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1 Sources: U.S. Bureau of Labor Statistics and Federal Reserve. 2 Sources: National Mining Association and Kitco.

Telling the story of Rural Nebraska

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Contents



6 Inside the World of "Murphy"

For 25 years, readers of the Nebraska Rural Electric Association magazine have enjoyed the lighthearted adventures of "Murphy," a comic strip that has become a staple in its pages. After a quarter century, the team behind the magazine decided it was time to dig deeper into the world of the beloved comic.



I4 A Winter Season of Colorful Amaryllis Blooms

Writer Melinda Myers shares how to lift your mood and home by growing amaryllis plants this winter, which now come in a variety of colors and flower shapes beyond the traditional red. Choose the color that complements your indoor décor and personal style, adding a vibrant touch to your space.

Departments

Editor's Page
Safety Briefs/Murphy
Energy Sense

Down Home Recipes Marketplace

A pair of Dark-eyed Juncos perch on a tree branch at Two Rivers State Recreation Area. Photograph by Michael Bazant

Editor's Page



Wayne Price

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Finding Real Value in Everyday Choices: Why Electricity Is Worth Every Penny

Each morning, I get ready for work, hop into my electric car, and head to the office. Lunchtime usually means a quick trip to a fast-food restaurant, and after a long day, I unwind with a couple of episodes of my favorite streaming series. It's a predictable routine, but lately, with inflation driving up costs, I've started questioning if these habits are really worth it.

For example, my fast-food combo meal costs around \$10 a day. Adding my \$24 Netflix subscription, these small daily expenses quickly pile up to about \$58 a week or roughly \$280 a month. What am I really getting out of it? Sure, there's short-term satisfaction, but it wasn't doing my waistline—or wallet—any favors.

When I started packing my own lunch, it made me reevaluate where my money was going. Were these conveniences actually worth it, or just unnecessary spending?

That's when I considered another daily expense I often take for granted: electricity. In Nebraska, the average daily cost of electricity is about \$3.57—far less than the \$10 fast-food meal. For that price, I can power my entire home, keep my lunch cold in the fridge, heat the water for my shower, binge-watch my shows, and even use my treadmill to work off that meal. Now that feels like value.

Electricity powers so much more than fleeting satisfaction. It keeps us connected, ensures our food stays fresh, lights our homes, and maintains our comfort. These essential functions are things we often overlook, and yet electricity has remained relatively affordable, even as inflation affects nearly everything else.

In Nebraska, public power districts and electric cooperatives work hard to keep electricity affordable and reliable. They face challenges like fluctuating supply and demand, infrastructure maintenance, and operational costs. Weather extremes can also increase energy use or disrupt generation. Still, Nebraska's rural electric utilities manage these factors to minimize price increases for consumers, ensuring electricity remains a great value.

As electricity continues to power our homes, businesses, hospitals, and schools, its reliability and affordability are more important than ever.

Nebraska's public power districts and electric cooperatives prioritize consumer needs, ensuring electricity stays a dependable, affordable resource for everyone.

So, the next time you consider grabbing that fast-food combo or another streaming service, think about what your money could be powering. Electricity provides lasting benefits far beyond the momentary pleasure of a meal or show. It powers your life in essential ways—and that's value you can rely on every day.

Guest Editorial



Doyle Hazen

Doyle Hazen is the General Manager of North Central Public Power District, headquartered in Creighton, Neb.

Nebraska's Lifeline: Why Public Power Is More Than Just Electricity

Many of us have heard the story of how electricity came to rural homes and businesses back in the 30s or even earlier. Power was offered for the first time and that provided better living conditions for everyone. Now, nearly everyone has electricity and that has become the expectation. Electricity in Nebraska is a staple. It is a necessity, not a luxury. Electricity provides everyone with a certain level of lifestyle that so many areas in the world have yet to enjoy.

As with many things in our lives, public power in Nebraska is a resource that may be taken for granted. The reasonable and stable rates provided by public power systems throughout the state are the economic catalyst that drives almost every industry and household. Public power provides the base for economic development, more room in personal budgets for discretionary or living expense and provides jobs by providing inputs for business that are financially viable.

The growth public power offers small and large business reflects great value that is recognized nationally. It is imperative that the importance of public power is recognized. Nebraska has had excess generation capacity in the past. However, with the more recent growth in electricity demand, that excess is quickly being used.

Public power has recognized the need for more base load, dispatchable generation to keep up with the growth in demand. Non-dispatchable generation continue to be added such as wind and solar but we need the dispatchable generation support to ensure continued growth and the sustained reliability that we all have come to expect.

Due to the great value public power in Nebraska provides, it is important that everyone maintains a vigilance to promote and sustain public power. The people that are served by public power are empowered with local control as the members of the board are publicly elected. Your neighbor or you can serve on these boards. In addition, it is important that any utility legislation is in the best interest of electric customers in Nebraska.

Public power should be in the top of your priority list for sustaining the great economic environment in Nebraska. Businesses have a variety of inputs in Nebraska with electricity being vital to their continued success.

Inside the World of Muryony

For 25 years, readers of the Nebraska Rural Electric Association magazine have enjoyed the lighthearted adventures of "Murphy," a comic strip that has become a staple in its pages. But after a quarter century, the team behind the magazine decided it was time to dig deeper into the world of the beloved comic.

Wayne: Boys, did you ever imagine you'd still be so popular after 25

years?

Rusty: We're all Very grateful to our readers. Murphy: Frankly, when we got the call from the temp agency, we thought it was a limited engagement.



Wayne: You've been through countless escapades. How have you changed or grown since your first appearance? Do you think you're the same characters you were 25 years ago?

Murphy: These days we're much more believable.

Buster: Yeah, we're in color now.

Wayne: Your relationships with each other have been central to your strip. How has your bond changed over time?

Murphy: Oh, we've ALWAYS been close.

Buster: But we
REALLY pull together
during emergencies.
Rusty: Mostly just to
stay alive.



Wayne: Over the years, you've faced many challenges. What are some of your favorite moments, or strips from your journey?

Murphy: Personally, I've always enjoyed the strips where I dispense wisdom to my nephew, Buster.

Buster: Wisdom? Uncle Rusty, did he just say "wisdom"?

Rusty: Pay no attention, it's just a figure of speech to him.

by Wayne Stroot & Wayne Price



Wayne: What is it about your characters that has resonated with so many readers? Rusty: I'Ve got this one...EVERYONE knows a self-proclaimed expert

wannabe, like Murphy.

Murphy: AND everyone

knows a tightly-wound

smart aleck like Rusty!

Buster: I know

somebody who usually

gets caught in the middle.

Wayne: How do you feel about modern trends like social media, streaming platforms, and viral memes? Have you embraced the digital age, or do you prefer your classic roots?

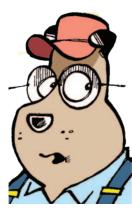
Murphy: I guess we're just old school right down the line.

Buster: From the penciling... Rusty: to the dip-pen inking.

Wayne: If you could step into the real world for a day, what would you do? Is there something from our world that you'd love to experience?

Murphy: From what

Murphy: From what we've seen of the real world, I think we'd all rather just stay put.



Wayne: What has it been like working with Wayne Stroot for 25 years? Have you ever had creative differences, or has it been smooth sailing?

Murphy: Stroot...Stroot...Hmmm...name sounds familiar, but I can't quite place him.

Rusty: No doubt now we'll all be drawn wearing a tutu in the next strip!

Wayne: You're all seasoned veterans in the comic strip world. What advice would you give to new characters just starting out on their adventures?

Murphy: If it's anything like OUR strip... Rusty: Keep a good first aid kit on hand.

Buster: And learn CPR.

Southern Public Power District's Energy Park

Located just two miles west of Grand Island in South Central Nebraska, Southern Public Power District's Energy Park is a 650-acre property brimming with potential. Once home to the Cornhusker Army Ammunition Plant, this site has been transformed into a prime location for innovation, industrial growth, and energy-intensive industries.

Southern Public Power District has a vision for the Energy Park: to create an ideal space for businesses requiring significant electricity. By providing reliable, competitive energy services at low operating costs, the district aims to attract industries that are ready to scale and thrive.



Why Energy Park?

The Energy Park offers a range of attractive features for businesses:

Prime Transportation Access: With rail services from both Burlington Northern Santa Fe and Union Pacific, companies benefit from seamless transportation. Local rail car company Cathcart ensures efficient movement of goods.

Strategic Road Access: Multiple roads provide easy access for trucks, simplifying logistics for businesses operating in the area.

Flexible Land Options: Affordable land prices and customizable parcel sizes allow businesses to find the perfect space. Parcels up to 300 acres are available for large-scale operations.

Essential Utilities: The park has access to essential



Southern Public Power District is transforming its Energy Park into a strategic hub for industries with high electricity demands. This forward-thinking initiative is designed to create the perfect environment for businesses that rely on substantial energy use, providing them with the resources they need to grow.

utilities such as natural gas, electricity, fiber optics, and water, providing a strong foundation for new businesses.

Tailored for Growth

The infrastructure in place makes the Energy Park an excellent fit for industries requiring high electricity usage, such as manufacturing, data centers, and other large-scale operations. Its versatility ensures it can accommodate a wide range of industrial activities, from logistics hubs to production plants.

In addition to the Southern Public Power District's efforts, the Grand Island Area Economic Development Corporation and the Cornhusker Industrial Park provide further opportunities for growth and collaboration in the region.

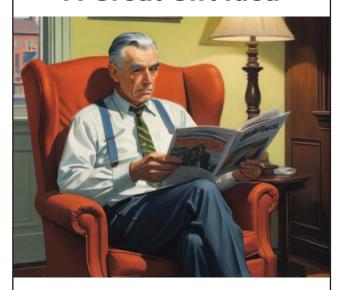
Supporting Business and Community

Southern Public Power District is committed to fostering development that not only benefits businesses but also the surrounding community. By offering a well-equipped, cost-effective environment, the Energy Park is a key player in driving economic growth in the region.

For more information about available parcels and development opportunities, contact Amanda Groff, Southern Public Power District public relations manager, at 308-384-2350.



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November 2024

UNMC & Nebraska Medicine: Addressing Nebraska's health workforce shortage

Katie Schultis, a fourth-year University of Nebraska Medical Center student, is from Diller, a town of 250 in southeast Nebraska. Like many rural areas, Diller faces a critical shortage of health professionals.

"Growing up, I was well aware of the limited access many communities in our state have to the care they need and deserve," Schultis says. "That's why, when my education is complete, I'll be going home." Schultis is not alone. Nearly 60% of the physicians, dentists, pharmacists and physician assistants practicing in Greater Nebraska – outside of the Omaha and Lincoln metro areas – were educated at UNMC and received training at Nebraska Medicine, the university's primary clinical partner.

But there is still work to be done. UNMC and Nebraska Medicine, a leading American academic health system, are committed to addressing the growing health care needs of all Nebraskans - UNMC, as the state's only public sciences university, and Nebraska Medicine, as a major clinical partner of UNMC and the primary teaching hospital for the state.

'Leading the world'

In collaboration with the University of Nebraska at Kearney, UNMC has grown in central Nebraska, adding new facilities and expanding programs. This includes a \$95 million Rural Health Education Building and medicine, nursing, pharmacy and public health programs.

The expansion builds upon the success of the Health Science Education Complex, which opened in 2019 through a partnership between UNMC and UNK. Due for completion in late 2025, the new project will increase the number of health professions students



Kaitlyn Schultis
UNMC College of Medicine, Class of 2024



Kaitlyn Schultis & Edson DeOliveira
UNMC College of Medicine, Class of 2024

training in the region by more than 250% and help fill shortages in medical professions around Nebraska.

"The combined campus in Kearney will be the largest interdisciplinary health care rural training campus in the United States," UNMC Chancellor Jeffrey Gold, MD, says. "It's just another way that Nebraska is leading the world."

When fully operational, the Rural Health Education Building and existing Health Science Education Complex will have an annual economic impact estimated at \$34.5 million.

Impacting care for all Nebraskans

Nebraska Medicine, as the primary clinical partner of UNMC, is dedicated to providing health care for all Nebraskans. As a non-profit, integrated health system, its providers care for patients from every county in the state.

Across Nebraska, 70 specialty and primary care clinics offer a wide range of services. This includes 20 satellite clinic locations in towns such as Alma, Broken Bow, Cambridge, Columbus, Cozad, Grand Island, Hastings, Kearney, North Platte and York.

Nebraska Medicine – like many hospitals across the state – relies on UNMC to grow our health care workforce and on students like Schultis.

"Medical students just like me, from rural communities throughout Nebraska, are getting their education at UNMC and training at Nebraska Medicine," she says. "And like me, they'll be going home to provide much-needed care."

While expanding Nebraska's health workforce is crucial, it's only one step UNMC and Nebraska Medicine are taking in and across Nebraska. Explore this "once-in-a-generation" opportunity for Nebraska at unmc.edu/next.

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If you're getting health care anywhere in Nebraska, there's a good chance your provider was educated at the University of Nebraska Medical Center, and trained with Nebraska Medicine. We're proud of the knowledge and training we provide countless health care professionals, who settle in communities throughout our state and improve the lives of people and their families.

Learn more about how we're transforming the lives of Nebraskans at unmc.edu/next.





Honoring the Legacy of the Sandhills

Celebrating The Nebraska Sandhills Cowboy Hall of Fame

The Nebraska Sandhills Cowboy Hall of Fame is dedicated to celebrating the individuals who have made extraordinary contributions to the Western lifestyle in the Sandhills of Nebraska and the Great Plains. This prestigious recognition is reserved for those who have shaped and preserved the traditions of ranching, rodeo, and the Western way of life.

According to Bret Younkin, Nebraska Sandhills Cowboy Hall of Fame media manager, during a 2006 event in Ainsworth, Neb., commemorating the National Day of the Cowboy, local lawyer and rancher Rodney Palmer saw an opportunity. Recognizing a gap in honoring the region's cowboy culture, Palmer took it upon himself to establish the Nebraska Sandhills Cowboy Hall of Fame—a long overdue tribute to the hardworking men and women of the Sandhills.

Reflecting on that pivotal moment, Palmer explained his motivation in a 2006 interview with Tri-State Livestock News: "Nebraska didn't have a Cowboy Hall of Fame at the time, so I called the North Dakota, South Dakota, and Texas Halls of Fame to get some ideas. Our area ranchers and cowboys were not

receiving the recognition and memorialization they deserved, so I took it upon myself to get this started and incorporated it as a non-profit corporation."

The Hall of Fame was created to honor those who embodied the spirit of the cowboy lifestyle—individuals whose legacy of ranching, rodeo, and rural life had helped shape the Sandhills region. In its inaugural year, the Hall inducted 18 individuals. Since then, more than 220 cowboys and cowgirls have been enshrined, each one representing the enduring grit and



2006 Inductee Homer Kenner

determination that define Nebraska's cowboy legacy.

This Hall of Fame stands as more than just a museum; it is a living testament to the values, history, and

enduring impact of the cowboy way

of life in the Sandhills—a tradition that continues to thrive today.

To be considered for induction, nominees must be at least 50 years old or deceased. Honorees can come from a variety of backgrounds, including rodeo competitors, ranchers, stock contractors, horse trainers, and leaders in the Western arts and entertainment. The Hall of Fame also honors animals that have played a significant role in Western competition or

2006 Inductee Howard Parker

ranching. Whether through business success, rodeo achievements, or contributions to preserving the Western spirit, these individuals and animals represent the best of Nebraska's cowboy heritage.

A panel of directors, each representing a county within the Sandhills, is responsible for selecting inductees. Nominations are accepted year-round, with a deadline of December 31. Each year, the selection committee convenes to carefully review the nominations and choose the next group of inductees.

For those interested in nominating someone for this prestigious honor, nomination forms can be requested by contacting Rod Palmer, Executive Secretary of the Nebraska Sandhills Cowboy Hall of Fame, at 121 East 2nd St, P.O. Box 127, Ainsworth, NE 69210, or by calling (402) 387-2212. This annual event is a powerful reminder of the resilience, dedication, and passion that continue to define the Western spirit in Nebraska's Sandhills.



2024 Board of Directors for the Nebraska Sandhills Cowboy Hall of Fame.

Back row, left to right Ronny Morgan-Loup County, AB Cox-Cherry County, Dennis Derner-Wheeler County, Larry Burgess-Grant County, Bill Herrington-Rock County, Dale Prickett-Garfield County, Buck Buckles-Sheridan County, Vern Oatman-Custer County, Joe Nutter, Vice Chairman-Lincoln County, Kelly Wilson-Authur County, Rod Palmer-Executive Director.

Front row, left to right, Ron Sowders-Mcpherson County, Walt Rhoades-Blaine County, Junior Young-Holt County, Rich Boots-Hooker County, Gary Powles-Garden County, Dick Caulfield-Keya Paha County, Vern Boeser, Chairman-Logan County, Charlie Daly-Thomas County. Not pictured Dan Dailey-Brown County, and Paul Cleveland-Keith County





by Melinda Myers

CA Winter Season of Colorful CAmaryllis Blooms

This winter, brighten your mood and surroundings by planting and growing a few amaryllis. Your thoughts may turn to red when considering this plant but now you can find a variety of colors and flower shapes. Select the color that best suits your mood and indoor décor.

Fill your home with these beauties for the holidays. Then keep the blossoms coming all winter long. Plant several different types of amaryllis bulbs, from the southern and northern hemispheres, and you'll get a long-lasting, colorful display.

Most amaryllis bulbs grown in the U.S. are imported from Holland, and their natural bloom time is January through March. Exactly when the flowers will open is impossible to predict. The best strategy is to choose several different varieties and plant them three to four weeks apart during November, December, and January so you'll always have flowers coming into bloom.

Kick off the holiday season with amaryllis bulbs imported from growers in the southern hemisphere. As we enter autumn, it's springtime in South America, and these bulbs are eager to begin to bloom. Pot them up before early November for flowers in December.

Brighten the holiday season with the pure white, fully double flowers of Alaska amaryllis. The white blossoms with lime green throat combine nicely with winter greens. Plant the bulbs in the fall and enjoy the blossoms throughout the holiday season.

Keep the flowers coming with an early bloomer such as Evergreen, which is always quick to break out of

dormancy. Its flowers have narrow, lime/chartreuse petals on 20-inch plants adding a freshness to any room. Enjoy the impressive display as each bulb produces two to three stems with four to six blooms each.

Add a bit of fun and flare with the eight-inch flowers of Dancing Queen. You'll enjoy the showy layers of ruffled snow-white petals highlighted with brush strokes of red.

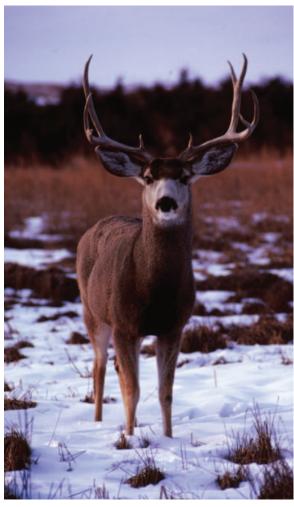
If you are a fan of the popular color pink, there is an amaryllis for you. Pink Surprise Amaryllis has enormous hot pink flowers with a silky sheen and a touch of white at the tip. It is a standout and perfect as a centerpiece on the dining room table or as a colorful welcome when displayed on a table by your front entrance.

For those who prefer something a bit more subtle, check out Terra Cotta Star. The soft watercolor hues of salmon, rose, buttercream and pistachio along with its dark veins add an artistic flare to each blossom.

Showcase and enjoy your colorful amaryllis by displaying it on a mantle, kitchen counter, or entryway table. Then watch the amazing show as the first sprout appears, followed by buds and finally, its spectacular trumpet-shaped blooms. Or cut a few flowers to enjoy as long-lasting cut flowers.

Order these and other amaryllis varieties early for the greatest selection. Selecting an assortment of colors, flower shapes and bloom times provides months of beauty and enjoyment.

Melinda Myers has written more than 20 gardening books, including the recently released Midwest Gardener's Handbook, 2nd Edition and Small Space Gardening. Her website is www.MelindaMyers.com.



Photograph by Bob Rooney, Sandhills Images

Hunters across Nebraska will hit the field in droves this firearm deer season, which begins Nov. 16. When they do, safety should be top of mind.

"There's a good reason hunter orange is required during the November firearm deer season," said Hunter Nikolai, hunter education coordinator with the Nebraska Game and Parks Commission. "Hunter orange significantly increases your visibility to other hunters, helping you and other hunters follow one of the four primary rules of firearm safety: be sure of your target, what is in front of it and what is beyond it."

Anyone hunting under the authority of a firearm deer permit must display on their head, chest and back at least 400 square inches of hunter orange material. This includes deer hunters in an enclosed

blind and those hunting with archery equipment during the November firearm deer season, which runs through Nov. 24. Camouflage hunter orange patterns are legal as long as they meet the 400 square inch requirement.

Communicate and follow the four primary rules of firearm safety with your friends and family:

- Treat every firearm as if it is loaded.
- Always point the muzzle of your firearm in a safe direction.
- Be sure of your target, what is in front of it, and what is beyond it.
- Keep your finger outside of the trigger guard until you are ready to fire.

If you see someone breaking one of these safety rules, speak up. It is everyone's responsibility to ensure safety in the field.

Murphy





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Best Smart Home Tech on a Budget

Smart technology can make it easier to save energy by simplifying or automating tasks. It can also optimize energy use to reduce waste and improve efficiency.

When upgrading to smart technology at home, consider the purchase cost as well as long-term savings. For example, you may pay a little more for a product with the latest technology, but it could result in significant savings each year and over the lifetime of the appliance.

Here are some smart devices that will take the work out of saving energy.

Smart thermostats save energy by automatically adjusting your heating or cooling system. For example, you can save as much as 10% a year on heating and cooling costs by adjusting your thermostat 7 to 10 degrees from its normal setting for eight hours a day, according to the Department of Energy (DOE).

You can program a smart thermostat to change the temperature when you are asleep or away, or use a smartphone app to adjust your thermostat settings. Some models use artificial intelligence to maximize efficiency by learning your patterns and preferences. Prices range from \$80 to \$250, depending on features. Smart thermostats do not work with all heating and cooling systems, so check compatibility before you buy.

Your water heater can also be controlled for energy savings. Installing a timer on your electric water heater can save 5% to 12% of the energy it uses by turning it off at



Smart heat pump water heaters are equipped with automation features that help you use less energy. Photograph provided by Northwest Energy Efficiency Alliance

night and when you don't need to use hot water, according to the DOE.

If you are already planning to replace your electric storage water heater with a heat pump water heater, consider a model equipped with smart technology features, including Wi-Fi capabilities for controlling it remotely or during peak demand times, viewing the amount of hot water available and tracking energy use. There are a variety of modes, including vacation, efficiency and high demand, which produces more hot water. Some models can notify you or shut off if a leak is detected. Depending on the manufacturer and size of the unit, a smart heat pump water heater may only cost a few hundred dollars more than a standard heat pump water heater.

Smart lighting gives you the power to control lights in your home remotely or set a lighting schedule that fits your lifestyle. This can be beneficial for energy savings and provide home security benefits. If you or other members of your household are notorious for leaving lights on, smart lighting can help. Numerous features are available, including dimmable bulbs and colorchanging effects.

Smart light switches are another budget-friendly way to control lighting. They're priced from about \$10 to \$50. Smart switches with dimmable options are available and can also control ceiling fans. Some have occupancy sensors that turn lights off when no movement is detected in a room.

A smart plug fits into any outlet to control whatever is plugged into it. Set them to automatically turn off and on or control them using a smartphone app. Prices range from \$8 to \$25.

Upgrading to smart home technologies can make it easy to use less energy at home. Choose options that make the most sense for your lifestyle to optimize savings.



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Spicy Twists on Favorite Comfort Foods

After a day battling the cold and fighting the wind, a comforting meal made at home is often just what you crave. Turn those blustery winter conditions into warm, cozy evenings with favorite recipes that offer not only convenience but provide a little kick of spice.

For a quick and delightful meal that's equal parts comforting and unique, try this Hot Honey Chicken and Waffle that's sure to please with a crispy rice waffle loaded with sweet and spicy flavor, topped with chicken and drizzled with honey. It's a treat that truly satisfies from the inside out in just 7 minutes.

The crispness of the gluten-free rice waffle is made possible by Minute Rice's Hot Honey Chicken Seasoned Rice Cup that entices taste buds with a sweet and mildly spicy contrast and playful presentation. Ready in as little as 60 seconds, the rice cup ensures convenience and distinct seasoning, making each waffle perfectly flavored and offering a satisfying crunch with every bite.

For a savory solution the entire family can enjoy together, this cheesy Buffalo Cauliflower Casserole combines jasmine rice, cheddar cheese, roasted cauliflower, Buffalo hot sauce and crumbled blue cheese for a crave-worthy oven bake.

Prepare the Minute Instant Jasmine Rice in just 5 minutes for a quick mealtime solution without compromising quality or taste. Next, heat the oven and mix the



Hot Honey Chicken and Waffle

- 1 Minute Hot Honey Chicken Seasoned Rice Cup
- 1 egg nonstick cooking spray
- 2 chicken tenders, cooked
- 2 tablespoons honey, for garnish
- 1 tablespoon powdered sugar, for garnish

Preheat mini waffle maker. Heat rice according to package directions. In medium mixing bowl, combine rice and egg. Mix well.

Spoon rice mixture into waffle maker. Cook until light goes off.

Place waffle on plate with cooked chicken tenders on top.

Drizzle with honey, sprinkle powdered sugar on top and serve.

ingredients then sit back and wait for a golden brown casserole with a cheesy interior and tantalizing blend of spicy, salty and tangy flavors.

Topped with green onions, this vegetarian meal is sure to please your

hungry loved ones. If meat lovers need a bite of protein, simply serve alongside seared chicken or beef.

Visit MinuteRice.com to find more family-friendly ways to warm up mealtimes all winter long.



Buffalo Cauliflower Casserole

- 2 cups Minute Jasmine Rice
- package (8 ounces) plain cream cheese, softened
- 1/2 cup Buffalo hot sauce
 - 4 cups frozen cauliflower florets, blanched and cooled
 - 2 cups shredded cheddar cheese
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/3 cup finely crumbled blue cheese
 - 2 green onions, thinly sliced

Preheat oven to 400 F. Prepare rice according to package directions. Transfer to greased 8-by-8-inch baking dish.

In medium bowl, stir cream cheese and hot sauce. Add cauliflower, cheddar cheese, salt and pepper; toss to combine. Spoon over rice. Sprinkle with blue cheese.

Bake 25-30 minutes until golden brown and bubbly. Sprinkle with green onions.

Tips: Substitute goat cheese or feta for blue cheese, if desired. Meat lovers can serve as a side dish to seared chicken or beef.

Reader Submitted Recipes

Turkey Normandy

package (6 oz.) stuffing mix 3/4 teaspoon salt

stick butter, melted 2 eggs cup chicken broth 1 1/2 cups milk

3 cups diced turkey

1/2 cup chopped onion

1/2 cup diced celery

1/2 cup mayonnaise

1 can cream of mushroom

Shredded cheddar cheese

Mix together the stuffing mix, butter and broth. Spread half of this mixture in a greased 9" X 13" pan. Combine the turkey, onion, celery, mayonnaise and salt. Put on top of the stuffing mixture in the pan. Spread the rest of the stuffing mixture over the turkey mixture. Beat 2 eggs and 1 1/2 cups of milk together and pour on top. Cover and refrigerate overnight. The next day spread 1 can of cream of mushroom soup on top and bake for 40 minutes at 350 degrees. After 40 minutes put shredded cheese on top and bake for 10 minutes more. Let set 5 to 10 minutes before serving. We love this for the day after Thanksgiving. Good way to use leftover turkey.

Barbara Harms, Valentine, Nebraska

Corn Pudding

1/2 cup butter, softened

1/2 cup sugar

2 eggs

cup (8 oz.) sour cream

package (8-1/2 oz.) corn bread/muffin mix

1/2 cup 2% milk

can (15-1/4 oz.) whole kernel corn, drained

can (15-1/4 oz.) cream-style corn

In a large bowl, cream butter and sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Beat in sour cream. Gradually add muffin mix alternately with milk. Fold in corn. Bake in a greased 3 qt. baking dish at 325° 45-50 minutes or until set and lightly browned. Yield: 8 servings.

Chris Hilkemann, Pierce, Nebraska

Pumpkin Streusel Cake

moist yellow cake mix

Topping:

can pumpkin

2 tablespoons cinnamon

eggs

1 cup brown sugar

1/3 cup butter

Mix cake mix, pumpkin and 3 eggs together in a large bowl. Mix cinnamon, brown sugar and butter together in a small bowl. In a lightly greased and floured 9"x13" pan, alternate layers of cake/streusel/cake/streusel. Bake at 350 degrees for 45 minutes until a toothpick comes out clean. May be served with Cool Whip.

Crystal Hood, Brady, Nebraska

November 2024 21

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