

Questa Del Rio News

QUESTA • RED RIVER • CERRO • COSTILLA • AMALIA • LAMA • SAN CRISTOBAL



On Monday April 22, we will celebrate Earth Day! Our daily choices greatly impact our planet. Try celebrating Earth Day by being mindful of what you eat, buy seasonal produce (like artichokes) and know where and how your food is grown (try Cerro Vista Farms!). Also celebrated in April is national burrito day on April 4 and national egg salad week! Here's a few recipes to help you celebrate April!

Egg Salad

Recipe by Gina Homolka

Ingredients:

6 hard boiled eggs, peeled and chopped
3 tbs mayonnaise
1 tsp finely chopped red onion
1/8 tsp kosher salt
Fresh black pepper, to taste
1/8 tsp sweet paprika, for garnish
Chopped chives

Combine all the ingredients and refrigerate until ready to eat.

Spread on your favorite toasted bread or eat with crackers.

Photo Credit Jess Larson



Oatmeal Cookies

Recipe by Sunny Beckley

Ingredients:

1/2 cup unsalted butter (softened)
1/2 cup granulated sugar
1/2 cup brown sugar
1 large egg
1/2 tsp vanilla
3/4 cup flour (I sub 1/4 cup whole wheat)
1/2 tsp baking soda
1/2 tsp salt
1- 1/5 cups of quick oats
1 cup raisins

Preheat oven to 350 degree F

Grease baking sheet.

Beat sugar and butter until creamy, beat in egg and vanilla.

Combine flour, baking soda and salt in a separate bowl. Stir into butter sugar mix. Stir in oats and raisins.

Use rounded tablespoons to measure out dough balls and place 2 inches apart.

Bake for 12 min until lightly browned.

Let stand for 1 min and remove onto racks to cool.

Eat all the cookies.

Photo courtesy of Love and Lemons



Artichokes

Recipe by Gonzales

Ingredients:

6 large artichokes
1 lemon, plus more lemon juice to taste if desired

To prepare the artichokes for steaming, pull off the outermost leaves and discard. Trim the stem, leaving one about inch attached. Cut off the top 1/4 of the artichoke and discard. Snip off remaining thorns with scissors.

Add a few inches of water, the juice from your cut lemon, and about 1 teaspoon salt to a large pot, then place in your steamer basket and bring water to simmer. Add the artichokes. Cover and steam until the artichokes are cooked through, about 25 minutes.

When artichokes are tender, remove from the steamer and season to taste with salt, pepper, and lemon juice (if desired). Serve warm with aioli dip or your favorite mayonnaise for dipping.

When eating an artichoke, discard the center "choke" (fuzzy hair like fiber). The edible part is located at the base of the petal. Pull the base of petal through slightly clenched teeth to strip off the petal meat. Pull off and eat the individual petals from the cooked artichoke, marking your way down to the heart of the artichoke.