

TASTE

BROWN RICE WITH CORN AND BEANS

Ingredients
 1 cup low-sodium vegetable broth (see notes)
 1 package (1.25 ounce) taco seasoning or 1/4 teaspoon each of chili powder, garlic powder, ground cumin, and oregano
 1 cup instant brown rice
 1/2 cup salsa
 1/2 cup corn, frozen or canned and drained
 1/2 cup black beans drained and rinsed

Directions
 Bring the vegetable broth and seasonings to boil in a medium saucepan (2 to 3 quarts). Add the rice, salsa, corn and beans. Turn heat to low, cover saucepan, and let cook undisturbed for 10 minutes. Gently stir before serving. Refrigerate leftovers within 2 hours.

Notes
 Broth can be canned or made using bouillon. For each cup of broth use 1 cup very hot water and 1 teaspoon or 1 cube bouillon. Substitute 1 1/3 cups of Farmers Market Salsa in place of the last three ingredients.



A flavorful side dish for your favorite Mexican food.

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HATFIELD

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sodium diets.

Taco seasoning is a great spice blend you can make up and add to recipes when needed. This seasoning works great for soups, dips, to toss in a rice bowl and in tacos.

Try searching recipes by certain spices, to experience new spices or

to use spices you already have in your pantry. You will be surprised how much flavor herbs and spices can add to a dish without increasing sodium.

Try adding herbs to boost flavor to your

water; like mint, rosemary, basil or cinnamon. Remember the combinations are endless so be creative and enjoy.

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BREAKFAST

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eggs cook quickly in a very hot oven. Cracked into all that slowly rendered bacon fat, the egg whites slide like silk and start to set almost immediately. Once the pan is back in the oven,

the encompassing heat finishes solidifying the whites, including that ring around the yolk that sometimes stays jiggly when heated only from below on the stovetop.

For a spread, bake sticky buns, muffins or scones, or roast potatoes, mushrooms or tomatoes

before starting the bacon. They'll cool to the just-right temperature as the eggs finish. Or toast rolls, biscuits or croissants in the oven at the same time, for breakfast sandwiches or just to swipe through that runny yolk.

In every case, you can relax and be present for

all the holiday cheer – even in another room – while breakfast cooks itself.

CRISPY OVEN BACON AND EGGS

Yield: 4 servings
Total time: 30 minutes
 4 large eggs
 8 bacon slices
 Kosher salt and freshly ground black pepper
 Toast, for serving

1. Take the eggs out of the refrigerator. Place a rack in the center of the oven, and heat the oven to 450 degrees.
2. Arrange the bacon on a rimmed baking sheet in a single layer, spacing evenly. Roast in the center of the oven until the fat renders and the bacon curls, about 8 minutes. Very thin slices will cook more quickly; thick-cut ones will take longer.
3. Take the pan out of the oven and quickly flip the bacon and move to one side of the pan. Crack the eggs onto the other side, then immediately

return the pan to the oven and roast until the whites are just set, the yolks are still runny and the bacon is brown and crisp, 2 to 5 minutes longer. If you prefer medium or hard egg yolks or extra-crisp bacon, cook a few minutes more, but take out the bacon before it burns.

4. Using a spatula, cut the eggs apart. Slide them off the pan and onto plates right away to stop the yolks from solidifying. Season to taste with salt and pepper. Drain the bacon on paper towels, then add to the plate along with toast. Serve immediately.

Tips:
 Use the bacon and eggs in breakfast sandwiches: Toast split buttered rolls, with cheese on the bottom halves if you'd like, directly on another rack in the oven while the eggs cook. Then, center the eggs and bacon slices over the bottoms and sandwich with the tops.

In Season

A calendar of food-related activities in Douglas County

To submit an event, send info to food@nrtoday.com

WEDNESDAY

Canyonville Farmers Market — 9:30 a.m. to 1:30 p.m., Myrtle Creek Community Center, 425 NW Second Ave., Myrtle Creek. 541-375-0725 or www.canyonvillefarmersmarket.org.

SATURDAY

Umpqua Valley Farmers Market — 9 a.m. to 1 p.m., First United Methodist Church, 1771 W. Harvard Ave., Roseburg. 541-530-6200 or www.uvfarmersmarket.com.

BURRITO SOUP

Ingredients
 1 onion, chopped
 2 zucchini, chopped
 1 tablespoon oil
 1 can (15.5 ounces) refried beans
 1 can (28 ounces) diced tomatoes
 1 can (28 ounces) crushed tomatoes
 2 cans (15.5 ounces) corn
 1 can (15.5 ounces) black beans, reduced sodium
 2 tablespoons taco seasoning

Directions
 Sauté onion and zucchini in oil until soft. Add refried beans and stir to break up beans. Add tomatoes, corn, black beans and taco seasoning. Simmer over medium heat for about 30 minutes, stirring occasionally. Refrigerate leftovers within 2 hours.

Notes
 The more vegetables you add, the more nutrients! Try adding some of your favorites. Freeze leftovers for another meal. Cook your own dry beans. One can (15 ounces) is about 1 1/2 to 3/4 cups drained beans.

TACO SEASONING

Ingredients
 3 tablespoons garlic powder
 3 tablespoons onion powder
 6 tablespoons chili powder
 3 tablespoons paprika
 1 tablespoon black pepper

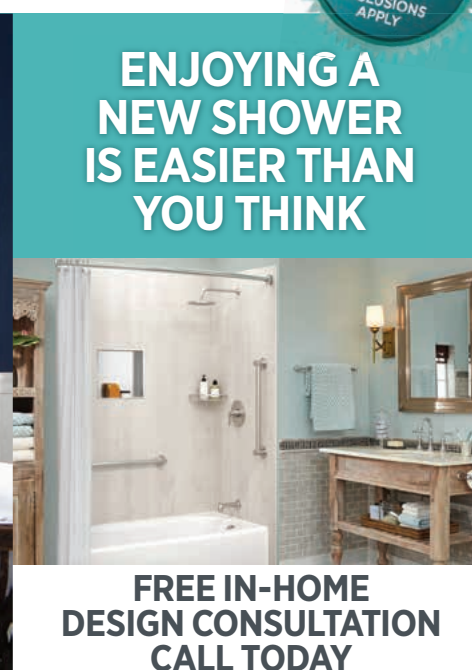
Optional
 3 tablespoons cumin
 4 1/2 tablespoons dried oregano
 red pepper flakes (to taste)

Directions
 1. Mix ingredients well and store in an airtight container.

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