

The EASTERN NEW MEXICO NEWS

SPRING & SUMMER FAVORITES

Food, Drinks and Fun



Celebrate the joys of the warmer seasons with a delightful blend of outdoor activities, delectable picnic foods, and vibrant gardening inspiration.



Unlocking the Recipe for a Delightful Picnic Experience

Get ready for the ultimate picnic with these must-have elements that promise to elevate your outdoor dining experience.

Dining al fresco is often associated with securing outdoor seating at a local restaurant. However, anyone can enjoy al fresco dining at home, in a park or even on the beach.

Picnics make it easy to enjoy a meal in an idyllic setting. Though there's no rules governing picnics other than those posted by local park officials, the following are some essential components of a fun picnic.

Food

The menu for a picnic need not be elaborate, but there's also room for foods that are a little more fancy than sandwiches. Sandwiches are still acceptable picnic fare, but



those who want to expand their horizons can prepare cheeseboards, salads, fresh fruit, and other items that are easily prepared and packed in a picnic basket. It's best to avoid hot foods, as they can be difficult to keep warm. Small grills might be allowed in certain parks, but it's best to keep in mind that others may not want to deal with smoke from burning coals. So individuals who plan to grill during a picnic should

choose a remote spot that won't affect those around them.

Beverages

Cold beverages, including water, can ensure no one is overcome by heat. Individuals who want to bring alcohol should only do so on private property, as many local laws do not allow consumption of alcoholic beverages in public spaces like parks and beaches. A cooler with cold beverages stored in ice can be a good

idea if a lot of people will be attending the picnic.

Reusable containers

Reusable containers decrease the chances of creating litter. All it takes is one stiff wind for single-use, resealable plastic bags to blow away, and it's not always easy to track those bags down. Picnickers should aspire to take out everything that they take in, and reusable containers make that easier to accomplish.

Basket and tablecloth

A tablecloth does more than just set the scene for a picnic. Tablecloths collect crumbs and keep them off the ground, which can decrease the likelihood that uninvited guests like ants will join the festivities. Tablecloths also ensure utensils can be set out and put down without getting dirty.

Comfortable seating

Though it's entirely possible some guests will

want to sit on the ground throughout the picnic, some comfortable seating can provide the perfect respite when the hard ground begins to feel a little less accommodating. Instruct guests to bring their own foldable lounge chairs, and don't forget to bring a picnic blanket or two so anyone who wants to nap can catch a few winks. When hosting a beach picnic, look for blankets that dry quickly. Some are even made of fabric that filters out sand to keep it off of food.

Miscellaneous items

Bug spray, sunscreen, a bluetooth speaker, biodegradable waste bags, some sports equipment and other items to keep adults and kids occupied, and even a portable fan to keep guests cool and repel mosquitoes are some additional must-haves for a fun picnic.

A picnic in the park or on the beach can be a great way to dine outside and relax in the summer sun.

Avoid Food Poisoning During Summer Picnics

By Brittany Behm
PUBLIC AFFAIRS SPECIALIST
CENTERS FOR DISEASE CONTROL AND PREVENTION

When I think about summer picnics, I think about family. I think about my cousins, aunts, uncles, kids running around, a pavilion, and an enormous buffet table loaded with delicious food. The quantity of side dishes and desserts is exceeded only by the number of dad jokes we're forced to endure. Since I've been working with foodborne disease, I've made a point to share tips

with family members who are preparing food so we can avoid getting sick from food poisoning.

Let's enjoy National Picnic Month by taking a few simple steps:

Keep foods cool

Rates of food poisoning increase in summer months because bacteria grow faster in warmer weather. Eating food left in the Danger Zone (40°F to 140°F) for too long can make people sick.

Keep raw meat, poultry, and seafood chilled until ready to grill, in the fridge or in an insulated cooler, below 40°F.

Put leftovers in the freezer or fridge within two hours of cooking –or ONE hour if above 90°F outside.

Throw away any remaining perishable food that isn't refrigerated.

Cook meat thoroughly

It's important to cook food to a safe internal temperature to destroy harmful bacteria. Never partially grill meat and finish cooking it later.

Use a food thermometer to make sure meat is cooked hot enough to kill germs. You can't tell just by looking at it! (145°F for beef, pork, fish; 160°F for hamburgers and ground meat; 165°F

for chicken or turkey). If you're smoking meat, keep the temperature inside the smoker at 225°F to 300°F. Keep cooked meats hot and out of the Danger Zone before serving.

Clean hands and produce

Wash fresh vegetables and lettuce. If you're not sure whether water will be available to wash on site, rinse produce before packing for the picnic.

Wash your hands before handling any food AND after touching raw meat, poultry, or seafood. If soap and water are not available, use an

alcohol-based hand sanitizer that contains at least 60% alcohol.

Clean work surfaces, utensils, and the grill before and after cooking.

Examine the grill surface carefully for bristles that might have dropped off the grill brush. They could get into your cooked food and hurt you if swallowed.

Separate raw from cooked

You never want bacteria from raw meat or seafood to contaminate other foods, surfaces, or utensils.

Throw away or thoroughly cook marinades and sauces

that have touched raw meat or seafood.

Put cooked meat on a clean plate.

Keep raw meats, poultry, and seafood away from cooked and ready-to-eat food and drinks.

Don't use the same utensils on raw foods and cooked and ready-to-eat foods.

This summer, I'm going to work hard to try to avoid being one of the 48 million Americans who get food poisoning every year. Let's raise a glass of iced tea to well-cooked burgers, rinsed veggies, and chilled fruit salad!



BROCCOLI SALAD

A great salad for picnics and potlucks!

COMBINE

- 3 Cups Broccoli florets
- 1/2 cup raisins or Sweetened cranberries/candied pecans
- 1/2 cup sunflower seeds (salted)
- 1/2 cup red onion - chopped fine
- 3/4 cup shredded cheddar cheese
- 7 slices of bacon - crumbled fine

DRESSING

- 3/4 cup mayonnaise
- 1 1/2 TBS white vinegar
- 3 TBS sugar

Toss, Cover and Chill overnight. Enjoy!

Chocolate Goopy Butter Cookies

- 1 (8 oz.) brick cream cheese, room temp.
- 1 stick butter, room temp
- 1 egg
- 1 teaspoon vanilla extract
- 1 (18 oz.) box moist chocolate cake mix
- Confectioners' sugar. for dusting

Preheat oven to 350F

In a large bowl with an electric mixer, cream the butter and cream cheese until smooth. Beat in the egg, then the vanilla extract. Beat in the cake mix. Cover and refrigerate for 2 hours to firm so that you can roll the batter into balls. Roll the chilled batter into tablespoon sized balls and roll them into confectioner's sugar. Place on an ungreased cookie sheet, 2 inches apart. Bake 12 minutes. The cookies will remain soft and "goopy". Cool completely and spring with more sugar, if desired.

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Quick Tips for Picnic Site Preparation

Food safety begins with proper hand cleaning — including in outdoor settings. Before you begin setting out your picnic feast, make sure hands and surfaces are clean.

- **Outdoor Hand Cleaning:** If you don't have access to running water, use a water jug, some soap, and paper towels. Or, consider using moist disposable towelettes for cleaning your hands.
- **Utensils and Serving Dishes:** Take care to keep all utensils and platters clean when preparing food.

Eating Outdoors: Handling Food Safely

Picnic and barbecue season offers lots of opportunities for outdoor fun with family and friends. But these warm weather events also present opportunities for foodborne bacteria to thrive. As food heats up in summer temperatures, bacteria multiply rapidly.

To protect yourself, your family, and friends from foodborne illness during warm-weather months, safe food handling when eating outdoors is critical. Read on for simple food safety guidelines for transporting your food to the picnic site, and preparing and serving it safely once you've arrived.

Serving Picnic Food Keep Cold Foods Cold and Hot Foods Hot

Cold Food: Cold perishable food should be kept in the cooler at 40 °F or below until serving time.

- Once you've served it, it should not sit out for longer than 2 hours, or 1 hour if the outdoor temperature is above 90 °F.

If it does — discard it.

- Foods like chicken salad and desserts in individual serving dishes can be placed directly on ice, or in a shallow container set in a deep pan filled with ice. Drain off water as ice melts and replace ice frequently.

Hot Food: Hot food should be kept hot, at or above 140 °F.

- Wrap it well and place it in an insulated container until serving.
- Just as with cold food — these foods should not sit out for more than 2 hours, or 1 hour in temperatures above 90 °F. If food is left out longer, throw it away to be safe.

Pack and Transport Food Safely

Keep your food safe: from the refrigerator/freezer — all the way to the picnic table.

- Keep cold food cold. Place cold food in a cooler with ice or frozen gel packs. Cold food should be stored at 40 °F or below to prevent bacterial growth. Meat, poultry, and seafood may be packed while still frozen so that they stay colder longer.
- Organize cooler contents. Consider packing beverages in one cooler and perishable foods in another. That way, as picnickers open and reopen the beverage cooler to replenish their drinks, the perishable foods won't be exposed to warm outdoor air temperatures.
- Keep coolers closed: Once at the picnic site, limit the number of times the cooler is opened as much as you can. This helps to keep the contents cold longer.
- Don't cross-contaminate. Be sure to keep raw meat, poultry, and seafood securely wrapped. This keeps their juices from contaminating prepared/cooked foods or foods that will be eaten raw, such as fruits and vegetables.
- Clean your produce. Rinse fresh fruits and vegetables under running tap water before packing them in the cooler — including those with skins and rinds that are not eaten. Rub firm-skinned fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water. Dry fruits and vegetables with a clean cloth towel or paper towel. Packaged fruits and vegetables that are labeled "ready-to-eat," "washed," or "triple washed" need not be washed.

Information obtained from the U.S. Food & Drug Administration. For more information, contact the U.S. Food and Drug Administration, Center for Food Safety and Applied Nutrition's Food and Cosmetic Information Center Or, visit the FDA website at www.fda.gov/educationresource/library

SUMMER DINNER RECIPE

Fresh Strawberry Chicken Salad

This colorful, healthy strawberry almond chicken salad has the works! Juicy berries, crunchy almonds, creamy avocado, and chicken sit atop a bed of spinach and field greens, all drizzled with homemade poppy seed dressing.

INGREDIENTS

- 6 cups (about 100g) spinach or field greens (I use 3 heaping cups each)
- 1 cup (about 150g) sliced strawberries.
- 3/4 cup (115g) blueberries
- 3/4 cup (135g) mandarin orange slices
- 1/2 ripe avocado, chopped.
- 1/4 cup (22g) sliced almonds.
- 8 ounces cooked chicken chopped or shredded.

HOMEMADE POPPY SEED DRESSING

- 1/3 cup (80g) Greek yogurt
- 2 Tbsp (30ml) apple cider vinegar
- 2 Tbsp (30ml) extra virgin olive oil
- 2 Tbsp (42g) honey
- 1/4 teaspoon salt
- 1/4 teaspoon ground dry mustard (or 1 teaspoon dijon mustard)
- 1 and 1/2 teaspoons poppy seeds

INSTRUCTIONS

1. Toss everything together in a large bowl, except for the dressing, until combined.
2. Whisk all the poppy seed dressing ingredients together. Pour desired amount of dressing on top, toss to coat, and serve immediately.



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Peach Salsa

- 2 cups peach *chopped*
- 1/2 cup red onion *chopped*
- 1 jalapeño *seeded/chopped*
- 2 tbsp. lime juice
- 1 small red bell pepper *seeded/chopped*
- 2 tbsp. cilantro/parsley *chopped*
- Salt and black pepper to taste

Procedure:

Combine all ingredients thoroughly in a large bowl. Enjoy immediately or refrigerate for 30 minutes prior to serving.

Pointers:

Soak chopped red onions in cold water for 15 min. before adding to the salsa to reduce their sharpness. Use lime juice to prevent peaches from browning. Allow the salsa to chill to enhance flavor fusion. For storage, place the salsa in an airtight container and refrigerate for up to 4 days.



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GRILLED HAWAIIAN CHICKEN SKEWERS

- 1/2 c. barbecue sauce
- 1/3 c. soy sauce
- 1 tbsp. rice wine vinegar
- 2 tsp. sesame oil
- 2 cloves garlic, minced
- 1 tsp. ginger, minced
- 1 tsp. honey
- kosher salt
- 1 tsp. crushed red pepper flakes
- 2 chicken breasts, cut into 1" pieces
- 2 c. cubed pineapple
- 2 green bell peppers, diced
- 1 red onion, diced
- White rice, for serving
- 2 tsp. cilantro

- Step 1: Heat grill or grill pan over medium heat.
- Step 2: Combine barbecue sauce, soy sauce, vinegar, oil, garlic, ginger, and honey in a large bowl, seasoning with salt and red pepper flakes.
- Step 3: Assemble skewers with chicken, pineapple, peppers, and red onion, then place them on a baking sheet. Pour over half of the marinade.
- Step 4: Grill skewers, brushing with reserved marinade, for 5 minutes on each side.
- Step 5: Continue grilling until chicken is cooked through, about 5 more minutes.
- Step 6: Serve with white rice and cilantro sprinkled on top.



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SUNSHINE BITES

Easy Tomato Sandwich

2 slices whole-grain bread (or bread of your choosing)
 1 1/2 tablespoons unsalted butter, room temperature
 2 med. to large heirloom tomatoes, cut into 1/2-inch slices
 1 1/2 teaspoons large-flake salt
 1 tablespoon honey

Toast the bread to your preferred level of doneness. While still warm, spread the butter evenly over both slices. Plate each slice on separate plates.

Layer the tomato slices on top of the bread. Sprinkle with salt and drizzle honey over the top. Serve promptly.

Mozzacado Sandwich

4 thick slices sourdough bread
 1 medium avocado
 1 small ripe tomato
 4 thick slices whole-milk mozzarella
 6 to 8 fresh basil leaves
 Flaky sea salt and freshly ground black pepper

Gently toast the bread. While it's toasting, mash the pitted avocado with a dash of salt and pepper. Spread a generous amount of the mashed avocado onto the warm bread. Layer cheese, basil, and tomato on top of the avocado.

Create two sandwiches, slice them, share with a loved one, and savor the flavors together!

Mediterranean Summer Salad

24 ounces cherry tomatoes, halved
 1 cup crumbled feta
 1/4 cup basil, roughly chopped
 1/4 cup mint, roughly chopped
 2 tablespoons fresh oregano, roughly chopped
 2 tablespoons pomegranate molasses
 pinch of salt

In a spacious bowl, mix together the tomatoes, herbs, and feta cheese. Drizzle olive oil and pomegranate molasses over the mixture, then gently stir to combine. Sprinkle salt on top and serve promptly, or store in the refrigerator for up to 2 days.

The Best Macaroni Salad

1 pound elbow noodles
 4 ounces cheddar cheese cubed or shredded
 1/2 red onion minced
 4 ribs celery diced
 1 red bell pepper minced
 1 cup frozen peas thawed
 1/2 cup mayonnaise
 1/4 cup cider vinegar
 1/4 cup minced fresh dill
 2 tablespoons sugar
 2 tablespoons sweet pickle relish
 1 tablespoon dijon mustard
 1 teaspoon salt
 1/2 teaspoon pepper

Cook the elbow noodles according to the package instructions. Once cooked, drain and rinse the noodles with cold water until cooled. Drain thoroughly.

In a large mixing bowl, combine the cooked noodles with cheese, onion, celery, bell pepper, and peas.

In a separate small mixing bowl, whisk together mayonnaise, cider vinegar, dill, sugar, relish, Dijon mustard, salt, and pepper.

Pour the prepared sauce over the pasta mixture and toss until everything is evenly coated. Cover the bowl with plastic wrap and chill in the refrigerator for at least 1 hour before serving.

Strawberry Crumble Bars

3 cups all-purpose flour
 1 cup granulated sugar
 1 teaspoon baking powder
 1/2 teaspoon ground cinnamon
 12 tablespoons cold butter, cubed
 1/2 teaspoon salt
 1 large egg, beaten
 1 teaspoon vanilla

Strawberry Filling

4 cups chopped strawberries
 1 tablespoon lemon juice
 1/2 cup sugar
 1 tablespoon cornstarch

Preheat your oven to 375 degrees Fahrenheit and prepare a 9x13 inch baking pan by lining it with parchment paper. Set it aside.

For the Crumble: In a large bowl, combine flour, sugar, baking powder, cinnamon, and salt. Using a pastry blender, fork, or two knives, cut the cold butter into the flour mixture until it resembles fine, sandy crumbs. Add the beaten egg and vanilla, then press two-thirds of the crumble mixture into the bottom of the prepared baking pan. (For quicker prep, a food processor works wonders here).

For the Filling: Mix together sugar and cornstarch, then fold in the chopped strawberries. Spread the strawberry mixture evenly over the crust layer in the pan. Scatter the remaining crumble over the strawberries.

Baking: Bake the bars for 40 to 50 minutes, or until the top is lightly golden and the filling starts to bubble. Remove from the oven and allow to cool completely before cutting into squares. For best results, refrigerate until firm before slicing.

Easy Pasta Salad

3 cups uncooked fusilli pasta
 2 heaping cups halved cherry tomatoes
 1 1/2 cups cooked chickpeas, drained and rinsed
 2 cups arugula
 1 cup Persian cucumbers, sliced into thin half moons
 1 cup crumbled feta cheese
 1 cup basil leaves, torn
 1/2 cup minced parsley
 1/2 cup chopped mint
 1/4 cup toasted pine nuts

Dressing:

1/4 cup extra-virgin olive oil, more for drizzling
 3 tablespoons lemon juice
 1 teaspoon Dijon mustard
 3 garlic cloves, minced
 1 teaspoon herbes de Provence, or dried Italian seasoning
 1/4 teaspoon red pepper flakes
 3/4 teaspoon sea salt

Bring a large pot of salted water to a boil. Cook the pasta according to package directions, or until it's just past al dente.

While the pasta cooks, prepare the dressing. In a small bowl, whisk together olive oil, lemon juice, mustard, garlic, herbes de Provence, red pepper flakes, and salt. Note that the dressing will have a robust flavor, which will mellow once it coats all the pasta salad ingredients.

Once the pasta is cooked, drain it and toss with a bit of olive oil to prevent sticking. Allow it to cool to room temperature. Transfer the pasta to a large bowl and add tomatoes, chickpeas, arugula, cucumbers, feta cheese, basil, parsley, mint, and pine nuts. Pour the dressing over the salad and toss to coat everything evenly.

Taste and adjust seasoning with more lemon, salt, pepper, and/or a drizzle of olive oil if desired. Serve and enjoy!

Summer Sausage Rolls

2 large skinless chicken breasts
 1 garlic clove, crushed
 3 rashers streaky bacon, thinly sliced
 4 sundried tomatoes, chopped
 handful basil leaves, chopped
 375g/13oz pack ready-rolled puff pastry
 flour, for dusting
 1 egg yolk, beaten
 Sesame seeds

Process chicken and garlic until minced. Add bacon, sundried tomatoes, and basil. Pulse briefly to combine. Season.

Roll out pastry, spread with chicken mixture, and roll up. Cut into pieces. Repeat. Can freeze for up to 1 month.

Preheat oven to 390F Place rolls on baking sheet. Brush with egg, sprinkle with seeds. Bake 20 mins until golden.

DELICIOUS DISHES FOR YOUR PICNIC SPREAD

PBJ on a Stick

2 peanut butter and jelly sandwiches
1 cup seedless red or green grapes
1 small banana, sliced
4 wooden skewers (5 to 6 inches)

Slice the sandwiches into 1-inch squares. Thread grapes, sandwich squares, and banana slices onto skewers in alternating order. Serve promptly.

Classic Lobster Rolls

1/4 c. mayonnaise
1/4 c. fresh lemon juice
2 tbsp. fresh chives, chopped
1 tbsp. Dijon mustard
Kosher salt and black pepper
1 1/4 lb. lobster meat, cooked
8 split-top hot dog buns
Lettuce leaves

In a bowl, mix together mayonnaise, freshly squeezed lemon juice, chopped fresh chives, Dijon mustard, kosher salt, and black pepper. Add the cooked lobster meat, cut into large pieces, and gently toss until coated.

Butter the sides of split-top hot dog buns and cook them in a nonstick skillet until golden and crisp on each side. Line the toasted rolls with lettuce leaves and fill them with the lobster salad.

Caprese Sandwich

4 (3.5-inch) Focaccia squares, sliced in half
Handful of arugula
1 (8-ounce) fresh mozzarella ball, sliced
2 tomatoes, sliced
1/3 cup Roasted Cherry Tomatoes, optional
Pickled Onions, optional
Basil leaves
Extra-virgin olive oil, for drizzling
Flaky sea salt and freshly ground black pepper

Construct the sandwiches on the focaccia bread, layering with arugula, slices of mozzarella, and tomato. Include roasted tomatoes and optionally, a few pickled onions.

Finish with basil leaves, a drizzle of olive oil, and seasoning with salt and pepper to taste.

Classic Potato Salad

3 pounds Yukon Gold Potatoes
4 hard boiled eggs
1 cup mayonnaise
1/4 cup buttermilk
2 Tablespoons yellow mustard (or half dijon)
2 dill pickles, minced + splash of pickle juice)
salt and pepper
2 ribs celery, chopped
1/4 cup red onion, chopped

Boil and chop potatoes: Place whole, unpeeled potatoes in a large pot of water. Bring to a boil, then simmer for 10-15 minutes until fork tender. Drain completely, cover, and steam for 5-10 minutes. Peel and cut into 1/2 inch chunks if desired.

Make Dressing: Mash egg yolks, then mix with mayonnaise, buttermilk, mustard, pickle juice, salt, and pepper.

Assemble: Pour dressing over warm potatoes. Add chopped egg whites, celery, onion, and pickles. Stir well, cover, and refrigerate to blend flavors.

Homemade Hummus

1 1/2 cups cooked chickpeas, drained and rinsed
1/3 cup smooth tahini*
2 tablespoons extra-virgin olive oil
2 tablespoons fresh lemon juice, more to taste
1 garlic clove
1/2 teaspoon sea salt
5 tablespoons water, or as needed to blend
paprika, red pepper flakes, or parsley, for garnish
warm pita bread, and/or veggies, for serving

In a powerful blender, combine chickpeas, tahini, olive oil, lemon juice, garlic, and salt. Blend until smooth, adjusting consistency with water as needed.

Transfer the mixture to a serving plate, add your preferred garnishes, and serve with warm pita and vegetables as desired.

Picnic Egg Salad Recipe

6 hard-cooked eggs, peeled and chopped
3 tablespoons mayonnaise
2 tablespoons minced radish
1 tablespoon minced fresh dill
1 teaspoon minced scallion
1/2 teaspoon kosher salt
18 thin baguette slices, toasted

Mix together eggs, mayonnaise, chopped radish, dill, scallion, and salt in a medium-sized bowl. Spread one heaping tablespoon of the egg salad onto each toasted baguette slice.

Brunch Charcuterie Board

Mini bagels
Mini croissants
2-3 types of cheese
Homemade Granola (or store-bought)
Greek yogurt, drizzled with honey
Flavored yogurt (fruit, berry, or vanilla)
Salami and/or prosciutto
Strawberries
Blackberries
Grapes (green and red)
Toasted almonds and walnuts
Parmesan/Reggiano wedge of cheese
Boursin Garlic and Herb cheese
Herbs for garnish, if desired

If you plan to include homemade granola, prepare it ahead of time. It can be stored at room temperature for 1 to 2 weeks.

Alternatively, assemble the Brunch Charcuterie Board. Start by arranging the larger ingredients first, considering color, texture, and quantity. Place condiments strategically and fill in any gaps with berries, toasted nuts, and fresh herbs.

Mexican Corn Salad

4-5 ears of corn, shucked and kernels removed (or two 12 oz. bag of frozen corn)
1/2 teaspoon chili powder
1 clove garlic, minced
1 cup canned black beans, drained and rinsed
Medium green bell pepper, chopped
1/2 cup chopped red onion
2 tomatoes, seeded and diced
1/2 cup fresh cilantro, chopped
1/2 cup crumbled feta or cotija cheese
salt and pepper to taste

Dressing

1/2 cup sweet onion dressing
Juice of 1 lime
1/4 teaspoon ground cumin
Pinch of cayenne

Mix together the dressing, cumin, and cayenne in a bowl. Gradually add lime juice until you achieve the desired consistency.

In a large sauté pan, heat a small amount of oil. Add the corn and garlic to the hot oil. Sauté for approximately 10 minutes, or until the corn develops slight char marks. Stir in the chili powder, salt, and pepper to taste, cooking for an additional minute until fragrant. Stir frequently to prevent burning.

In a large bowl, combine the sautéed corn and garlic with the black beans, bell pepper, red onion, and tomatoes. Add fresh cilantro and drizzle the dressing over the salad. Sprinkle with feta cheese. Serve warm or cold.

Smoked Turkey Sandwiches

1 large round bread loaf or boule (about 8 inches in diameter)
3 to 4 tablespoons Dijon mustard
12 ounces thinly sliced smoked cooked turkey
4 ounces sliced cheddar cheese
2 ounces butter lettuce leaves (about 1 small head)

Slice the bread horizontally and remove most of the soft interior from each half, saving it for homemade breadcrumbs.

Spread mustard on the cut sides of the bread. Layer turkey and cheddar inside the bottom half, then add butter lettuce. Place the top on the sandwich, wrap tightly in two layers of plastic wrap, and refrigerate for at least an hour or up to a day.

QUENCHING YOUR THIRST WITH PICNIC DRINK DELIGHTS

MOCKTAILS: YOU WON'T MISS THE BOOZE

BLOOD ORANGE MOCKTAIL SPRITZER

Ingredients

Ice
3 ounces blood orange juice
2 ounces ginger beer
1/2 ounce fresh lemon juice
Sliced blood orange, sliced ginger and fresh mint, for garnish

Directions

1. Fill a rocks glass with ice. Add the juice, ginger beer and lemon juice. Stir gently to combine. Garnish with sliced blood orange, sliced ginger and mint.

SPICY LEMON GINGER SWITCHEL

Ingredients

1 cup water
2 tablespoons unfiltered apple cider vinegar
1 tablespoon fresh lemon juice
4 teaspoons honey
1 teaspoon grated fresh ginger
1 pinch ground cayenne pepper

Directions

Place water, apple cider vinegar, lemon juice, honey, fresh ginger and cayenne pepper in a glass jar. Stir or shake well to combine. Serve chilled or over ice.

SAY ALOHA TO PINEAPPLE DRINKS

PINEAPPLE POTION

Ingredients

1 1/2 ounce spiced rum
3 ounces pineapple juice

Directions

Fill a glass with ice to chill. Add the spiced rum and top with chilled pineapple juice. Serve immediately.

COCO COLADA SPRITZ

Ingredients

1 1/2 ounce coconut-flavored rum
1/2 ounce pineapple juice
1/4 ounce pineapple syrup
1/2 ounce lemon juice
2 ounces club soda

Directions

Fill a highball glass with ice. Add all the ingredients and stir to combine. Garnish with a pineapple wedge and leaf.

MALIBU PINEAPPLE BAY BREEZE

Ingredients

1 part pineapple rum
1 part cranberry juice
1 part pineapple juice

Directions

Add ice to the glass or pitcher, then add the rum and juices. Stir to combine.

ALL ABOUT THE DAIQUIRI

HEMINGWAY'S PAPA DOBLE

Ingredients

1 1/2 ounce blonde rum
1/4 ounce fresh lime juice
1/2 ounce fresh grapefruit juice
1 teaspoon maraschino liqueur
1 teaspoon sugar
Grapefruit wedge for garnish

Directions

Pour all ingredients into a shaker filled with ice. Shake well and strain into a chilled glass. Garnish with grapefruit.

CLASSIC DAIQUIRI

Ingredients

2 ounces white rum
1 ounce fresh lime juice
2 ounces limeade
2-3 drops Falernum
Lime twist

Directions

In a shaker with ice, add rum, lime juice, limeaid and Falernum. Shake 15 seconds or until the shaker is cold. Strain into a chilled glass and garnish with a lime twist.

FUN FACT: The daiquiri was a favorite drink of President John F. Kennedy. On the night he won the presidential election, he celebrated with this drink. It's said to be Jackie Kennedy's personal recipe, which was taped to the wall of the White House kitchen.



Cucumber Salad

Ingredients

4 cucumbers, thinly sliced
1 red bell pepper, thinly sliced
1 small white onion, thinly sliced
1 cup white vinegar
3/4 cup white sugar
1/2 cup water
1 tablespoon dried dill, or to taste
1/4 teaspoon salt
1/4 teaspoon pepper



Directions

1. Toss sliced cucumbers, bell pepper, and onion together in a large bowl. Set aside.
2. Combine vinegar, sugar, and water in a saucepan over medium-high heat; bring to a boil; pour over cucumbers and onions in the bowl. Stir in dill, salt, and pepper. Cover and let marinate in the refrigerator for at least 1 hour before serving.

TRAVELERS WORLD



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IT'S ALMOST TIME!

OUR ANNUAL GRADUATION KEEPSAKE WILL PRINT IN MAY FOR THE CLASS OF 2024. IT WILL FEATURE THE GRADUATING SENIORS FROM CLOVIS, PORTALES AND SURROUNDING SCHOOLS. BE ON THE LOOKOUT FOR THIS POPULAR SECTION THAT CELEBRATES OUR AREA'S BEST AND BRIGHTEST.
CONGRATS TO THE CLASS OF 2024!



The EASTERN NEW MEXICO NEWS

Epic Moments



Photobooth

NO-CHURN MANGO BERRY ICE CREAM

1 1/2 lb. frozen raspberries
1/2 lb. frozen mango
1/2 c. sweetened condensed milk (7 oz.)
1/2 tsp. kosher salt

Step 1: Using a food processor, pulse fruit until finely chopped and fluffy, scraping sides.

Step 2: Add condensed milk and salt, pulse until mixture is smooth and whirring around blade in continuous wave.

Step 3: Transfer to 9x5 inch loaf pan, freeze uncovered until set (about 4 hours).

Cover tightly if storing for up to 2 weeks.

Yield: About 5 cups.

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The ultimate outdoor games for summer fun

When the weather warms up, outdoor activities become irresistible. Picnics are a fun way to enjoy the spring and summer seasons. The combination of fresh air, good food, and pleasant company makes picnics truly special. But let's not forget the essential ingredient for a memorable picnic: Family Fun Games!

Cornhole, a favorite outdoor lawn game, captivates people of all ages at picnics, tailgates, backyard gatherings. The game centers around tossing small fabric bags filled with corn kernels (or plastic pellets) toward a raised wooden platform with a strategically placed hole.

Here's a breakdown of how cornhole is typically played:

Equipment

Two sloped wooden boards, usually measuring 2 feet by 4 feet, are positioned 27 feet apart from each other. Each board features a hole (the "cornhole") cut near the top center. Eight bean bags, crafted from fabric and filled with corn kernels or plastic pellets, are used—four bags per team. These bags often come in different colors to distinguish between teams.

Setup

Place the boards on a flat surface, such as grass or pavement, with the holes facing each other. Players take turns standing behind one board and tossing the bags toward the opposite board.

Gameplay

The objective is to score points by successfully landing the bags on the board or, even better, getting them through the hole. A bag that goes through the hole earns three points, while a bag on the board without going through the hole earns one point. The game is typically played to a predetermined score, often 21 points.

Scoring

After all eight bags have been thrown, tally the points for each team. The team with the most points in a round earns the difference in points between the two teams. For instance, if one team scores 7 points and the other scores 4 points, the first team earns 3 points for that round.

Winning

Continue playing until one team reaches or surpasses the predetermined winning score (usually 21 points). The team that achieves this score first

emerges as the victor.

Cornhole's competitive spirit make it a favorite for gatherings and outdoor events throughout the year!

Here are more timeless picnic games that will keep everyone entertained during your next outdoor gathering: The Original Disc Toss Game

A popular outdoor party game is played in teams of two. The goal is to score 21 points by throwing a flying disc into a bin or hoop.

Perfect for outings, camping trips and picnics.

Ladder Toss Outdoor Lawn Game

Easy to set up, this lawn toss game involves throwing bolas onto a ladder-shaped target. A hit among Kids and adults.

Hot Dog Eating Contest

Hot dogs on the menu? Make a game out of it. Challenge the brave souls of your group who wish to make eating those homemade hot dogs into a competition by seeing who can eat the most.

Bubble Making Contest

When you're naturally competitive, everything becomes a challenge! Even something as enjoyable as blowing bubbles can stir



some friendly rivalry. Bring bubbles and equipment to your next picnic and challenge your group by seeing who can make the biggest bubbles. Entertaining from young to old.

Croquet

Croquet is a popular outdoor game of strategy and skill that anyone can play. A lawn game that is played with players using long handled wooden mallets to hit a ball through a series of wire

hoops, or wickets. **Oversized Outdoor Games**

Giant lawn games are all the rage. Look in local retail stores for all-time favorites like oversized chess sets, dice games and dominoes. Games that are sure to please all ages.

Create lasting traditions and memories during your summer picnics and family gatherings. Invite your loved ones to join in and cherish those fun spring and summer days.

DID YOU KNOW?

Origins: Cornhole, also known as bean bag toss, originated in the Midwest United States, with its exact origins unclear. Some believe it dates back to early Native American history, while others trace it to 19th-century Midwest farming communities.

Name: The game is called cornhole because the bags were originally filled with corn kernels, hence the "corn" in cornhole.

Alternate Names: Depending on the region, cornhole is also known by various other names such as bean bag toss, bags, sack toss, and dummy boards.

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Pea Salad

INGREDIENTS

- 1/2 cup sour cream
- 1/4 cup mayonnaise
- 1 tablespoon granulated sugar
- 2 teaspoons apple cider vinegar
- 1/4 teaspoon kosher salt
- 1/8 teaspoon pepper
- 4 cups frozen peas, thawed
- 1/3 cup diced red onion
- 3/4 cup cubed sharp cheddar cheese
- (about the same size as the peas)
- 8 slices cooked crispy bacon, crumbled

DIRECTIONS

- Put sour cream, mayonnaise, sugar, apple cider vinegar, salt, and pepper in a large bowl; whisk to combine.
- Add peas, onion, cheese, and bacon to the bowl; gently stir to coat completely.
- Refrigerate at least 1 hour before serving. Garnish with some crispy bacon.



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Embarking on your backyard gardening journey

□ Gardening can be a rewarding and fun project! Whether you're planting and growing vegetables, herbs or flowers, here are some basic rules to kick-start your spring and summer project in 2024.

By Pat Free
THE STAFF OF THE NEWS

1. Select the Best Location

- Find a sunny area in your backyard with 6 to 8 hours of direct sunlight daily. Most leafy greens thrive in sunlight.
- Ensure proper drainage to prevent overwatering. Raised beds or drainage improvement may be necessary.
- Avoid windy areas in your yard that could harm young plants or disrupt pollination.

2. Soil Preparation

- Soil quality is important. Enrich it with organic matter like compost or garden soil that is mixed with vital nutrients to enhance plant growth.
- Clear away rocks to promote healthy root development.

3. Start Small

- Begin with a manageable garden size. Planting too many plants in a small area can cause garden crowding, taking energy from each plant, resulting in smaller vegetables and stunted growth.
- Plant wisely, focusing on what you and your family

will actually consume.

4. Plant Selection

- Choose crops suited to your taste and climate conditions.
- Decide between starting from seeds or acquiring seedlings.

5. Planting

- Consult local planting guides and adhere to appropriate timing for your climate.
- Follow spacing and plant height requirements.
- Woodchips or mulch can be effective weed control.

6. Regular Watering

- Consistent watering is key. Consider a drip irrigation system with a timer for efficient moisture management.
- Maintain soil moisture without over-saturation.

7. Daily Maintenance

- Dedicate daily time to your garden. Pay attention to plant health and take care of pest issues right away. Harvest Vegetables at their peak for optimal flavor. Flower gardens can be cut when flowers are in full bloom for beautiful home arrangements.

8. Enjoy Your Harvest

- There's nothing like homegrown produce and picking your own flowers. Enjoy!

Benefits of backyard gardening for your well-being and the environment.

1. Stress Relief:

- Gardening can serve as a powerful remedy to daily stress. Research shows that



gardening provides greater stress relief than reading, thanks to both the activity itself and the beneficial bacteria in soil.

2. Physical Exercise

- Gardening is a full-body workout! It engages muscles throughout the body. Tasks like planting, weeding, and mowing qualify as moderate physical activity, burning over 300 calories per hour. More strenuous activities such as chopping wood or spreading mulch and soil offer even greater calorie burn.

- Additionally, gardening enhances dexterity, hand strength, and often leads to improved sleep quality.

3. Brain Health

- Gardening isn't just beneficial for the body; it also

boosts cognitive function and may reduce the risk of dementia.

4. Sun Exposure and Vitamin D

- Spending time gardening in the sun provides essential vitamin D intake, crucial for various bodily functions including metabolism, immune system function, and mental well-being. It's linked to positive impacts on conditions like type 2 diabetes and heart health.

5. Access to Fresh, Organic Produce

- Cultivating your own foods grants you access to fresh, nutritious produce straight from your backyard, offering a sense of satisfaction when harvest arrives.

6. Positive Environmental Impact

- Backyard gardening promotes sustainability by reducing reliance on transported and packaged produce. Eco-friendly practices like composting and water conservation further enhance its environmental benefits.

7. Economic Savings

- Homegrown produce translates to significant saving on grocer bills over time, offsetting the initial investment in seed, soil and tools.

Backyard gardening is more than just plants; it nurtures well-being, fosters a connection to nature and yields gratifying rewards for your efforts. Remember, gardening involves ongoing learning and adaptation.

ZUCCHINI BREAD

Zucchini is a healthful vegetable that comes from the squash family and offers a number of advantages. It is a fantastic vegetable in any diet due to its rich vitamin, mineral, and fiber content. Because of its nutritional benefits, ease of maintenance, and ease of growth, zucchini is a great choice for novice gardeners.

Rich in antioxidants and minerals, zucchini supports a healthy digestive system. Growing zucchini is simple, and the plants can yield food all summer long until the first frost. It is a popular among bakers and may be used to make roasted zucchini boats, zucchini noodles, and zucchini bread. If you love and care for your plants, you might even notice improvements in your own health.

INGREDIENTS	INSTRUCTIONS
2 cups all purpose flour 1 ½ cups sugar 2 teaspoons baking soda 1 tablespoon cinnamon 1 teaspoon salt 3 large eggs 2 cups zucchini grated/shredded ¾ cup vegetable oil 1 tablespoon vanilla *1 ½ cups walnuts chopped (See Variations)	1. Preheat your oven to 350°F and line two 8x4 loaf pans with parchment paper. 2. In a medium bowl, combine flour, sugar, baking soda, cinnamon, and salt. Whisk together and set aside. 3. In a large bowl, beat the eggs, then mix in the zucchini, oil, and vanilla. 4. Gradually add the dry ingredients to the wet mixture. Stir in the walnuts until just combined. 5. Divide the batter evenly between the prepared pans and bake for 50-60 minutes, or until a toothpick inserted into the center comes out clean. 6. Allow the loaves to cool in the pans for 5 minutes before transferring them to a wire rack to cool completely.

VARIATIONS

Swap the cinnamon for spices like pumpkin pie spice or a pinch of nutmeg. Dried cranberries, blueberries or raisins are a great addition. Swap out the walnuts for chocolate chips.

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Tex Mex Summer Squash Casserole

- 7 medium yellow summer squash, sliced (about 10 cups)
- 2-1/4 cups shredded cheddar cheese, divided
- 1 medium onion, chopped
- 1 can (4 ounces) chopped green chiles
- 1 can (4 ounces) diced jalapeno peppers, drained
- 1/4 cup all-purpose flour
- 1/2 teaspoon salt
- 3/4 cup salsa
- 4 green onions, sliced
- 1/4 cup chopped red onion

1. Preheat the oven to 400°F.
2. In a spacious bowl, mix together the squash, 3/4 cup of cheese, onion, chiles, and jalapenos. Sprinkle with flour and salt, then toss to combine.
3. Transfer the mixture to a greased 13x9-inch baking dish. Cover and bake until the squash is tender, typically 30-40 minutes.
4. Once tender, spoon salsa over the top and sprinkle with the remaining 1-1/2 cups of cheese. Bake, uncovered, until golden brown, approximately 10-15 minutes longer. Allow it to stand for 10 minutes before serving. Garnish with green and red onions before serving.



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