



## accessories

## Powerstation mini

$\$ 59.95$ | Mophie | walmart.com
$\square$ High-current battery charges devices faster than traditional USB batteries.

- Compatible with a variety of USB devices - LED indicator light shows how much battery is left.


## Go-to tools

- 

pril showers can bring May flowers, but only if you plant properly. Whether you're a seasoned gardener or planting your first bulbs, here are a few tools you'll need.


Evergreen Molly Green Leaves hat \$24.99 at rakuten.com.


Corona hand trowel with ergonomic grip, $\$ 8.19$ at amazon.com


Womanswork garden gloves with Womanswork garden gloves with


- Radius Garden 252 PRO-Lite shovel, $\$ 34.68$ at atgstores.com


Fiskars PowerGear titanium pruner, \$24.97 at homedepot.com


- Tip bags, $\mathbf{\$ 2 4 . 9 5}$ to $\mathbf{\$ 2 9 . 9 5}$ at gardeners.com.


## local finds



Tangerine


Classic Blue

En plein air Like this season's fashions, home acces
sories are taking their cue from nature. Pantone's 2015 Color Report suggests we're drawn by the soft, cool side of the spectrum that blends nicely with subtle, warm tones and neutrals. "En Plein Air" is how Pantone's Leatrice Eiseman describes flowers, sky, beach and water, intermingled with folkloric and retro influences.
A color like Tangerine (or coral/melon sorbet) is refreshing, flattering and ener gizing. That old reliable, Classic Blue, in spires calm and confidence, while Scuba Blue is infused with playfulness. We found all of these colors in accessories at several local retailers.



Scuba Blue


Pint-sized painted wood wall art, $\$ 10$, evokes a summer scene, For Goodness Sake, Waterloo.

Cool blue and a tad rustic, these ceramic vases make a statement together or separately, Cooi biue and a tad rustic, these ceramic vases make a statement toge
$\$ 32.95$ and $\$ 44.95$ respectively, Little Red Schoolhouse, Independence.

"You are special" - and so are these cups, \$12 each, arranged on a slender tray, Covenant "You are special" - a
Gift Shop, Waterloo. Gift Shop, Waterloo


Fill these sorbet-colored decorative ceramic pots with green silk or real foliage, $\$ 33.50$ pots $\$ 49.95$, Basket of Daisies, Cedar Falls.
and Hot diggity dog! This whimsical graphic pooch print has all the "it" colors - tan-
gerine and blues, (\$38), Vintage Iron, Cedar gerine
Falls.
 Carol Eldridge's cheerful and fun rit
f style, Fig \& Frolic, Cedar Falls. of style, Fig \& Frolic, Cedar Falls.


## yes!

YES! - Your Essential Shopper is produced by Studio Gannett in association with your ocal newspaper

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## THECOURIER

All product prices and availability are subject to change.
Compiled by Gannett Co. Inc.

Ready to assemble letters spell out "L-0-$\mathrm{V}-\mathrm{E}$ " in a tangerine-colored wall hanging, \$224, Distinctions, Independence.


# Cedar Valley favorites 

## Shop Local. Eat Local. Spend Local.

Check out these unique products from locally owned businesses in the Cedar Valley.


Krueger Auto \& Truck Villa
2320 5th Ave. NW, Waverly, IA | 319-352-9000
2014 Dodge Charger SXT
"Strongest Muscle In America"
\$4,200 Off MSRP


## Pump Haus

311 Main Street, Cedar Falls | www.thepumphaus.com Come try the best tenderloin in town, we start with fresh pork loins and hand season each to perfection. Have it your way, either lightly hand breaded or char-grilled, then we will pile it high with crisp lettuce, fresh tomato, pickles and sweet onion all on a gourmet split top bun! Don't forget the side.....


## Precieux Art Jewelers

6015 University Ave.
Cedar Falls, IA 50613


Treasure your love for one another with this scintillating Diamond Wedding Set fashioned on 14 karat glinting white and pink gold. The center of the engagement ring holds an alluring $5 / 8$ ct round cut diamond framed by halo of small 70 round cut diamonds and encrusted with sparkling, pave and prong set accent stones that create rows of brilliance. \$7800


For Goodness Sake
2118 Kimball Avenue, Waterloo, www.forgoodnesssakewaterloo.com KZK Jewelry-Day to Night - Celebrate all things chic with this simple, yet elegant combination that takes you easily from day to night. (Consists of Laura Silver Chain 16", Jet Black Four Leaf Solid Glass Clover, Sterling Silver Brushed Drop, and Clear Crystal Coin.) Price: \$293


Kitchen Essentials \& Gifts
217 Main Street, Cedar Falls
Kitchenessentials@cfu.net
Ever popular Le Creuset cast-iron \& enamel 7.25 at. French Oven in Marseille Blue. \$280.00


## Sassy Chic

218 Main St., Cedar Falls
The Freedom to Choose. Lenny \& Eva Jewelry Line.
Your collection is your story. Made in the USA collection of mix and match cuffs, bracelets, necklaces, sentiments, charms and pendants.



Monterey entryway shelf with coat hooks and cubbies, $\$ 97.99$ online only at homedepot.com.


- Safavieh American Home Damien bench doubles as a storag wayfair.com. shoe brier boot and shoe brush removes any mess before you walk in the house. \$29.9

- Zinc boot tray with vulcanized rubbe liner, $\$ 39.95$ at crateandbarrel.com.

- Carson lidded storage basket keeps extra layers out of sight. $\$ 29.95$ at pier1.com.

- Holly \& Martin entryway wall mount storage, $\$ 79.99$ online only at
beyond.com.


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## home \& décor



## gannett



- The Kuhn Rikon Corn Twister lets you swiftly remove corn from the cob. $\$ 15.95$ at surlatable. com.

- Use the Excalibur clear door dehydrator to make granola, yogurt, apple chips, jerky - and homemade paper excaliburdehydratorcom.

- The Omega NC900HDC goes beyond juicing. Make homemade nut butters, almond/soy milk, baby food, frozen fruit sorbet - you can even mince herbs. $\$ 318.06$ at amazon.com.



## Reflect your home's style

gannett


- Garden window mirror \$199 at pier1.com


Stay classic with this 45 rom record re cycled vinyl mirror. $\$ 95.95$ at kegworks.com


Kenroy Home 60086 gea $\$ 196.20$ at homeclick.com



- Metro Design USA swirl wall mirror, $\$ 84.99$ at kohls.com



Nesting tables add extra space when you need it cannetr
ight on space? Nesting tables store compactly and provide an extra place for drinks and appetizer plates when guests are around


- Avenue Six wood nesting tables, $\$ 99.27$ online only at kmart.com.


[^0]

- Project a contemporary flair with these glass nesting tables. $\mathbf{\$ 2 5 0}$ at brickell collection.com.


Imax Knoxlin three-piece nesting tables, $\$ 165$ at wayfair.com.


- Industrial nesting tables, $\mathbf{\$ 4 5 5}$ for a set of two at Iuluandgeorgia.com.


## Bue heaven

Create an impact with cobalt accessoriesrom curtains to glassware to lamps, cobalt blue is making a comeback on store shelves. This rich color, favored by royalty, is always a classic.


KitchenAid tilt-head tanding mixer, $\$ 349.99$ bestbuy.com.


CBK end table gives a oom a pop of color. \$120 at wayfair.com.


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Stylish pieces showcase your favorite show


- lat-screen TVs and increasingly smaller music devices influence media consoles that create a statement rather than simply serve as shelves.


Blake grey 42 inch wash media storage console blends primitive style with modern sensibility.
$\$ 999$ at houzz. \$999 at

White plantation media stand is a good mix of classic and contemporary. $\mathbf{\$ 3 4 9 . 9 9}$ online only at worldmarketcom.



- Tremont corner TV stand by Coaster Furniture. \$296 online only at brookstone.com


Kaden electric fireplace doubles as a media stand $\$ 349.98$ at fingerhut.com.



gannettorget airplanes - people are gaining altitude and a new
perspective being their own pilots. Personal drones are multiplying, with choices for people of all experience and income levels.


The new Parrot Jumping Sumo mini drone performs acrobatics, always lands with a wide-angle camera, which can stream directly which can stream dire
to your smart phone or tablet. \$159.99 at parrotshopping.com.


## yes! <br> technology \& home entertainment

Photo ready
Apps that up your smartphone photography game

$\square$
etween Instagram, Facebook and Twitter, your mobile pictures are constantly on display. Make sure you're posting the prettiest photos with these picture-perfect apps.


- Photoshop Touch makes the Adobe Photo-
shop features shop features portable. $\$ 9.99$
on play.google. on play.google
com. and on itunes.apple.com

- Afterlight is a simple photo-editing platform, which offers 59 filters and 66 textures. 99 cents on itunes.apple.com.
- $\square$
- A Beautiful Mess is full of quirky filters, frames, doodles and text that you cents on play.google.com and itunes.apple.com.

- Camera Zoom FX Premium has many features, including the fastest camera for Android phones. $\$ 2.99$ on play.google.com.



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## gannett <br> |t isn't always about the size when it comes to televisions. These stunning displays <br>  <br> Pyle 15-inch wall-mount TFT LCD

 offer brilliant HDTV viewing in small living quarters like dorms and apartments.

- The Vizio

24 -inch 60 Hz
Razor LED
HDTV has smart capabilities for internet brows ing. $\$ 178$ online only a


■ RCA 24-inch 60 Hz rear-lit LED HDTV with built-in DVD player, $\$ 189.99$ at kmart.com.
flat panel monitor has both VGA \& RCA inputs, so it can be connected to a TV or computer. $\$ 149.99$ at amazon.com.


Sceptre 16-inch 720p LED HDTV, \$109 at amazon.com.


■ Axess 13.3-inch LED AC/DC TV with DVD player, $\$ 193.22$ at sears.com.


Enjoy a funky vibe with the latest technology with this 22 -inch retro-design HDTV by Seiki. $\$ 399.95$ at amazon.com


■ Naxa 22-inch 1080p TV/DVD combo, $\$ 239.99$ at overstock.com


Samsung 22-inch 5000 series full HD LED TV, \$167.99 at bhphotovideo.com.


## Devices that make it easier

 to cut the cable cord cammetV/
ore and more TV viewers are using streaming devices to watch their shows. And with many options on the market, from high-tech and pricey, to minimal and cost-efficient, there's a device for everyone.

- Apple TV wirelessly streams 1080p HD web content and works with Netflix, HBO Go, Watch ESPN, YouTube and much more. It has a remote for easy control, but you can also mirror displayed on your iOS device, perfect for sharing photos. $\$ 99$ at store apple.com



Google's take on the streaming device is definitely a minimalist approach, but the low price makes it worth it. The thumb-sized device plugs right into your HDMI port and works with Netflix, HBO Go, YouTube, Watch ESPN and Pandora. Plus, you can cast any website you have open in Google Chrome onto your TV. $\mathbf{\$ 3 5}$ at staples.com


- Amazon's answer to the streaming game is Amazon Fire, a device that works with a huge number of apps and has the added bonus of streaming Amazon Instant Video for Amazon Prime members. It also comes with a remote and is equipped with voice search. $\mathbf{\$ 9 9}$ at amazon.com.

- Roku 3 is a 1080p HD streaming device that's compatible with more Use the induded renment channels. headphone jack for late night binge wadpho jack fore the evice. $\$ 89.99$ at roku.com.




# It's all rosy 

## Rose hues add warmth to gold tones

ellow gold looks great against the tans picked up from the sun, but when the color fades, look to rose gold pieces to capture that warm tone again. When featured in textured pieces, rose gold stands out as ultra-feminine.


- Laurel cuff, $\mathbf{\$ 9 8}$ at stelladot.com
$\square$ Jennifer Lopez rose-gold-tone stainless steel crystal automatic skeleton watch, $\mathbf{\$ 2 1 5}$ at kohls.com.


Interwoven hollow rings on the Infinity rings pendant are super lightweight. \$295 at bluenile.com.


- The scrollwork in this Tiffany Enchant Heart pendant is reflective of 19th-century gates. \$300 at tiffany.com

- Pave disc ring, \$85 at macys.com.

Double stacked ring in 14-karat rose gold by Vari \& Oro, $\$ 415$ at vraiandoro.com



Oval hoop earrings in 14-karat rose gold, $\mathbf{\$ 1 6 9}$ at kay.com.


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Slip-on leather Caliana loafer by Ralph Lauren comes in six saturated colors. $\mathbf{\$ 9 8}$ at ralphlauren.com.


- Candy crystal peep-toe pump by Lauren Lorraine, \$129.95 at nordstrom.com.

- Tory Burch Issy high-heel floral
pump, \$295 at toryburch.com.


■ Nine West Royalli flats, $\mathbf{\$ 3 4 . 9 9}$ at 6pm.com.


Statement shoes that pop
gamer
$\Downarrow \int \begin{aligned} & \text { ild colors, crazy } \\ & \text { patterns and funky } \\ & \text { shapes can bring your } \\ & \text { shoes to the next level. }\end{aligned}$
Step out and take center stage in powerful shoes made to remember.



Chevron Heel by Smooth Statement features an adorable fox face on the toe $\$ 64.99$ at modcloth.com


- Pink hope Waleo heel by Jessica Simpson, $\$ 99.99$ at heels.com.


## fashion \& lifestyle

# $\square)$ 

Protect your eyes this summer

Gannettlare, wind and seasonal allergies can all lead to puffy, dry and irritated eyes. UV rays can cause wrinkling and eye damage. Fight back with these defensive products.


- Boiron's Optique 1 is an all-in-one drop that tackles eye irritation and redness. $\mathbf{\$ 1 0 . 4 9}$ at vitaminshoppe.com.
- Clear Eyes All Seasons Outdoor Dry Eye Protection chlorine and wind $\$ 4.99$ at chlorine and wind. $\$ 4.99$ at
drugstore.com.

$\square$ Infused with coconut, argan oil and papaya Alaffia Everyday Coconut Eye Cream

nourishes, hydrates by the sun. $\$ 7.49$ at luckyvitamin.com.



III
Skin Authority Reviving Eye Brightener reduces inflamma dark circles. $\$ 79.50$ at skin

umber Tea Eye Gel $15 \mathrm{ml} / 0.5$ oz

- Basq's cucumber tea eye gel refreshes \$24 at basanyc.com.


■ Costa Sea Fan sunglasses featur 100 percent UV light blockage and arization. $\$ 169$ a costadelmar.com 24 at basqnyc.com.


- Acuvue Oasys contact lenses contain UV protection. Starting as low as $\$ 34$ with a prescription at visiondirect.com.



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rom pre-workoutprep to post-sweat pampering, your gym bag holds the essentials to make it all happen smoothly and seamlessly. Make your workout the star and forget about the rest by keeping your gym bag stocked with these products.


Garmin
Vivofit fitness with a a tracker for a year ory that lasts ha year or longer and has a heart monitor to boot. \$129.


- The latest iPod nano has a larger 2.5-inch screen with a builtin Nike app and pedometer to in Nike app and pedometer to
track daily fitness goals. $\mathbf{\$ 1 4 9}$ at store.apple.com.


Kor One Hydra tion Vessel, \$25 at korwater.com.

- The Everything Fits gym bag lives up to its name with a vented exterior compartment for shoes or a wet suit, inte-
rior pockets and a bottom strap for your yoga mat $\$ 60$ at gaiam yoga $\$ 60$ at gaiam.com



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SERVES 4
pork medallions with blue cheese Detroit free pressreheat the oven to 425 degrees. ut the tenderloin into 1 -inch lices. Sprinkle with pepper. In a arge skilet, heat oil over medium-high heat. Add the pork slices and cook for 2 to 4 minutes or until they are brown, furning them once. Transfer the pork
slices to a baking sheet. In a small bowl, mix together the blue cheese, chives and bread crumbs. Break any large pieces of cheese into fine crumbs. Top the pork slices evenly with the cheese mixture. Bake for about 10 minutes or until the internal emperature is 150 degrees. To make the chive sauce, discard the drippings from the skillet used to saute the pork. Wipe the skillet with paper towels. Add the heavy cream or half-and-half and cook until the

## cream is reduced by half. Stir in the chives Spoon the sauce onto each plate and

 arrange 3 pork medalions on top.
## INGREDIENTS

- 1 pound pork tenderloin

Freshly ground black pepper, to taste
2 teaspoons olive oil
4 ounces (1 cup) crumbled blue cheese
chives

1 tablespoon plain breadcrumb

Optional creamy chive sauce
1 cup heavy whipping cream or half1 teaspoon finely snipped fresh chives

Approximate values per serving: 259 calories, 4 g fat, 84 mg cholesterol, 29 g protein, 2 g carbohy drates, $O \mathrm{~g}$ fiber,
453 mg sodium, 50 percent calories from fat

## 

## Tequila is for more than just shots

GANNETT he younger crowd may be looking for the salt and lime wedge when someone says tequila, but this liquor can be so much more than just a shot. Try it for sipping, in a mixed drink or an after-dinner beverage.

el Jimador mango mango From the Casa Herradura distillery, this equila features an exciting blend of ripe mango, rich tropical fruit, and a hint of crisp citrus paired with reamy vanilla notes. This flavored tequila is perfect for mixed drinks.

- Price: $\$ 19.99$.


Cognac Cask Finish Reposado Casa Herradura has created this small-batch spirit by aging it in American oak barrels for 11 months and then French oak casks from the Cognac region for three months. This double-barrel maturation accentuates the agave and dried fruit and gives the tequila warm caramel and vanilla undertones. ■ Price: $\$ 89.99$.


Cazadores Reposado This premium tequila, made from 100 percent blue agave, is produced with the same recipe and process developed more than 90 years ago. Harvested and distilled in Jalisco, Mexico, the premier agave gives the liquor a smooth flavorfu ■ Price: $\$ 26.99$



## SERVES 6

cold sesame noodles detroit free press

$\Omega$ook noodles according to package directions. Drain noodles and rinse under cold few piece of liced gr. Set aside and carrot for garnish and add the maining to the noodes (You can add other vegetables like thinly
sliced red pepper or snow peas, if desired, and cooked chicken or shrimp.) In a glass measuring cup, whisk together vinegar, Sriracha, reduced-sodium soy sauce, sugar, salt, black pepper, sesame oil and garlic. Pour over noodles and toss to coat. Sprinkle with toasted sesame seeds and top with reserved green onion and carrot just before serving. or refrigerate and serve cold.

## INGREDIENTS

1 12-ounce package of fresh Chinese
Japanese noodles
3 green onions, washed, end
emoved, thinly sliced
1 small carrot, peeled, ends removed,
Dressing
■ 1 tablespoon seasoned rice vinegar Sriracha or garlic chili sauce to taste taste 3 tablespoons reduced-sodium soy sauce or tamari

1/2 teaspoon sugar

- $1 / 4$ teaspoon salt
- $1 / 4$ teaspoon black pepper

■ 1 teaspoon sesame oil

- 1 teaspoon minced garlic
- 1 tablespoon toasted sesame seeds

Approximate values per serving: 112 calories, 3 g fat, 0 mg hor servesterol, 3 g protein,
18 g carbohydrate, 1 g fiber, 204 mg sodium, 18 g carbohyadrate, 1 g fiber,
27 percent calories from fat!

## In demand

## Pinot noirs are worth a sip

the tennessean

The nobel pinot noir grape is widely considered the toughest grape to grow, but the resulting wine is well worth it. The grape typically produces a light-to-medium bodied red wine that is fruit-forward and perfect for sipping with whatever is on the menu


2013
Hahn
pinot noir
This deep ruby red from Hahn Winery has scents of cherry, strawberry, cola and spice, with flavors of black plums and black cherry and a soft mouthfeel. Rounded annins and a dash of acidity combine to give this pinot its clean finish
Price: $\$ 14$


2013 Chamisal Vineyards stainless
pinot noir Crafted with little manipulation and no oak influence, the re sulting wine displays luscious frut intensity and wild blackberry The balanced acidity allows the true varieta characteristics to shine and produc very and produces - Price: $\$ 24$.


2013 Black Box Calfornia pinot noir A lighter-bodied red that's perfect for any occasion, this new offering from Black Box offers from Black Box offers strawberry, Bing cherry, and a hint of rose petal with notes of toasty oak on the palate. The Black Box pinot noir is ideal paired with grilled salmon or herb-roasted chicken.

- Price: $\$ 24.99$.


SERVES 4
rigatoni with turkey and peas
detroit free press
repare pasta according to package directions, reserve 2 cups of the pasta water and then drain the pasta and leave in the colander. In the same pot, heat the olive oil and butter over medium heat. Add the garlic and sauté 1 minute. Add he mushrooms and sauté until they are nder. Add the sherry and deglaze the pot scraping up any browned bits on
the bottom. Sprinkle the mixture with flour and cook 1 minute. Stir in the cream cheese until it melts. Slowly pour in the half-and-half or milk. Cook over medium heat until the mixture thickens and coats the back of a spoon. Season with salt, poultry seasoning and black pepper. Stir in the cubed turkey, cooked pasta and peas and heat through. If the mixture is too thick, add some of the reserved pasta water a little at a time to thin to desired consistency. Serv d sprinkle with Parmesan cheese.

8 ounces rigaton

- 1 tablespoon olive oil

1 tablespoon unsalted butter
$\square 2$ garlic cloves, peeled, minced
8 ounces cremini mushrooms,
cleaned

- 1/4 cup sherry
- 3 tablespoons all-purpose flour

3 ounces reduced-fat cream cheese, softened
$11 / 2$ cups fat-free half-and-half or at-free milk
■ $1 / 2$ teaspoon salt

1/2 teaspoon poultry seasoning
1/4 teaspoon black pepper
$\square 3$ cups cooked turkey breast, cubed
■ 1 cup fresh or frozen peas

- 1/4 cup Parmesan cheese



## Trade heavy wines for lighter options

## the tennessean

t is time to put aside some of the big, heavy reds and go fo something lighter and easier on the palate. Grapes such as viognier, muscat and gewürztraminer are uniquely floral and perfect for this time of year. So, get into the season and pick up some flowers in a bottle.


2013 Yalumba Y viognier This silky and subtle wine from Yalumba, Australia's oldest familyowned winery, is made in the heart of Barossa It is lemony and luscous with fruit flavors and honeysuckle. - Price: $\$ 12.99$.


2012 Foris muscat The muscat grape may be the oldest domesticated grape in the world and is grown worldwide. It is often called Moscato when vinified off-dry or sweet. This brand from Rogue Valley, Oregon, is sweet with peachy floral aromas it's great for dessert or an aperitif. - Price: \$15


2012 Zind Humbrecht gewürztraminer The gewürztraminer traces its origins to the Alsace region in France and means spicy or fragrant Traminer. Zind-Humbrecht remains at the top of the pecking order when it comes to Alsatian produc Price: \$30

eel even better about biting into that
cookie or chocolate by selecting products that give a portion - or all of the profit to charity.


A portion of the proceeds from Love Origins chocolates benefits the Rice Stove Project, which workers and their families. $\mathbf{\$ 2 6}$ at normanloveconfections.com


A portion from the sale of each Perfect 10 Kookie tin provides nutritious meals to those in need
$\$ 22$ a tin at shopmilkbar.com.


African Chocolate Colloction African Chocolate Collection International's efforts in Darfur. $\mathbf{\$ 2 0}$ for five pieces at compartes.com.


All profits from Cookies for Kids Cancer go to research. \$29.99 for one dozen Mint-Night Chocolate cookies at
cookiesforkids cancer.org
sale of each PEEPS sale of each PEEPS flavored chicks goes to Alex's Lemonade Stand Foundation, which helps fight childhood cancer. 99 cents to $\$ 1.25$ at mass retailers

Three dollars from each sale of Savannah Bee Company's Bee Buddies Honey goes to the Georgia Sea Turtle Center $\$ 15$ at savannahbee.com.



LET YOUR STYLE blassam.


Introducing the 2015 Spring Collection from PANDORA



## SERVES 6

beef taco pizza
whole foods marketeheat the oven to 450 degrees lace beef in a large skillet ove medium heat. Cook, breaking beef up, until browned, about 7 mindes sil ind and cook until corn is warmed through.

Stir in beans. Place pizza dough on the lightly oiled reverse side of a baking sheet. Press or roll out until it is very thin, and you have an $11 \times 15$-inch oval, leaving a $1 / 2$-inch border. Top evenly with beef mixture and sprinkle with cheese. Bake until crust is browned and crisp, and cheese is browned and bubbling, 15 to 20 minutes. Cut into 12 pieces and garnish as desired.

## INGREDIENTS

1/2 pound ground beef
3/4 cup fresh or frozen corn kernels
1 tablespoon chili powder
3/4 cup no-salt-added black beans or pinto beans (from a 15-ounce can), drained and rinsed
1 pound whole wheat pizza dough

- Canola spray oil
- 2/3 cup salsa, medium or hot

3/4 cup shredded mild chedda cheese

Approximate values per serving: 430 calories, 16 g fat, 40 mg cholesterol, 21 g g
protein, 50 g carbohydrate, 7 g fiber, 650 mg protein, 50 g carbohydrate, 7 g fiber, 61
sodium, 35 percent calories from fat.

## $\square 9 \| O \oslash \cap \cap \bigcirc$ $\cap O \because r$

Find some unique bottles for the game
GANNETT hat's baseball without beer? While watching your favorite team, down some out-of-the-park choices that might make you think about trading your standby brew.


Dos Equis ambar This is a robust, clas sic Vienna-style lage with a full body. A beer with brawn from Germany, swagger finest North American pale and roasted malts. An ambercolored refreshmen that's adventurous enough to be distinctly flavorful.
Price: $\$ 7.99$ for a six pack.


Kellerweis hefeweizen Inspired by traditiona Bavarian techniques Kelerweis from Sierr Nevada is brewed in open fermentation tanks to let the ingre dients truly shine. The result is a hazy wheat ale. With a full, fruity aroma and notes of spicy clove and banana bread, Kellerweis s unique. Price: $\$ 8.99$ for a six pack.


Rebel Rouser double IPA This Sam Adams IPA is brewed with 5 pounds of hops hopped with five varieties of American hops from the Pacific Northwest. It's a medium brew with a dark golden, hazy appearance and strong citrus notes, a piney backbone and resinous flavor.
■ Price: $\$ 8.99$ to $\$ 10.99$ for a six pack.

## Batter uo

## Score a home run with these items

GANNETT here's nothing more all-American than baseball, and with the season on deck, it's time to start thinking about viewing parties and supplies for America's favorite pastime


- These MLB four-piece shot glasses will celebrate your team $\$ 34.99$ online only at kohls.com
 baseball glove-style oven mitt. \$10.15




## SSENES 12

strata with
sausage, cheese and herbs

## DETROTT FREE PRESS


-incte bottom and sides of a 9-inch-by-13-inch baking dish.
In a large skillet over medium heat, break up sausage and sauté until golden brown, about 10 to 12 minutes. Remove from heat and set aside on paper towel to drain. Add the butter to the same skillet and melt. Add the onions, mushrooms and bell pepper and sauté until they are tender Remove from the heat and cool. In
a medium bowl, whisk the thyme, if using, with the cream, hall-andhalf, eggs, salt and pepper, and set aside. Lay half of the bread in the buttered baking dish, sprinkle with half of the sausage mixture, half of he mushroom mixture and about half of the cheese. Repeat layering with remaining bread, sausage, mushroom and cheese. Slowly pour egg mixture over top. Press down on the bread so it gets covered with the egg mixture. Cover and refrigerate 30 minutes or overnight. Preheat the oven to 350 degrees. Remove the strata from the refrigerator while the oven is preheating. Uncover and place the baking dish on a baking
sheet to catch overflow. Bake 40 minutes, or until golden brown. Allow to sit 10 minutes before
serving.

## INGREDIENTS

20 ounces sweet Italian sausage, casings removed if in links

- 1 tablespoon butter
- 1 medium onion, chopped into 1/2-inch pieces (about 1 cup)
- 8 ounces cremini mushrooms,

■ 1 red bell pepper, diced
1 tablespoon chopped fresh
thyme, optional

- 1 cup heavy whipping cream

■ 1/2 cup half-and-half - 10 eggs

- 1 teaspoon salt black pepper freshly ground black pepper - 16 ounces egg bread or country bread (preferably one to two days old), cut into 1/2-inch-thick slices
- $21 / 2$ cups shredded Fontina

Approximate values per serving: 438 calories, 30 g fat, 269 mg s cholvesterol, 21 g
protein 23 g carbohydrates 1 g fier 929 protein, 23 g carbohydrates, 1 g fiber,, 929
mg sodium, 61 percent calories from fat.


## Wines with a deep food connection

Red wines can be intense, but they are still easily enjoyed in the spring with a perfectly grilled pork chop, steak or other red meat. So pull out your corkscrew and enjoy a glass of one of these vinos from Whole Foods Market

##  <br> vearcex <br> 



2012
Ventoux
Soleil des
Garigues

## Eighty winegrowing

 families at this cooperative winery in the Rhône River Valley of France created this red, made of 70 percent grenache, 15 percent syrah, 10 percent carignan, and 5 percent insault. Aromas of red licorice, white pepper with flavors of black fruit and flavors of black frutPrice: $\$ 10.99$
 Mongrana Maremma Toscana Querciabella in Italy pursues uncompromising quality, sustainability and authenticity. A blend of 50 percent sangiovese, 25 percent cabernet sauvignon and 25 percent merlot, this smooth super Tuscan blend is vegan, spicy and full of juicy - Price: $\$ 19.99$


2010 Santa Rita Organic Cabernet Sauvignon Made for Whole Foods Market by one of Chile's premier wine estates, this Maipo Valley winery was one of the first to pioneer plantings of European grape varieties. This well-balanced red has aromas of bacon, pepper and jalapeno with intense flavors of black fruit and exotic spices.
Price: $\$ 12.99$.


Perfect accessory for your morning staple
GANNETT
ereal is a fast and easy choice when you're trying to get a family out of the house each morning. Whether you're eating at home or on the run, there's a special bowl to suit


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Ext cab 4X4. Nice! $\begin{array}{lr}\text { MSSP } 31,035 & \text { SAVE } \$ 2,036 \\ \text { BOTTOM } & \text { EAO } \\ \text { LINE PRICE } & \text { Sic }\end{array}$


M-80 4X4 pkg, Lited, Two-Tone Paint, Leeather MSRP ${ }^{\text {5 } 58,772 ~}$ SAVE ${ }^{\text {8 }}$,773 BOTTOM LINE PRICE

S49,999




[^0]:    Set of two beveled mirror nesting tables \$349.99 online only at bedbathandbeyond.

