New gadget can help you avoid gluten.

**EASY RECIPE**

Trail mix isn’t just for hikers

Trail mix, while great for outdoor enthusiasts, is not necessarily healthy for a lifestyle that doesn’t involve hours of walking on a mountain. Here’s a healthy trail mix you can make yourself:

- 1 cup raw almonds
- 1 cup raw pecans
- 1 cup raw pumpkin seeds
- 1 cup dry cranberries (or any unsweetened dried fruit)

This simple recipe is edible whether you’re hiking with other nutrients and antioxidants. If you’re really craving something sweet, throw in a few dark chocolate chips for good measure.

— Brandy P

**FUN FACTS**

Fast facts about hot dogs

- From picnics to festivals it’s a part of many a family’s life.
- Dogs attract a favorite customer for many a food stand.
- It’s a comfort food for many.
- Whether you like yours with all the fixings or just topped with mustard and ketchup, there are some facts from the National Hot Dog and Sausage Council.
- The Southern United States eat the bulk of all hot dogs each year.
- Residents of New York City purchase more hot dogs at retail outlets than any other city in the country ($100 billion worth).
- The council estimates Americans consume 20 billion hot dogs a year. That means 70 hot dogs to about 70 hot dogs per person each year.

**FOOD TECH**

New gadget can help you avoid gluten.

If you are looking to avoid gluten, while enjoying a meal out, a new gadget that may help you may just be able to clear your plate. Nima is a device that can quickly detect whether the food you’re eating is gluten-free. It detects foods that contain gluten by testing at least 20 parts per million of gluten protein, which is in adherence with the FDA’s gluten-free requirement of less than 20 parts per million. The Nima is available by appointment only on websites like nima.com.

— More Content Now

**FOOD**

**TIP OF THE WEEK**

**BREAKFASTS ARE BIG IN BIG SKY COUNTRY**

The Gourmets at Trough. The challenge of this breakfast taste sensation is to devour the entire portion.

**Gnarly Burger**

- 12 pieces brioche, sliced
- 1 quart French Toast Batter*
- 1/2 lb. Maple Bacon Mascaropone**
- 1 cup green syrup
- 12 pieces brioche, sliced

Mix together and spread on brioche toast, approximate 2 oz. on top “bun.”

**French Toast Batter**

- 2 cups heavy cream
- 2 cups whole milk
- 2 eggs, whisked
- 1 tablespoon cinnamon
- 1 tablespoon orange juice
- 1 tablespoon allspice
- 1 tablespoon vanilla extract

Mix and place in large bowl, refrigerate brioche in batter and cook in large skillet on medium heat with whole butter. Cook toast to golden brown on both sides.

— Courtesy Ben Jones, Resort at Paws Up

**Brunswick Stew is an easy one-pot meal**

Prudence Willson

For an easy one-pot meal, try “barbecue”...

My grandmother, Magoon, makes some of the best beef stew I have ever eaten. When I asked her about her recipe, I wasn’t at all surprised when she said she doesn’t use a recipe. She cooks from scratch and insists on fresh vegetables when she can get them. The next time she decided to make stew, I told her I wanted to watch her make it. One thing that I think makes her beef stew so good is she does not use the kind of beef that is often sold as “stew meat.” She prefers a large chuck roast that she cuts into small chunks. She salts and peppers the meat and then rather than coating it in flour, she prefers cornstarch. After browning the meat in batches, she returned the beef to the pot along with beef stock, three or four bay leaves, carrots and onions. She liked wortescan sauce, so she added a little more than I would have probably used, but the quarter cup to be sure.

With the stew cooked for about an hour, she added potatoes and continued cooking until the potatoes were tender.

**Easy Life**

**Brunswick Stew**

- 4 cups shredded, cooked chicken
- 1 C ~1/2 cup tomatoes, drained and chopped
- 1 (8 oz.) can tomato sauce
- 1/2 cup chopped onion
- 1/2 cup chopped bell pepper
- 1/2 cup diced red pepper
- 1/2 cup water
- 1 tablespoon minced garlic
- 1/2 tablespoon sugar
- 1/2 cup dark brown sugar
- salt and black pepper, to taste

Stir in the flour and cook until well combined. Gradually add water, stirring in the flour mixture. Add the remaining ingredients and let simmer for about 30 minutes.

— Courtesy Ben Jones, Resort at Paws Up

**FUN FACTS**

• 12 lbs. ground bison
• 2 lbs. bulk ground pork
• 12 oz. Maple Bacon Mascaropone**
• 2 cups chopped, cooked bacon
• 1 cup maple syrup
• 1/2 cup orange juice
• 1/3 cup brown sugar
• 1/2 cup white sugar
• 1/4 teaspoon salt
• 1/4 teaspoon Tabasco
• 1/4 teaspoon paprika

Mix together and place on top of burger in between the two brioche slices. Once assembled, have a burger in half and place on:

Serves 6.

— Courtesy Ben Jones, Resort at Paws Up

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