

Dell

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helping people get organized regarding food shopping and cooking. In the book, she explains her strategy of going grocery shopping Sundays and purchasing the week's worth of whole foods and other high-quality ingredients. When she comes home from the store, she spends about an hour prepping the food so it is ready to be used during the workweek. She hard-boils eggs, chops vegetables and does other work to get ready for the week, then places all those ingredients in an organized way in the refrigerator. Dell provides her readers with shopping lists, menus and recipes and said her strategy is an efficient and delicious way to cut down on wasted food and squandered money. "I think a lot of people in Maine understand that this is the cheapest way to eat well — to cook for yourself," she said. "It doesn't have to be complicated. None of us want to spend hours in the kitchen."

Dell said that when she finally did go on that backpacking trip around the Mediterranean, she learned even more about how to cook with fresh ingredients from her host families. Then, when she returned to the United States, she went to Rockland to visit her parents and then decided to stay in midcoast Maine. She got a job at Melissa Kelly's renowned Rockland restaurant, Primo, where she realized how crucial it is to be organized about food preparation.

"Watching those chefs prep food every night, I saw that is how you have an efficient kitchen," Dell said. "I really thought about how to incorporate that in the cookbook."

The book features recipes for healthful fare such as white bean chicken chili, sweet potato quesadillas and buffalo chicken salad and has been popular with readers so far. Dell said she has sold more than 1,000 copies, which she believes is pretty good for a self-published author. If she sells 5,000 copies on her own, she said she would go to a publishing house and see whether there might be interest in putting out a second cookbook. Or she might focus her energies on doing work-based wellness education.

But that's all in the future. From now until the beginning of June, Dell will be giving talks and selling books in Massachusetts, Florida, Texas and California. The Kickstarter funds are helping her with travel costs but don't allow her to stay at fancy hotels. Instead, she is staying with friends and family on couches and cots and getting extra practice at healthful, efficient cooking while on the road. Standbys include baked sweet potatoes, cooked quinoa, steamed vegetables and hard-boiled eggs.

"I call my purse the kitchen. No matter where I am, I can pull out food from my bag," Dell said. "Being the author, publisher, agent, marketing person and personal relations, if I did not feed myself well, I would not have the stamina to keep up this schedule."

For more information about "Food That Works,"

visit the website foodthatworks.info. The book can be found in Maine at stores including Hello Hello Books in Rockland, at Rooster Brother in Ellsworth, at the Owl & Turtle Bookshop in Camden and Sherman's Books and Stationery in Portland, Freeport, Camden, Bar Harbor and Boothbay Harbor.

White Bean Chicken Chili

Total Time: 1 hour, serves: 5-6

Try this lighter version of chili, and you will be converted. Normally we think of chili as dark red and tomato based. But this chili has a white creamy base that begins with making a roux. Then we seriously season the roux with tons of rich spices and smoky chipotle peppers, which make this chili unforgettable. Careful with those chipotle peppers; they are extremely hot! Go ahead and bring this chili to the next party if you want a lot of press.

Rice:

2 cups brown rice (makes 4 cups cooked)

Vegetables:

1 tablespoon extra virgin olive oil
1 cup chopped onions
3 cloves garlic, chopped (1 generous tablespoon)
2 cups chopped red and green bell peppers

Roux:

4 tablespoons (½ stick) unsalted butter
¼ cup flour
1 cup unsweetened almond milk or milk of your choice
2½ cups water (or chicken broth if you have it)
1 teaspoon salt
1 teaspoon ground cumin
½ teaspoon chili powder
½ teaspoon dried oregano

1 chipotle pepper in adobo, finely chopped (2 peppers if you like it really hot)
1 tablespoon Braggs Liquid Aminos
Additional Spices: cayenne pepper for more heat, smoked paprika for smoky flavor, or a little juice from the canned chipotle peppers

Assembly:

2 (15-ounce) cans cannellini beans or any white beans, rinsed well and drained
2 baked chicken breasts
Additional Toppings:
1 dollop plain full-fat Greek yogurt
Finely chopped red onions, for garnish
2 scallions, light green and white parts, thinly sliced
1 dash paprika, for color

Rice:

Place rice in a medium pot with a lid. Fill the pot with enough cold water to cover the rice. Scrub the rice well with your hands and pour off the water. Repeat 3 times or until water runs clear. Add 4 cups cold water. Place over high heat; bring to a boil. Once boiling, turn heat down to medium-low, cover, and cook until tender, about 40 minutes; set timer.

Turn off the heat, and fluff with a fork. If there is excess water, pour it off. Return the rice to the warm burner and fluff with a fork until the rice dries out a bit. Cover to keep warm until ready to serve.

Vegetables:

Place a large nonstick frying pan over medium-high heat. Add the olive oil, heat about 2 minutes. Add the yellow onions, saute for 2 minutes. Add the garlic and saute 2 minutes more, stir-

ring frequently to prevent burning.

Add the peppers, stir to combine and saute only 2 more minutes. You just want to lightly saute the veggies as they will cook more in the chili. Place the veggie mixture in a bowl; set aside.

Roux:

Melt the butter in the same pan over medium heat. With a whisk, slowly add the flour to the butter. Keep breaking up the flour with the whisk, pressing up against and scraping the sides. Slowly add the almond milk. Turn the heat up to high, and whisk continually until the roux bubbles, thickens and turns white. Continuing to whisk, slowly add the water, cup by cup, until the mixture bubbles and thickens again. Once all the water is added and the mixture is thick, reduce the heat to medium.

Stir the salt, cumin, chili powder, oregano, chipotle pepper and Braggs into the roux. Taste and add additional spices until it tastes good to you — this is the sauce for your chili. Turn down the heat to medium-low; continue cooking.

Assembly:

Stir the rinsed beans and the vegetable mixture into the roux. Place the cooked chicken breasts on a cutting board. Use a fork to pull meat toward you with a scraping motion, shredding chicken to the desired size. Add shredded chicken to the chili; gently stir. Taste and add a little bit of water if it's too thick. Heat over medium-low heat for 10 minutes or until ready to serve.

Place a serving of rice in each bowl, top with chili, then yogurt, red onions, scallions and paprika. Dig in!

Poutine

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keep things as local as possible, whether it's the food or furnishings or decorations," Roy said at the time. "That is part of my goal. There is a lot of talent on both sides of the border, and there are many opportunities for collaborations."

These days Berry's menu selections range from St. John Valley standbys, such as baked stuffed haddock, grilled steak and French onion soup, to the more atypical offerings such as Asian nachos featuring seared ahi tuna on crispy won tons or the cheese and truffle sacchetti stuffed with four different types of cheese and black truffles.

This last year Berry has also started "theme nights," with menus tailored for a Great Gatsby Night, a pirate night and most recently a romantic Valentine's Day evening out.

On some weekends there is live music featuring local bands and soloists, and Berry said customers often come for a night of great food, music and company and will book a room for the night at the inn.

And, lest anyone forget, there is always the poutine. "Everyone loves french fries and finger foods," Berry said. "So you put that together with their favorite comfort food, and you get a masterpiece."

The Inn of Acadia and Voyageur Lounge is located at 384 Thomas St. in Madawaska. Complete information on prices, menu options and reservations can be found at innofacadia.com or by calling 207-728-3402.

Smoothie

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bowl takes it to another level. With solid foods on top, it's easier to recognize it as a meal."

The winter warmer special is made of bananas, coconut milk, chia seeds and a dash of cinnamon. It's topped with cooked quinoa, toasted coconut, Maine blueberries, apples and granola.

"We use as many local and organic ingredients as possible," Rockwell said.

At Colby College in Waterville, sophomore Cal Barber was making smoothies in his dorm room with a blender when he had an epiphany. He approached the cafeteria staff and asked about adding smoothies. A Vitamix smoothie bar was installed before winter break, and students returning in early February have been flocking to the new addition.

"It's a healthy way to stay fit and not be hungry going to class. There are a lot of athletes at Colby who want to bulk up," said Barber, a football player who brings his own protein powder to the smoothie bar. "It's a healthy and efficient way to pack in what you need."

A third of the student body is partaking in the do-it-yourself smoothie bar. They buy a portable \$15 cup, toss in their ingredients from the salad, fruit or smoothie bar, hit blend and are on their way. Greek yogurt, flax seeds, soy milk and kale are popular ingredients.

Cafe

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to provide more room for parking.

Hatch said he will be overseeing the new shops and thus will be getting out of the kitchen more.

Hatch and Schiro had previously operated a graphics business for 16 years, but during that time, they developed plans for their ultimate goal.

They opened Home Kitchen in 2009 and expanded and modernized the cafe in early 2013.

In a 2013 interview with the Bangor Daily News, the couple acknowledged they took a great leap of faith to invest their life savings in a restaurant during a recession.

"Everyone said we were crazy to open a restaurant in the worst of economic times," Hatch said then. "But we had a vision."

That vision has led to Home Kitchen being a popular spot for locals and tourists to enjoy breakfast and lunch.

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