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**NEWS**

NOW SERVING

# *Cozy Comfort* HOLIDAY FAVORITES

A collection of timeless recipes to make your celebrations even more special. From festive drinks to indulgent sweet treats and hearty savory dishes, these holiday-inspired recipes are perfect for gathering with loved ones and creating lasting memories around the table.



# FESTIVE FINGER FOODS

## Spinach Artichoke Dip

- 1 package (8 oz.) cream cheese, softened
- 1/2 cup grated Parmesan cheese
- 1/4 cup mayonnaise
- 1 garlic clove, minced
- 1 teaspoon dried basil
- 1/4 teaspoon garlic salt
- 1/4 teaspoon pepper
- 1 can (14 oz.) water-packed artichoke hearts, rinsed, drained and chopped
- 1/2 cup frozen chopped spinach, thawed and squeezed dry
- 1/4 cup shredded mozzarella cheese
- Assorted crackers

Preheat your oven to 350°F. In a large bowl, mix together the first seven ingredients until well combined. Fold in the artichokes and spinach. Transfer the mixture to a greased 9-inch pie plate, spreading it evenly. Top with mozzarella cheese. Bake, uncovered, for 20-25 minutes, or until the dip is hot and bubbly with a lightly browned edge. Serve with crackers for dipping.

## Sausage and Cheese Balls

- 3 cups all-purpose baking mix (such as Bisquick)
- 1lb. ground hot pork sausage, uncooked
- 1lb. sharp Cheddar cheese, shredded

Preheat the oven to 400°F and lightly coat two baking sheets with cooking spray. In a large bowl, combine all the ingredients, pressing the mixture together with your hands until well combined. Shape the mixture into 3/4-inch balls and place them on the prepared baking sheets. Bake for 15 to 18 minutes, or until the sausage balls are golden brown and cooked through.

## Pimento Cheese Stuffed Peppers

- 3/4 cup pimiento cheese, softened
- 1 (14-oz.) jar Peppadew peppers, drained and patted dry
- Chopped fresh chives and black pepper, for garnish

Spoon the pimiento cheese into a zip-top plastic bag and snip off a 3/4-inch corner. Pipe the cheese into each pepper, filling them generously until they're slightly overstuffed. Arrange the stuffed peppers on a serving plate, then garnish with freshly chopped chives and a sprinkle of black pepper.

## Prosciutto Wrapped Asparagus

- 1/3 pound thinly sliced prosciutto or deli ham
- 16 fresh asparagus spears, trimmed
- 1/2 cup seedless raspberry jam
- 2 tablespoons balsamic vinegar

Cut each slice of prosciutto in half. Wrap a piece of prosciutto around each asparagus spear and secure the ends with toothpicks. Grill the wrapped asparagus on a greased rack over medium heat for 6-8 minutes, or until the prosciutto becomes crisp, turning once to cook evenly. Remove and discard the toothpicks.

In a small microwave-safe bowl, heat the jam and vinegar in the microwave for 15-20 seconds, or until the jam has melted. Serve the grilled asparagus with the jam mixture on the side for dipping.

## Spinach Ricotta Appetizer

- 5 ounces baby spinach
- 1/2 cup roughly chopped fresh parsley
- 1/2 cup roughly chopped fresh chives
- 1 medium garlic clove, chopped
- 3/4 cup whole-milk ricotta cheese
- 5 oz. goat cheese, softened
- 1 1/2 oz. pecorino Romano, finely shredded (about 1/2 cup)
- 1 tablespoon fresh lemon juice, plus zest for garnish
- 1 teaspoon kosher salt
- 1/2 teaspoon black pepper
- 3 tablespoons olive oil
- 16 (1/2-inch-thick) baguette slices, toasted
- 3 ounces thinly sliced prosciutto, torn

Bring a large pot of water to a boil over med.-high heat. Add the spinach and cook, stirring occasionally, until bright green and wilted. Transfer the spinach to a bowl of ice water to cool for about 3 min. Drain well, press out excess moisture using paper towels.

In a food processor, combine the cooled spinach, parsley, chives, and garlic. Pulse until finely chopped. Add ricotta, goat cheese, pecorino Romano, lemon juice, salt, and pepper, then process until smooth, stopping to scrape down the sides as needed. Add the olive oil and process for another 5-10 seconds until fully incorporated.

Spread about 2 tablespoons of the spinach-ricotta mixture onto each baguette slice. Top with a slice of prosciutto and finish with a sprinkle of lemon zest for garnish. Serve and enjoy!

Small bites, big holiday cheer—our delicious finger foods are here!

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## Grinch Cookies

- 3 1/2 C all-purpose flour
- 1 1/2 tsp baking powder
- 1 tsp baking soda
- 1 tsp kosher salt
- Green sanding sugar
- 1 C (2 sticks) unsalted butter, room temp
- 1 1/2 C granulated sugar
- 2 large eggs
- 1 tsp vanilla extract
- 1 tsp almond extract
- Green food coloring
- Red heart sprinkles

- Preheat oven to 350°F. Line two baking sheets with parchment. Whisk flour, baking powder, baking soda, and salt in a bowl. Place green sanding sugar in another bowl.
- Beat butter and sugar until fluffy, 1-2 minutes. Add eggs, then extracts. Gradually add flour mixture and food coloring. Scoop dough (1 1/2 Tbsp size), roll in green sugar, and place on sheets 2 inches apart.
- Bake 8-10 minutes until edges are crisp. Press a heart sprinkle on each cookie right after baking. Cool on pans 5 minutes, then transfer to a rack to cool fully.



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### INGREDIENTS:

- 1 package (14.3 ounces) Oreo cookies
- 6 Tbsp butter, melted
- 1 package (8 ounces) cream cheese, softened
- 1/4 cup sugar
- 2 Tbsp 2% milk
- 1 carton (12 ounces) frozen whipped topping, thawed, divided
- 3/4 cup crushed candy canes (about 7 regular size), divided
- 2 packages (3.3 ounces each) instant white chocolate pudding mix
- 2-3/4 cups cold 2% milk

### RECIPE:

1. Pulse cookies in a food processor until fine crumbs form. Add melted butter; pulse just until combined. Press onto bottom of a 13x9-in. dish. Refrigerate while preparing filling.
2. Beat cream cheese, sugar and milk until smooth. Fold in 1 cup whipped topping and 1/2 cup crushed candies. Spread over crust.
3. Whisk pudding mix and milk 2 minutes; spread over cream cheese layer. Spread with remaining whipped topping. Refrigerate, covered, 4 hours. Sprinkle with remaining candies just before serving.

## LAYERED CANDY CANE DESSERT



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# RAISE A GLASS TO THE SEASON

## Jingle Juice

- 1 ounce whipped vodka
- 2 ounces pink champagne / sparkling rosé
- 3 ounces Cherry 7-up

Fill a glass with ice, leaving room for the drink. Add whipped vodka, pink champagne, and Cherry 7-Up. Gently stir until mixed, then garnish with fresh cranberries for a festive flair, if desired.

### Cranberry-Rosemary Ice Cubes

Add fresh cranberries and small rosemary sprigs to each compartment of a large square ice cube mold. Fill with water to cover, secure the lid, and freeze until solid.

## Naughty but Nice Cocktail

- 4 oz rye whiskey, bourbon, or vodka
- 2 oz orange juice
- 2 oz ginger syrup
- 4 oz cranberry juice
- 4 oz club soda
- Ice
- Orange slices and fresh cranberries for garnish

Fill a cocktail shaker with ice and add your choice of liquor, orange juice, ginger syrup, and cranberry juice. Shake well. Pour evenly into two glasses, adding extra ice if needed. Top with club soda and garnish with orange slices and cranberries.

## Rudolph's Merry Mixer

- 2 cups chilled orange juice
- 3 cups chilled cranberry juice
- 2 cups chilled ginger ale, 7UP, or Sprite
- 1.5 cups chilled vodka
- 1/2 cup chilled maraschino cherry juice
- Juice of 1 large lemon (about 1/4 cup)

In a large pitcher or punch bowl, combine all ingredients and stir well. Serve over ice, garnished with cranberries, maraschino cherries, or a sprig of rosemary.

Replace vodka with apple juice or white grape juice if you want to make a tasty mocktail.

## Crisp Harvest Spritz

- 1 oz freshly squeezed lemon juice
- 2 oz grapefruit juice
- 2 oz aquafaba (liquid from canned chickpeas)
- 4 oz apple cider
- 2 tsp orange bitters
- A dash of cinnamon
- 1/2 tsp vanilla extract
- A dash of nutmeg
- 2-3 tsp maple syrup
- Lemon zest (for garnish)

In a shaker, combine lemon juice, grapefruit juice, aquafaba, apple cider, bitters, cinnamon, vanilla, nutmeg, and maple syrup. Add ice and shake for 20-30 seconds. Strain into a glass and garnish with lemon zest. Serve and enjoy!

## White Hot Chocolate

- 2 cups milk
- 1 1/2 cups half-and-half
- 3/4 cup white chocolate chips (plus extra for topping)
- 1/2 tsp kosher salt
- 1 1/2 tsp vanilla extract
- Mini marshmallows, for garnish

Warm the milk and half-and-half in a saucepan over medium-low heat. Once heated, stir in 3/4 cup of white chocolate chips until melted, then add the salt and vanilla. Pour the mixture into mugs and garnish with mini marshmallows and additional white chocolate chips.

## Eggnog Latte

- 1/3 cup 2% milk
- 2/3 cup eggnog
- 1 (1.5 fl oz) shot of brewed espresso
- A pinch of ground nutmeg

Combine milk and eggnog in a steaming pitcher and heat to 145°F to 165°F using the steaming wand. Brew a shot of espresso and pour it into a mug. Add the steamed milk and eggnog mixture to the mug, holding back the foam with a spoon. Spoon the foam on top and sprinkle with nutmeg.

Pour a little holiday cheer into your cup—the best gifts come in sips!

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# Layered MOCHA CHEESECAKE

### Ingredients

- 15 Oreo cookies, finely crushed (about 1-1/2 cups)
- 1/4 cup butter, melted

### Glaze

- 1/2 cup semisweet chocolate chips
- 3 tbsp butter
- Chocolate-covered coffee beans, optional

### Filling

- 2 tbsp plus 1-1/2 tsp instant coffee granules
- 1 tbsp hot water
- 1/4 tsp ground cinnamon
- 4 packages (8 oz. each) cream cheese, softened
- 1-1/2 cups sugar
- 1/4 cup all-purpose flour
- 2 tsp vanilla extract
- 4 large eggs, lightly beaten
- 2 cups semisweet chocolate chips, melted and cooled

### Procedure

Grease a 9-inch springform pan and wrap in a double layer of foil. In a small bowl, combine cookie crumbs and butter, then press into the bottom of the pan. In another bowl, dissolve coffee granules in hot water with cinnamon and set aside. Beat cream cheese, sugar, flour, and vanilla until smooth, then add eggs and beat on low until combined. Divide the batter in half. Stir melted chocolate into one half and pour over the crust. Mix the coffee mixture into the other half and spoon over the chocolate layer.

Place the pan in a larger baking pan, add 1 inch of hot water to the outer pan, bake at 325°F for 60-65 min., or until the center is set and top is dull. Remove from water bath, cool for 10 min., then loosen the sides. Cool for 1 more hour and refrigerate overnight. For the glaze, melt chocolate chips and butter in the microwave, stir until smooth, then spread over the cheesecake. Optionally, top with coffee beans.

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## TURKEY POT PIE

- 1-2/3 cups frozen mixed vegetables, thawed
- 1-1/2 cups cubed cooked turkey
- 1 can (10-3/4 ounces) condensed cream of chicken soup, undiluted
- 1/4 teaspoon dried thyme
- 1 cup biscuit/baking mix
- 1/2 cup 2% milk
- 1 large egg

Preheat oven to 400°F.  
 In a large mixing bowl, combine the vegetables, turkey, soup, and thyme. Pour mixture into 9-inch deep-dish pie plate.  
 In a separate bowl, whisk together the biscuit mix, milk, and egg until smooth. Spoon this batter over the turkey and vegetable mixture, spreading it evenly.  
 Bake for 25 to 30 min., or until the biscuit topping is golden brown and a toothpick inserted into the center comes out clean.

## GREEN CHILI STEW

- 1-2 lbs. pork stew meat or pork shoulder chopped into 1/2" pieces
- 1/4 cup all-purpose flour or cornstarch
- 1/2 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon garlic powder
- 1 tablespoon olive oil
- 1/2 yellow onion chopped into 1/2 pieces
- 3 large cloves garlic minced
- 7 oz. chopped green chili about 3/4 cup worth (frozen works fine)
- 8 ounces green chili enchilada sauce about 3 1/2 cups worth
- 3 cups chicken stock or water, plus 1 tablespoon chicken base
- 1/2 teaspoon kosher salt adjust to taste
- 4 cups diced potatoes, about 2 large potatoes

In a gallon-sized Ziploc bag, combine pork, flour, pepper, and garlic powder. Shake to coat and set aside.  
 Heat oil in a large pot over medium heat. Sauté garlic and onion for 2-3 min. until translucent. Add the coated pork and cook for 5 min., stirring occasionally, until browned.  
 Stir in chiles, green chili sauce, stock, and salt. Bring to a boil, then cover and simmer on low for 45 min.  
 Add potatoes, bring to a boil, then simmer for 15 min., or until potatoes are tender.

## THYME PORK CHOPS

- 1/2 c. all-purpose flour
- 1/2 tsp. seasoned salt
- 1/2 tsp. ground black pepper
- 1/4 tsp. cayenne pepper, optional
- 1/2 tsp. chopped, fresh thyme leaves, plus more for garnish
- 2 Tbsp. vegetable oil
- 1 Tbsp. butter
- 8 1-inch thick boneless pork loin chops (about 3lbs)
- 1 large onion, sliced
- 110.75 oz. can cream of mushroom soup
- 1 1/4 c. chicken broth
- 3 Tbsp. Worcestershire sauce
- 4 sprigs fresh thyme

In a shallow dish, mix flour, salt, pepper, cayenne, and thyme. Coat each pork chop in the mixture and set aside. Heat oil and butter in a skillet over medium-high heat. Cook the pork chops for 3 minutes per side until golden brown, then transfer to a plate.  
 In the same skillet, sauté onions for 5 min. until softened and lightly browned. Remove from heat. In a slow cooker, combine cream of mushroom soup, chicken broth, and Worcestershire sauce. Stir in onions and thyme, then add the pork chops. Cover and cook on high for 1 hour, then reduce to low and cook for 2 more hours until tender. Serve the pork chops with gravy and onions, garnished with fresh thyme. Enjoy with mashed potatoes or egg noodles.

## CROWN PORK ROAST

- 1 tablespoon paprika
- 1-1/2 teaspoons kosher salt
- 1 teaspoon dried thyme
- 1 teaspoon dried rosemary, crushed
- 1 teaspoon pepper
- 1/2 teaspoon rubbed sage
- 1 pork crown roast (12 ribs and about 8 pounds)
- Optional: Apples, fresh rosemary sprigs and dried sage leaves

Preheat the oven to 350°F. Mix the first 6 ingredients in a bowl and rub the mixture over the roast. Place the roast on a rack in a roasting pan, covering the rib ends with foil.  
 Roast for 2 to 2.5 hours, until the internal temperature reaches 145°F. Remove, tent with foil, and rest for 15 min. Carve between the ribs and garnish with rosemary and sage, if desired.

Sweet or savory, holiday comfort foods are the heart of the season.

## SEASONS GREETINGS & WARM WISHES

### Mixed Bean Soup

- 1 (16 oz) bag of mixed dried beans (flavor packet optional)
- 8 cups water
- 2 tsp chicken bouillon
- 1 cup carrots, sliced into 1/2-inch pieces
- 1/2 cup chopped onion
- 1 meaty ham bone or 1 large ham steak, cut into chunks
- 1/2 tsp dried basil
- 1 bay leaf
- 1 package fully cooked kielbasa, sliced into 1/2-inch rounds
- Salt and pepper, to taste

**Soak Beans:**  
 Overnight method: Place beans in a large pot, cover with water at least 1 inch above the beans, and soak overnight.  
 Quick soak method: Add beans to a large pot, cover with water (1 inch above beans), bring to a boil, and boil for 5 minutes. Remove from heat, cover, and let sit for 1 hour.  
 After soaking, drain and rinse the beans.  
**Cooking:**  
 Place the prepared beans in a 5-7-quart slow cooker. Add the flavor packet (if using), water, bouillon, carrots, onions, ham bone or chunks, basil, bay leaf, and kielbasa. Cover and cook:  
**Low heat:** 8-10 hours  
**High heat:** 5-8 hours  
 Season with salt and pepper to taste before serving.  
**Serves:** 6

## GUTHALS NURSERY



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## Apple Butter Crumble

### Apple Filling:

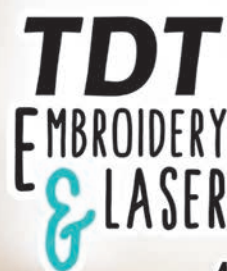
- 6 C Pink Lady apples, peeled/sliced 1/4 in. thick
- 3 C Honeycrisp apples, peeled/sliced 1/4 in. thick
- 1/4 C light brown sugar
- 1/4 C granulated sugar
- 2 tbsp tapioca flour
- 1 tbsp lemon juice
- 1/4 tsp black pepper
- 1/4 tsp ground ginger
- 1/2 cup apple butter
- 2 tbsp unsalted butter, diced

### Streusel:

- 1/2 C + 2 tbsp all-purpose flour
- 5 tbsp oat flour
- 4 1/2 tbsp light brown sugar
- 1/4 tsp kosher salt
- 1/4 C cold unsalted butter, diced



**Make Streusel:** Preheat oven to 375°F. Combine flours, brown sugar, and salt. Add butter, mash until crumbly, and form small clumps. Chill.



**Make Filling:** Mix apples, sugars, tapioca flour, lemon juice, pepper, and ginger until juices form, about 2-3 minutes. Stir in apple butter. Place in a 9-inch baking dish, dot with butter, and top with streusel.  
**Bake:** Bake for 1 hr 15 min, until golden and bubbly. Tent with foil if browning too quickly. Serve with whipped cream or ice cream.

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## BREAKFAST CASSEROLE

This is a favorite of our family - we have it every Christmas!

Butter 6 slices of bread (trimmed)  
 Cube, and put into a greased 9x13 pan.  
 Cook 2 lbs of beef, sausage, or ham and layer over the bread.

### Mix the following and pour over the meat and bread.

- 1 lb. grated longhorn cheese
- 8 eggs, beaten
- 1 C. half & half
- salt & pepper to taste
- green chilis, if desired

Cover and refrigerate overnight.  
 Bake 1 hour at 350 degrees.



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## CINNAMON BREAD PUDDING

- 4 eggs
- 3-1/2 cups 2% milk
- 2-1/2 teaspoons vanilla extract
- 4 cinnamon crunch bagels, cut into 1-inch pieces (about 10 cups)
- 1/4 cup butter, cubed
- 1/2 cup packed brown sugar
- confectioners' sugar, optional

In a large bowl, whisk together the eggs, milk, and vanilla extract. Gently fold in the bagel pieces, ensuring they are evenly coated. Transfer the mixture to a greased 13x9-inch baking dish and let it sit for about 15 min., allowing the bagels to soften. While the bagels are soaking, combine the butter and brown sugar in a small saucepan. Cook over medium-low heat, stirring occasionally, until the sugar is fully melted and the mixture is smooth. Pour the melted butter and sugar mixture evenly over the bagel mixture in the baking dish. Bake, uncovered, at 350°F for 45-50 min., or until the top is puffed up and the center is almost set.

## APPLE SCALLOPED POTATOES

- 1 medium Granny Smith apple, peeled and thinly sliced
- 1 teaspoon sugar
- 1 teaspoon lemon juice
- 2 tablespoons butter
- 1/2 cup sliced sweet onion
- 4 medium red potatoes (about 1 pound), thinly sliced
- 3/4 cup plus 2 tablespoons shredded Parmesan cheese, divided
- 1/2 cup heavy whipping cream
- 1/2 teaspoon minced fresh thyme or 1/4 teaspoon dried thyme
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 4 bacon strips, cooked and crumbled
- Chopped fresh parsley

Preheat the oven to 350°F. Toss apple slices with sugar and lemon juice in a small bowl, then set aside. In a cast-iron skillet, melt butter over medium heat. Add onion and cook for 3 minutes until crisp-tender, then remove from heat. Layer potato and apple slices alternately in the skillet. Whisk together 3/4 cup Parmesan, cream, thyme, salt, and pepper, and pour over the potatoes and apples. Bake uncovered for 50 min. Top with bacon and remaining Parmesan, then bake for 5-10 more min. until potatoes are tender and the top is browned. Let stand for 10 min. before serving. Garnish with parsley if desired.

## TRES LECHE CAKE

- 1 cup all-purpose flour
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 5 large eggs, separated
- 1 cup granulated sugar
- 1/3 cup whole milk
- 1 teaspoon vanilla extract
- 12 oz. can evaporated milk
- 14 oz. can sweetened condensed milk
- 1/4 cup whole milk
- 1 pint heavy whipping cream
- 3 Tablespoons powdered sugar
- 1/2 teaspoon vanilla extract
- ground cinnamon, for topping

Preheat the oven to 350°F. In a bowl, whisk flour, baking powder, and salt. Separate egg yolks and whites into 2 bowls. Beat yolks with 3/4 cup sugar until pale, then stir in 1/3 cup milk and vanilla. Add this to the flour mixture, stirring gently. Whip egg whites on high until stiff peaks form, gradually adding the remaining 1/4 cup sugar. Fold the whipped egg whites into the batter. Pour into an ungreased pan and bake for 25-35 min. until a toothpick comes out clean. Cool completely. Mix evaporated milk, sweetened condensed milk, and whole milk in a bowl. Poke holes in the cooled cake, then pour the milk mixture over it. Refrigerate for at least 1 hour or overnight. Whip heavy cream, sugar, and vanilla until stiff peaks form, then spread over the chilled cake.

## HOLIDAY RUM BITES

- 2 cups confectioners' sugar
- 1/4 cup baking cocoa
- 1 package (12 ounces) vanilla wafers, finely crushed
- 1 cup finely chopped walnuts
- 1/2 cup light corn syrup
- 1/4 cup rum
- Additional confectioners' sugar

In a large bowl, sift together the confectioner's sugar and cocoa powder until well combined. Add the crushed wafers and walnuts to the bowl and toss everything together. In a separate bowl, combine the corn syrup and rum, then stir into the wafer mixture until fully incorporated. Shape the mixture into 1-inch balls, rolling them between your hands. Roll each ball in extra confectioners' sugar until coated. Store the finished treats in an airtight container.

Serve up a taste of warmth, tradition, and togetherness.

## ULTIMATE SMOKED TURKEY

### INGREDIENTS:

- 1 (18-20 lb) turkey
- 1 Traeger Orange Brine and Turkey Rub Kit
- 1/2 Cup Traeger Pork & Poultry Rub
- 1/2 Pound butter, softened

### STEPS:

- The day before, brine the turkey according to the Traeger Turkey Brine Kit package directions. Remove from brine, rinse and pat dry.
- Season the inside cavity with 2 tablespoons Traeger Pork & Poultry Rub reserving the rest for the exterior.
- Prepare the turkey by separating the skin from the breast creating a pocket to stuff the softened butter in. Cover the entire breast with 1/4 inch thickness of butter.
- Season the exterior of the bird with remaining rub.
- Transfer to the fridge and let chill for at least 1 hour.
- Remove from the fridge and truss the legs and tuck the wing tips back around the bird.
- When ready to cook, set the Traeger to 225° and preheat, lid closed for 15 minutes. For optimal flavor, use Super Smoke if available.
- Place the turkey in a roasting pan and place directly on the grill grate. Cook until the internal temperature reaches 100-110°.
- Increase the temperature on the grill to 350° and continue to cook until an instant read thermometer registers 160° when inserted in the thickest part of the breast (check every 30 minutes after grill temperature is increased), about 3 to 4 hours total cook time. Turkey will continue to cook once taken off grill to reach a final temperature of 165° in the breast.
- Remove the bird from the grill and let rest for at least 30 minutes before carving. Enjoy!

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- 2 cups all-purpose flour
- 1-1/2 cups packed brown sugar, divided
- 1 cup plus 3 tablespoons softened butter, divided
- 1-1/2 cups coarsely chopped pecans
- 1-1/2 cups semisweet chocolate chips

Preheat oven to 350°. Line a 13x9-in. pan with parchment. Beat flour, 1 cup brown sugar, and 1/2 cup butter until crumbly. Press into pan. Top with pecans. In a saucepan, melt remaining butter and brown sugar, boiling for 1 minute. Pour over pecans. Bake 15-20 minutes until bubbly and edges brown. Remove from oven, sprinkle with chocolate chips, and spread once melted. Cool, remove from pan, and cut into squares.



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# Healthy holiday recipe swaps

Although presents garner most of the fanfare during the holiday season, there is no denying that food and entertaining also figure prominently this time of year. Delish magazine reports that Christmas food consumption ranks third, behind Thanksgiving and Super Bowl Sunday, among Americans, and that a single Christmas meal can weigh in at 3,000 calories, not factoring in any other food consumed that day.

No one wants to feel held back

while having fun with family and friends, but smart food choices can mean healthier living during this season of festivities. Dish up these alternatives when holiday entertaining.

- Lean on leaner cuts of meat. A strong body is built on protein, and holiday hosts often make a meat or poultry dish the star of the holiday dinner table. When selecting holiday fare, choose leaner options such as "round" or "loin" roasts; otherwise, select white-fleshed fish and skinless

poultry in lieu of other options.

- Use broths instead of creams. Soups and gravies are popular this time of year, and both can be made healthier by opting for stock or broth bases over more fattening milks or creams when creating these recipes.

- Create a one-crust pie. Pie is one of the more popular holiday desserts, and plenty of the calories come from a rich, buttery crust. Lighten up by serving a one-crust pie, such as pumpkin or sweet potato. Fruit-based pies like apple or blueberry also can be made with one crust. Simply top the fruit with a light crumb coating.

- Find ways to incorporate vegetables. Vegetables are low in calories and rich in vitamins and

nutrients. Many also are high in fiber, so they can help people avoid overeating. According to dietary experts from the American Heart Association, people should aim for four to five servings of vegetables each day. When making a plate, fill half of the plate with vegetables. Enhance dishes like lasagna or other pastas with fresh vegetables as well.

- Skip the fried bird. Although deep-frying a turkey can reduce cooking time, frying historically is not the best cooking method for those who are making health-conscious choices. Rather than frying, consider spatchcocking (also known as butterflying) the turkey to enable it to cook faster. Use fresh herbs and seasonings instead of butter and oil to flavor your turkey as well.

- Skip the cocktails. The Center for Science in the Public Interest says that classic cocktails with little to no added sugar typically fall into the 150- to 200-calorie range, while others can be about 200 to 300 calories each. Many people will want to save those extra calories for dessert or another indulgent dish rather than drinking them away. If you want to simulate a cocktail, make a spritzer with sparkling water and unsweetened cranberry juice.

Celebrants can make some smart choices in the foods and beverages they eat to enjoy a healthier holiday season this December.

## BAKING SUBSTITUTIONS

INGREDIENT	AMOUNT	SUBSTITUTION
BAKING POWDER	1 TEASPOON	Combine ¼ teaspoon baking soda and ½ teaspoon cream of tartar.
BAKING SODA	1/4 TEASPOON	1 teaspoon baking powder
BREAD CRUMBS		Ground rolled oats or crushed cereal
BREAD FLOUR		All-purpose flour
BROWN SUGAR	1 CUP	1 scant cup granulated sugar and 1 tablespoon molasses
BUTTER		Coconut oil, margarine, or lard can replace butter
BUTTER MILK	1 CUP	1 C plain yogurt, or 1 C milk mixed with 1 tbsp. vinegar or lemon juice
CAKE FLOUR	1 CUP	2 tbsps cornstarch to a 1 C measuring cup; fill rest of way with all-purpose flour
CORNSTARCH	1 TABLESPOON	1½ tablespoons all-purpose flour
CREAM OF TARTAR	1/4 TEASPOON	½ teaspoon lemon juice
EGG	1	2 tablespoons ground flax meal and 3 tablespoons cold water
EVAPORATED MILK		Half-and-half
HALF-AND-HALF	1/2 CUP	¼ cup milk and ¼ cup cream, or ½ cup non-dairy coffee creamer
HEAVY CREAM	1 CUP	Melt ¼ cup unsalted butter and slowly whisk in ¾ cup whole milk or half-and-half
HONEY		Corn syrup, molasses, maple syrup, or agave nectar
LEMON JUICE		Cider vinegar
MASCARPONE	16 OUNCES	12 oz. cream cheese with ¼ cup heavy whipping cream and ¼ cup sour cream
POWDERED SUGAR	1/2 CUP	Grind ½ cup granulated sugar in a blender until fine.
SEMI-SWEET CHOCOLATE	1 OUNCE	1 ounce unsweetened chocolate and ½ teaspoon granulated sugar
SOUR CREAM		Plain yogurt

### Crock Pot Brown Sugar Pineapple Ham

#### Ingredients

- 1 Ham pre-cooked, spiral cut – bone-in or boneless, either will work
- 3 1/2 cups brown sugar
- 1/2 cup Raw natural Honey
- 1 20 oz can pineapple tidbits or chunks – do not drain

#### Directions

- In a large crock pot, over 6-quarts or larger, cover the bottom with only 2 cups of the brown sugar
- Place ham on top of the brown sugar, open the slices slightly with your hands
- Pour the Honey over the ham, evenly
- Add the pineapple around the sides (with the juice) and some on top
- Top with the remaining 1 1/2 cups of brown sugar, making sure it is evenly distributed over the entire top of the ham
- Cover and cook on low for 3 1/2 – 4 hours.
- ENJOY!

Wishing you a season filled with gratitude, joy, and cherished moments with loved ones.

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### Best Beef Stew

Heat oil and butter in large soup pot over medium heat. Brown meat in two batches. Add diced onions and cook until softened, then add garlic for another minute. Pour in wine, beef stock, Worcestershire, tomato paste, paprika, salt, pepper and sugar. Add beef and any juices from cooking meat into the pot. Stir to combine. Cover and simmer for 2 hours. If too much liquid evaporates you can add a little water to the pot. After 2 hours add carrots and potatoes, then cover and cook until tender. Serve topped with fresh chopped parsley.

REMEMBER FOOTE FAMILY MEATS FOR ALL YOUR BEEF RECIPES AVAILABLE AT CREIGHTON'S TOWN & COUNTRY!

- 3 Tbls Olive Oil
- 1 Tbls Butter
- 2 lbs. Stew Meat
- 1 Medium Onion
- 3 cloves Garlic
- 1c. Red Wine
- 4c. Beef Broth
- 1 Tbls Worcestershire sauce
- 2 Tbls Tomato Paste
- ½ Tsp Paprika
- ½ Tsp Sea Salt
- Black Pepper to taste
- ½ tsp Sugar
- 5 Whole Carrots peeled & sliced
- 4 Whole Golden Potatoes
- Parsley leaves



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### BIZCOCHITOS

- 6 cups Flour
- 1/4 teaspoon Salt
- 3 teaspoons Baking Powder
- 2 cups of lard or vegetable shortening
- 1 1/2 cups of Granulated Sugar
- 2 teaspoons Anise Seed
- 2 Eggs
- 1/4 cup orange or Brandy
- 1/4 cup Granulated Sugar
- 1 tablespoon Cinnamon
- Small cookie cutter

#### Directions

1. Sift flour in a bowl with baking powder and salt. Mix well.
2. Cream lard, 1 1/2 cups of sugar, and anise seed in a mixture until fluffy. Beat in eggs one at a time. Add the orange juice and flour mixture to the bowl and mix until combined.
3. On a floured surface, roll out the dough to 1/4-1/2 inch thickness. Use a cookie cutter to cut out shapes.
4. Place the cookies on a baking sheet, sprinkle with a mixture of 1/4 cup of sugar and cinnamon.
5. Bake at 350 degrees for 10 minutes.

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# HEALTHY HOLIDAY EATS TO SAVOR

## Tastiest Turkey Chili

- 2 teaspoons olive oil
- 1 yellow onion, chopped
- 3 garlic cloves, minced
- 1 medium red bell pepper, chopped
- 1 pound extra lean ground turkey or chicken (99%)
- 4 tablespoons chili powder
- 2 teaspoons ground cumin
- 1 teaspoon dried oregano
- 1/4 teaspoon cayenne pepper
- 1/2 teaspoon salt, plus more to taste
- 1 (28-ounce) can diced tomatoes or crushed tomatoes
- 1 1/4 cups chicken broth
- 2 (15 oz) cans dark red kidney beans, rinsed and drained
- 1 (15 oz) can sweet corn, rinsed and drained
- For topping: cheese, avocado, tortilla chips, cilantro, sour cream

Heat oil in a large pot over med.-high heat. Add the onion, garlic, and red pepper, and sauté for 5-7 min., stirring often. Add the ground turkey, breaking it up as it cooks until it's no longer pink. Then, mix in the chili powder, cumin, oregano, cayenne pepper, and salt, stirring for about 20 seconds. Stir in the tomatoes, chicken broth, kidney beans, and corn. Bring the mixture to a boil, then lower the heat and let it simmer for 30-45 minutes, or until the chili thickens and the flavors meld. Taste and adjust the seasonings and salt as needed. Serve with your favorite garnishes. This recipe makes about 6 servings, with each serving being approximately 1 1/2 cups.

## Low-fat Eggnog

- 2 cups nonfat milk
- 2 large strips orange and/or lemon zest
- 1 vanilla bean, split lengthwise with seeds scraped
- 2 large eggs + 1 egg yolk
- 1/3 cup sugar
- 1 teaspoon cornstarch
- Freshly grated nutmeg, for garnish

Heat 1 1/2 cups milk, zest, and vanilla in a saucepan until simmering. Whisk eggs, sugar, and cornstarch in a bowl. Slowly add hot milk, whisking constantly, then return to the pan. Cook over medium heat, stirring, until slightly thickened (8 minutes). Stir in remaining 1/2 cup milk and cool over ice. Chill, discard zest and vanilla pod, add liquor if desired, and garnish with nutmeg.

## Lettuce Wrap Cheese Burgers

- 1 pound lean ground beef (90% lean)
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 8 Bibb lettuce leaves
- 1/3 cup crumbled feta cheese
- 1 medium ripe avocado peeled and smashed
- 1/4 cup chopped red onion
- Chopped cherry tomatoes, optional

In a bowl, mix beef, salt, and pepper. Shape into 8 patties. Grill or broil burgers for 3-4 minutes per side until a thermometer reads 160°. Serve in lettuce leaves. Spread feta and smashed avocado on burgers, red onion, and tomatoes if desired.

## Winter Fruit Salad

- 1/2 cup sugar
- 1-inch piece fresh ginger, peeled and thinly sliced
- 1 vanilla bean, split lengthwise with seeds scraped out
- 1 lemon
- 5 large navel or blood oranges
- 2 mangoes, peeled and diced
- 2 firm bananas, peeled and diced
- 5 kiwis, peeled and diced
- 12 kumquats, thinly sliced crosswise with seeds removed
- 1 cup pomegranate seeds (from 1 pomegranate)

**Make Syrup:** Combine sugar, 2 cups water, ginger, vanilla bean and seeds, lemon zest, and zest of 1 orange in a saucepan. Simmer for 5 minutes, cool, and refrigerate.

**Prep Fruit:** Segment oranges over a bowl to catch juice. Add mangoes, bananas, kiwis, kumquats, and pomegranate seeds.

**Combine:** Remove ginger, zest, and vanilla pod from syrup. Pour over fruit and chill overnight.

**Serve:** Spoon into bowls and enjoy!

Feast without the guilt this season--deliciously light, perfectly festive!

## Light Peanut Brittle

MAKES ABOUT 1 POUND



- 1 cup light corn syrup
- 1/2 cup water
- 2 cups sugar
- dash of salt
- 1 cup butter
- 2 cups unsalted peanuts
- 2 tsp vanilla
- 1 tsp baking soda

- Butter 2 large baking sheets; set aside. In a heavy saucepan, combine corn syrup, water, sugar, and salt. Cook over low heat until sugar dissolves, stirring frequently. Bring to boil; add butter.
- Cook, without stirring, until 235 degrees F. on a candy thermometer, then stir occasionally.
- Add nuts when temperature reaches 280 degrees F. Cook, stirring constantly, until mixture reaches 305 degrees F.
- Remove from heat. Quickly stir in vanilla and baking soda. Pour into prepared baking sheets. Lift and pull from edges with fork to stretch.
- As soon as candy sets, loosen from pan. Break into pieces.

WE HAVE SO MUCH holiday spirit!



## Cranberry Apple Sangria

- 1/2 c. Brandy
  - 1/2 c. whole cranberries
  - 1/4 c. finely chopped apples
  - 2 Tb. light brown sugar
  - 2-3 cinnamon sticks
  - 1 (750 ml) bottle of red wine
  - 2 cans of seltzer or ginger ale
- In a large pitcher or bowl, combine all ingredients except the seltzer/ginger ale. Stir to combine and refrigerate for at least 2 full hours before serving. *We recommend chilling 12 hours.*

To serve: pour sangria to fill 3/4 of a wine glass, then top with seltzer/ginger ale. Garnish with cranberries, apple slices & a cinnamon stick.



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# Discover 10 delightful facts about Thanksgiving

Thanksgiving is a time to gather with family and friends and reflect on one's blessings. Canadian Thanksgiving takes place in October, while Americans celebrate during the month of November. In anticipation of these holidays, here are some interesting facts about the Thanksgiving celebration.

1. American Thanksgiving is largely modeled on a 17th century harvest feast shared by the English settlers and the Wampanoag tribe.
2. Canadians celebrate Thanksgiving on the second Monday of October. It is based on European

harvest festivals.

3. The National Turkey Federation says around 45 million turkeys will be eaten on Thanksgiving, which equates to about 720 million pounds of turkey being consumed (with the average turkey size being 16 pounds).

4. The Butterball hotline answers roughly 100,000 calls every year on its turkey question hotline.

5. In 1953, the Swanson company overestimated the number of frozen turkeys it would sell for the holiday season by 26 tons. Rather than waste the meat, Swanson sliced it

up, repackaged it and created the first frozen TV dinners.

6. Thanksgiving in America may be older than many recognize. While Thanksgiving is largely tied to the 17th century settlers, the National Parks Service says in 1565 Spanish settlers in St. Augustine (now Florida) celebrated by having a meal to which they invited the native Seloy tribe. The Spanish served pork stew, sea biscuits, red wine, and garbanzo beans. Some say the Seloy contributed turkey, venison and maize.

7. Thanksgiving didn't become

a civic holiday until Abraham Lincoln made it one after the Civil War tragedy. Thanksgiving was declared a national holiday on October 20, 1864.

8. The Pilgrims did not refer to themselves as "pilgrims." They used the word "separatists" as they were separating themselves from a larger belief system.

9. In addition to Canada and the United States, Grenada, Liberia, the Philippines, Saint Lucia, and the Netherlands celebrate their own versions of Thanksgiving.

10. Each year, the American

president "pardons" a turkey from slaughter on Thanksgiving. This tradition dates back to when Abraham Lincoln's son was upset that his family's turkey that was going to be killed for Thanksgiving dinner.

Thanksgiving is a popular holiday in Canada and the U.S. Many traditions have been borne of the holiday, and it is a favorite time of year for many people.

## KITCHEN CONVERSIONS

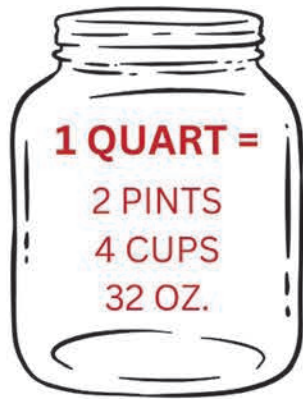
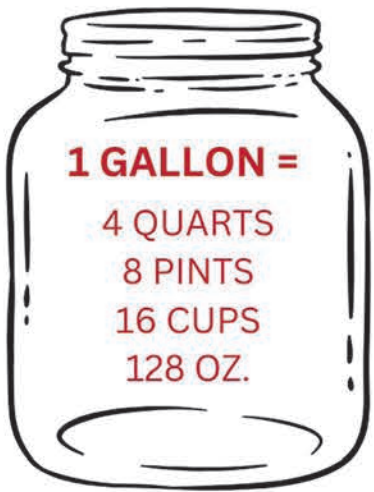
CUPS	TBSP	TSP	OZ	GRAMS	ML
1/16	1	3	1/2	14	15
1/8	2	6	1	28	30
1/4	4	12	2	57	60
1/3	5+1 TSP	16	2-2/3	76	60
1/2	8	24	4	114	120
2/3	10+2 TSP	32	5-1/3	151	160
3/4	12	36	6	170	180
1	16	48	8	226	240

### OVEN TEMPS.

225°F = 105°C	375°F = 190°C
250°F = 120°C	400°F = 205°C
275°F = 135°C	425°F = 220°C
300°F = 150°C	450°F = 230°C
325°F = 165°C	475°F = 245°C
350°F = 175°C	500°F = 260°C

### RECIPE DOUBLED

1/8 TSP = 1/4 TSP	1/2 CUP = 1 CUP
1/4 TSP = 1/2 TSP	2/3 CUP = 1 1/3 CUP
1/2 TSP = 1 TSP	3/4 CUP = 1 1/2 CUP
1 TSP = 2 TSP	1 CUP = 2 CUPS
1- 1/2 TSP = 1 TBSP	1- 1/4 CUP = 2 - 1/2 C.
1 TBSP = 1/8 CUP	1- 1/3 CUP = 2-2/3 C.
2 TBSP(1/8 C.) = 1/4 C.	1-1/2 CUP = 3 CUPS
1/4 CUP = 1/2 CUP	1-3/4 CUP = 3-1/2 C.
1/3 CUP = 2/3 CUP	



### El Monterrey Enchilada Sauce

1 Eight Ounce Bag of El Monterrey Enchilada Sauce Mix  
8 Cups Water

- Mix the contents of the package with 2 cups of water to make a smooth, thick paste.
- Slowly add 6 cups of water while stirring.
- Bring to a boil over medium high heat stirring constantly.



### The "REAL" Enchilada

Ground Beef  
Corn Tortillas  
Grated Cheddar Cheese

- Prepare El Monterrey Enchilada Sauce.
- Prepare a baking dish by spraying with cooking oil.
- Add 1 cup liquid El Monterrey Enchilada Sauce to each one-pound of cooked ground beef.
- Soften tortillas by dipping in liquid El Monterrey Sauce heated to medium /high heat. Lay flat on the baking dish.
- For each tortilla, spread one heaping tablespoon grated cheddar cheese and one heaping tablespoon seasoned ground beef across the tortilla.
- Roll the tortilla and place seam side down in backing dish. Continue rolling tortillas with mixture until the baking dish is full.
- Cover with remaining El Monterrey sauce, sprinkle with additional cheddar cheese, and bake at 350 - 400 degrees 15 - 20 min. until the cheese is melted and golden brown.

*Serve up & Enjoy!*



The Perfect Gift for the Holidays!  
**HOLIDAY GIFT PACK**  
El Monterrey Enchilada Sauce Mix +  
505 Flame Roasted Green Chile  
(Medium Heat)

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### HOLIDAY GROCERY LIST

- 01 *El Monterrey Enchilada Sauce Mix*
- 02 \_\_\_\_\_
- 03 \_\_\_\_\_
- 04 \_\_\_\_\_
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