

Upgrade summer lunches with nutritious twists on grilled cheese

When the kids are home for summer break, meal prep becomes a must for busy families to ensure nutritious foods are on the menu. This summer, give your kiddos the fuel they need for all their warm-weather activities and adventures with a healthy twist on a childhood classic.

One bite into a grilled cheese sandwich and you're back in your childhood kitchen, bringing all the nostalgic vibes you can pass down to your little ones.

Plus, with nearly endless combinations, there's a solution for everyone from classics to creative versions.

Fruit in a grilled cheese may not be the first idea that comes to mind, but these blackberry grilled cheese sandwiches offer a juicy, slightly tart burst of flavor tucked between crunchy slices of bread.

It's a sweet, savory lunch that's just funky enough to impress while putting fresh produce on your kids' plates.

"We love juicy blackberries -- not just because they're delicious, but because they're packed with fiber," registered dietitian Tony Castillo said. "That fiber helps keep you full, supports gut health and keeps your energy steady. Plus, blackberries are loaded with antioxidants and vitamin C, making them a true superfood. They're perfect for baking, savory dishes or just as a snack on the go."

Picky eaters have met their match with chicken and apple grilled cheese sandwiches. Tender shredded chicken meets tart apple slices, gooey cheese and whole-grain bread for an unexpected twist that will have taste buds tingling. With minimal ingredients and maximum flavor, they're ideal for busy weeknights or lazy weekend lunches.

If you're aiming to upgrade your cheesy sandwich arsenal, consider these tips from Healthy Family Project:

- Cook low and slow over medium-low heat so the bread reaches a crisp golden while cheese melts to perfection.
- Real butter or olive oil adds a level of crispiness and flavor.
- Experimenting with cheese can give sandwiches an extra boost. Cheddar is the classic option, but mozzarella, Gouda



and Brie bring newfound flavor profiles.

- Look for the Produce for Kids or Healthy Family Project logo in your local grocery store to find brands dedicated to creating a healthier generation.

Serve up more delicious, kid-friendly lunches this summer by visiting HealthyFamilyProject.com (the source of these recipes).

Blackberry Grilled Cheese Sandwiches

Prep time: 5 minutes

Cook time: 10 minutes

Servings: 2

- 1 tablespoon mayonnaise
- 1 tablespoon stone-ground mustard
- 4 slices whole-grain bread
- 2 slices provolone cheese
- 10-12 blackberries, cut in half
- Heat medium skillet over low heat.
- In small bowl, mix mayonnaise and mustard; spread on one side of each slice of bread.
- Place bread mayo-side-down in skillet. Top with cheese and blackberries. Add second slice of bread mayo-side-up.

Cook 3-4 minutes per side, or until bread is toasted and cheese is melted. Repeat with remaining ingredients.

Chicken and Apple Grilled Cheese Sandwiches

Prep time: 5 minutes

Cook time: 10 minutes

Servings: 4

- 1 tablespoon unsalted butter
- 8 slices whole-grain bread
- 8 ounces sliced rotisserie-style chicken breast
- 4 slices sharp cheddar cheese
- 1 apple, thinly sliced
- Prepared salad, for serving
- Heat large skillet over medium-low heat.
- Lightly butter one side of each slice of bread. Place bread butter-side-down in skillet. Top with chicken, cheese and apple slices. Top with slice of bread butter-side-up.
- Cook 2-3 minutes, flip and cook 2-3 minutes, or until cheese is melted.
- Remove from heat and cut in half. Repeat with remaining sandwiches.
- Serve with prepared salad.

--Family Features

Pork and bacon burgers make a memorable barbecue

Summer is here and it's time to hit the grill. Take at-home entertaining to the next level by upgrading everyone's favorite cheeseburger with ground pork.

Family and friends will love this elevated twist on a summer favorite that is oh-so-deliciously different than the traditional beef patty.

These pork and bacon burgers are made with Heritage Duroc pork, known for its rich flavor and juiciness, and will be a hit at your next barbecue.

The crispy bacon adds another level of texture and flavor, making these juicy burgers a gourmet treat that rivals any takeout burger. Celebrating 150 years as the premium all-natural meat choice for families, Coleman All Natural Meats offers a variety of products that are sourced from American family farmers who humanely raise livestock with no antibiotics ever and no added hormones.

Find more recipes to elevate your grilling experience at ColemanNatural.com.

Pork and Bacon Burgers

Prep time: 10 minutes



Cook time: 10 minutes

Servings: 6

- 2 pounds Coleman Ground Pork
- 1/4 pound ground pork chorizo
- 1 medium onion, diced
- 2 cloves garlic, minced
- 1 teaspoon pepper
- 1 teaspoon salt
- 6 cheese slices (optional)

- 6 hamburger buns
- 6-8 strips Coleman Hickory Smoked Uncured Bacon, cooked
- Tomato slices (optional)
- Red onion slices (optional)
- Lettuce (optional)
- Ketchup (optional)
- Mayonnaise (optional)
- Preheat grill to medium heat.
- In large mixing bowl, combine ground pork, chorizo, onion, garlic, salt and pepper.
- Gently mix ingredients, being careful not to overwork meat.
- Divide meat into six burger patties.
- Cook burgers 3-4 minutes per side until internal temperature reaches 145 F or desired doneness.
- During last 2-3 minutes of cooking, place cheese slices on top of burgers to melt, if desired.
- Transfer burgers to platter. Assemble burgers with buns, bacon, tomato slices, red onion slices, lettuce, ketchup and mayonnaise, as desired.
- Tip: Burger patties may be frozen up to 1 month. Fully defrost before cooking.

--Family Features

Watermelon recipes solve warm-weather hunger

From lazy days by the pool to weekend road trips and everything in between, summer is packed with adventures. To keep your energy high for all those warm-weather activities, you'll need to keep sweet, delicious snacks on the family menu.

Make sure versatile, flavorful watermelon is always on your grocery list so you can enjoy it for breakfast, lunch, snacks, desserts, drinks and beyond. It easily fits your existing routines for morning smoothies and snacking on the go, or in make-ahead dishes you can serve when hunger strikes.

It's easy to cool off quickly on hot summer days with watermelon ice pops, a simple, kid-friendly favorite made with watermelon and chunks of fresh fruit. Bursting with flavor, these frozen treats make snack time a cinch while tackling cravings, boosting hydration and supporting wellness in place of added-sugar treats.

For a light afternoon bite before the dinner bell rings, try this watermelon salad with feta and mint that offers sweet summer flavor without the hassle. Pairing long-time favorites in feta cheese and mint, it's a classic for a reason with delicious watermelon adding nutritional content.

Of course, as a kitchen staple to keep on hand throughout the year, watermelon is also perfect for enjoying all on its own at home or on the go. Whether it's diced, sliced, balled or blended, you can toss it in a jar for a healthy, hydrating snack.

Cutting watermelon into convenient chunks is fast and easy so you can eat at home or toss in a to-go container to take to the office, beach or soccer practice. Just cut a grid pattern on the fruit and cubes will tumble out, ready to eat. Don't forget to wash and dry the rind on the watermelon before cutting.

1. Cut the whole watermelon lengthwise into quarters. Lay each quarter on its rind with the interior facing up.



2. Place the knife about 3/4 inch down from the peak of the wedge. Holding the knife parallel to the far side of the fruit and starting at the edge of the rind, cut a horizontal line across the fruit all the way down to the rind.

3. Place the knife blade about 3/4 inch lower and make the same cut. Repeat. Turn the fruit to the other side and make the same horizontal cuts.

4. Starting at the end of the rind, make vertical cuts straight down the rind, 3/4 inch apart all the way across.

5. Remove the cubes and serve or store in an airtight container in the refrigerator.

To find more ways to serve watermelon this summer and all year long, visit Watermelon.org. Recipes courtesy National Watermelon Promotion Board.

Watermelon Ice Pops

- 1 watermelon
- Chunks of fresh fruit (such as grapes, strawberries or kiwi)
- Puree watermelon and pour into ice pop molds.

Drop in chunks of fresh fruit, insert caps and place in freezer. Serve when frozen.

Watermelon Salad with Feta and Mint

- 1/4 cup lemon vinaigrette
- 4 cups cubed watermelon
- 1/2 English cucumber, cut



into 1/4-inch half moons

- 1/2 small red onion, thinly sliced
- 1/4 cup crumbled feta cheese
- 2 tablespoons fresh mint, roughly chopped
- Drizzle vinaigrette in bottom of large canning jar. Layer with watermelon, cucumber, red onion, feta and mint.
- Cover tightly with lid and shake to combine. Keep refrigerated until ready to serve.
- Substitution: Use Greek dressing in place of lemon vinaigrette.

--Family Features

Did You Know?



Fans of grilled food may insist grilling is an art form, and there are tricks of the trade that suggest producing delicious foods cooked over an open flame is more complicated than novices may think. Seasoning a grill is one such endeavor. Novices may not know what goes into seasoning a grill, but doing so can make it easier to remove cooked foods from grates that can become sticky as grills are used with greater frequency. Seasoning a grill involves oiling its cooking surfaces and warming it. Some grill manufacturers even recommend seasoning brand new grills prior to using them. Various cooking oils can suffice when seasoning a grill, but the grilling experts at ThermoPro advise using an oil with a high smoking point. When applying oil to the grates, users can utilize a basting brush, rag or even a spray bottle. Once the oil has been applied, heat the grill, without any food on it, for roughly 30 minutes, or until the oil begins to smoke or burn.

--metrocreativeconnection

MINUTES OF REGULAR MEETING

MCVILLE CITY COUNCIL

May 14, 2025 - 7 p.m. - City Office

Mayor Stein called the meeting to order at 7:15 p.m. Present were Mayor Stein; members Joramo, Berg;

public works employees Trostad and Joramo; Auditor Arneson. Not present were members Messner and Altendorf.

Motion by Joramo to approve the agenda, second by Berg; motion carried.

Motion by Joramo, second by Berg, to approve April regular and special meeting minutes. All agree, motion carried.

Public Works Report -- Have been trying to find a contractor who can give an opinion on the issues with the windows at the auditorium. It has been difficult to locate anyone. In the meantime, the north windows are boarded up to prevent any further water damage to the library.

Auditor's Report -- The office assistant job position is still open.

Motion for approval of April financials by Joramo, second by Berg; motion carried. Payments:

Naastad	\$4,105.84
FM Visa	723.87
WSI	1,406.15
Menards	318.99
DM	946.18
Morken	130.00
Sheriff	1,960.00
McVile Market	35.61
BCBS	4,485.30
Otter Tail	2,493.34
Ferguson	3,000.00
Brager	3,510.50
Skip's	3,184.99
Hawkins	1,078.83
Wallace	2,325.82
NDLC	80.00
Chanda Arneson	270.20
State Auditor	1,080.00
GF Lab	88.00
Deluxe	477.70
Co. Shop	40.00

Gilbertson	308.81
Lakota American	83.25
Sheriff	1,960.00
FM Bank	5,532.96
Job Service	146.85
NDPERS	1,727.94
NDTC	252.74
Verizon	319.04
Payroll	10,831.30

Old Business -- Water rate increase: A suggested rate increase was discussed. This increase would impact residents and Tri-County Water at a comparable percentage. The council will hold off on any decisions until future meetings when the full panel of elected officers is together.

New Business -- Building permit approval: Because of the location of the lot on the building permit, the council wants to wait until the lot is properly measured. Auditorium updates, chairs and curtains: The community club has fundraised to replace the current chairs in the auditorium. The building is being used for more and more events. The library, community club and the Legion would like to inform the city council that the chairs will be replaced and there are plans for curtains. They will continue to keep the council informed of any changes to the building. Wastewater study: The suggested changes to the charges for sewer rates will be discussed at a future meeting when the full council is in attendance. BCBS annual renewal: The council agrees to continue with the current health care package for full-time city employees. Motion by Berg to approve the BCBS renewal, second by Joramo; motion carried.

Announcements -- Regular council meeting Monday, June 9, 2025.

Adjournment: 8:40 p.m.

Chanda Arneson
City Auditor

Douglas Stein
Mayor

Relax. Entertain. Enjoy.
Deck & railing materials that make it happen

Check out our website at leonsbuildingcenter.com under products - decking.



THE AZEK COMPANY

TimberTech AZEK

RAILING DYNAMICS, INC. For home, for life.

rdr. Regal Railings

vista fiberon

The Decking Solutions Company

JAM SYSTEMS FENCE, DECK, & RAILING

LEON'S BUILDING CENTER, INC.

448 Highway 2 West
Devils Lake, ND 58301
701-662-3416

105 4th St. East
Park River, ND 58270
701-284-6266

www.leonsbuildingcenter.com

TRONSON GRAIN

DOYON • TOLNA • LAKOTA • GARSKE

Our family business, working with yours, since 1942.

Our bulk seed facilities in Tolna, Lakota and Garske offer the fastest and most precise seed treating systems in the industry!

Carrying a full line of wheat and barley seed, along with:

- Croplan Wheat
- Invigor & Croplan Canola
- Edible Bean Seed
- Dekalb, Croplan, NK & Brevant Corn
- Bulk Asgrow, Croplan, NK & Brevant Soybeans
- Turf, Forage & Cover Crop
- Nitrogen Stabilizers & Micronutrients

Many low-interest financing options available!

Offering aggressive pricing on chemical!
Give us a call for current prices and programs.

DOYON: 398-3512
TOLNA: 262-4242

LAKOTA: 247-2324
GARSKE: 395-4334

