup, 1% Milk



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Life's Outtakes: A Shocking Discovery By: Daris Howard

I was having trouble with my shoulder this summer. The pain increased during the two times I helped my son move, but I thought that after we finished, it would ease up. The pain did taper off, but it was still almost unbearable. I finally decided I had to have it checked.

The doctor moved my arm through a lot of different rotations. He said he was sure there were torn ligaments. He wanted me to get an MRI to make sure, so I set an early morning appointment with the imaging lab so I could get it over with and get on with my day.

On the appointed morning, I arrived at eight and filled out the paperwork. It wasn't long after I turned it in that I was called back.

"Do you have any problems with claustrophobia?" the technician asked.

"Some," I replied. "But I think if I just keep my eyes closed, I will be okay."

"This will only take about eighteen minutes," he said. "You will have headphones on, partly because the machine is loud, and partly so we can play music.

Music usually helps calm a person."

The technician examined my shoulder. "Do you have any metal in your arm?"

I shook my head. "No. Why do you ask?"

"You have some interesting scarring on your shoulder. If you were to have any metal in it, the metal could heat up in the machine."

I climbed onto the table. The technician wrapped a cap-shaped item around my shoulder and handed me a remote with a button on it. He told me to press it if there was any problem.

I laid back and closed my eyes, and the bed moved me into the machine. He turned on the music, and the sound and vibration started. But it had been on less than a minute when it all shut down.

He came on over the headphones. "You have a bullet in your arm."

"How can I have a bullet in my arm and not know it?" I asked.

He laughed. "Shouldn't I be the one asking you that question?"

He hit the buttons to have the bed move me back out, and he talked to me.

"Were you in the military and possibly picked up some shrapnel?" When I told him I wasn't, he said, "I suppose it could be picking up something on your shirt."

He had me take my shirt off and roll the sleeve on my undershirt up beyond my shoulder. He again put the cap piece over my arm, and I climbed back on the table. Once I was back in place, he started the machine up again. Once more, the MRI machine was on less than a minute before he shut it down. He spoke over the speaker.

"There is definitely a bullet in your shoulder. It will probably get warm and maybe even really hot. I can try to work around it and still do the MRI, but it has to be your choice."

"Let's do it," I said.

"All right, but if it starts to get too hot, hit the button."

He started the machine up again, and the spot he indicated had the bullet did get hot, but not unbearably so. It also felt



OTTER TAIL POWER RATE INCREASE FOR 2025

BISMARCK, N.D. (PPR) – The North Dakota Public Service Commission has approved a settlement in Otter Tail Power Company's electric rate increase request.

In November of 2023, Otter Tail filed for an 8.43 percent rate increase. It was granted an interim increase, while the case

was pending.

The settlement was worked out between two interveners and PSC staff. Under it, rates would increase by 6.18 percent.

Commissioner Sheri Haugen-Hoffart.