

TIP OF THE WEEK

Feeling stressed?
Reach for these foods

Sure, it can be dangerous to reach for food any time we’re stressed. But what if we made an effort to eat foods with nutrients proven to help us relieve that stress? Food & Wine suggests trying these foods the next time you’re feeling anxious:

1. Leafy green vegetables

2. Turkey breast

3. Oatmeal

4. Yogurt
5. Salmon

6. Blueberries

7. Pistachios

8. Dark chocolate

9. Milk

10. Avocado

FUN FACTS

Fast facts about hot dogs

From picnics to festivals to parties, hot dogs are a favorite summer food for many. Whether you like yours with all the fixings or just topped with mustard, here are some facts from the National Hot Dog and Sausage Council:

- The southern United States eats 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 (\$101 billion worth).
- The council estimates Americans consume 20 billion hot dogs a year. That works out to about 70 hot dogs per person each year.

EASY RECIPE

Trail mix isn’t just for hikers

Trail mix, while great for outdoor enthusiasts, is not always healthy for a lifestyle that doesn’t involve hiking up a mountain. Here’s a healthy trail mix you can make yourself:

- 1 cup raw almonds
- 1 cup raw pecans
- ½ cup raw sunflower seeds
- ½ cup raw pumpkin seeds
- 1 ½ cup dried dates or any unsweetened dried fruit

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

— Brandpoint



Montana’s 37,000-acre Resort at Paws Up is large enough to fit Manhattan, New York, with wiggle room for a gathering of longhorns I spot in the pasture on my way to Trough or Pomp, the two restaurants and bar on property. [CHARLENE PETERS PHOTOS]

By Charlene Peters
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“Amazing the things you find when you bother to search for them.”

— Sacagawea

Sacagawea was a Lemhi-Shoshone squaw and master communicator among Native American populations during the 19th century. She was influential in helping the Lewis and Clark Expedition reach its mission objectives to explore Montana, then part of the Louisiana Territory. That same wilderness, in and around Greenough, Montana, is where my own exploration took me in March.

The Resort at Paws Up was hardly roughing it; this Blackfoot River is, in fact, a “glamping” option savored by summertime guests who love to slumber in tents and fly-fish along the pristine waters. Wintertime offers the opportunity to snowmobile, snowshoe and cross-country ski while sleeping in a luxury lodge a few miles from the river. There’s plenty of space for every type within the property’s 37,000 acres.

Two full-service restaurants on resort exemplify the elements of ranch life under the

Big Sky. No table looks alike at Pomp, where my eye was drawn to a tableau of taxidermy.

Endless options of steaks and game are featured on the resort’s menus, and themed weekends are plentiful. I was lucky enough to be at Paws Up for a few meals at which Merry Edwards and her partner Ken Coopersmith presided. Edwards is acclaimed nationally as “The Queen of Pinot Noir.”

At the first of two dinners, I opted for an irresistible first course of scallops and main dish of sea bass that set the stage for the guest of honor’s sauvignon blanc. At the second dinner, a vertical flight of pinot noirs were sipped by a group of oenophiles gathered in Hereford Pen, a transformed cattle auction site at Paws Up that’s been transformed into a rustic yet upscale event space.

At breakfast, when a strapping Montana cowboy with a smile that rivals sunrise endorses the Gnarly Burger, I don’t care what it is — I’m having what he’s having. I happily ordered the recommended burger at Trough. “Yeehaw!”

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The Gnarly Burger at Trough. The challenge of this breakfast taste sensation is in devouring the entire portion.

Gnarly Burger

- 12 pieces brioche, sliced thick
- 1 quart French Toast Batter*
- 12 oz. Maple Bacon Mascarpone**
- 2 lbs. bulk ground pork sausage
- 2 lbs. ground bison
- 6 eggs

*French Toast Batter

- 2 cups heavy cream
- 2 cups whole milk
- 2 cups eggs, whipped
- 1 tablespoon cinnamon
- ½ cup orange juice
- 1 tablespoon allspice
- 1 tablespoon vanilla extract

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

**Maple Bacon Mascarpone

- 2 cups chopped, cooked bacon
- 1 cup mascarpone
- 1 cup cream cheese
- ½ cup maple syrup

Mix together and spread on brioche toast, approximately 2 oz. on top “bun.” Mix bison and pork sausage in mixer with dough hook attachment. Form into 6 oz. patties and sear in large cast iron skillet. Season lightly with salt and pepper, to taste. Cook egg to your liking and place on top of burger in between the two brioche slices. Once assembled, slice burger in half and place on plate. Serves 6.

— Courtesy Ben Jones, Resort at Paws Up