

Crispy, cheesy potato goodness goes well with morning or evening fare



Crispy Parmesan Roasted Potatoes

Photo Susie Iventosch

By Susie Iventosch

These potatoes are so easy and so delicious and they're great for breakfast or dinner. I was introduced to them at the Heartstone Inn in Eureka Springs, Arkansas. The innkeepers, Cheri and Rick Rojek, put on an amazing breakfast every day and one morning these potatoes were on the menu. We loved them so much and were pleased to learn that they were in their cookbook, "Bigger, Better Breakfast and Brunch Cookbook." Naturally, I bought the cookbook and have made several recipes already, including these potatoes. They have quickly become a family favorite!

The nice thing about this

dish is that you can prepare it several hours ahead of time and bake it at the last minute. It takes about 30 minutes at 400 F to get the potatoes crispy and cooked through. I like to use the baby Yukon gold potatoes, but have also made them with the combination of red and gold potatoes, and both turned out really well. The nice cheesy, crispy bottoms of the potatoes are so good and it's best to invert them when you take them out of the baking dish, so the crispy part is on top.

You can take a peek at the book on Amazon or buy it directly from the inn, if you are interested. The link is below in the info box. There are more than 200 recipes in this tiny little spiral-bound book and they all look so yummy!

Crispy Parmesan Roasted Potatoes

(Serves 4-5)

INGREDIENTS

- 1 1/2 lbs. baby potatoes, cleaned and halved
- 2 tbsp. olive oil
- 1/2 cup freshly grated Parmesan or Pecorino Romano cheese (don't use pre-grated)
- 1/2 tsp. garlic powder
- 1/2 tsp. black pepper
- 1/2 tsp. salt
- 1/2 tsp. paprika
- 1/2 tsp. lemon pepper

DIRECTIONS

Preheat oven to 400 F. Baste the bottom of a 9x13 inch glass baking dish with the olive oil using a basting brush to coat the entire bottom of the dish. The glass dish allows you to see if the bottoms of the potatoes are golden-brown.

Mix grated cheese with salt, pepper and spices. Evenly distribute the cheese mixture on top of the olive oil in the baking dish.

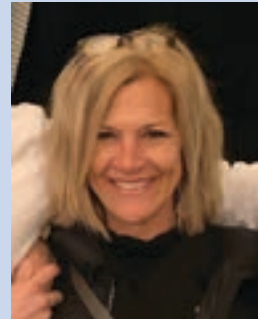
Place potatoes, cut side down, on top of the cheese mixture. Spray the tops of the potatoes with olive oil spray or cooking spray and season with salt, pepper and lemon pepper.

Bake for 30 minutes, or until the potatoes are tender when a knife is inserted into the center, and the crust is deep golden brown and crispy. Remove from oven.

To serve, flip potatoes upside down, so the tops of the potatoes are facing up. Serve 6 or 8 potato halves per person. Serve plain or with a dollop of sour cream or plain yogurt.

To buy the cookbook, please visit: <https://heartstoneinn.com/>, and it's also available on Amazon.

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Moraga dad utilizes AI to write book to help kids overcome fears



Photo provided

Moraga dad and author Kendell Haynes and his daughter, Mina, who inspired his book, "Goodnight Mira: Overcoming Fear of the Dark."

By Diane Claytor

In 2017, Kendell Haynes crossed an item off his bucket list. "It had always been a dream of mine to drive across

the country," he recalls. "So I got into my little Honda Civic and drove from my home in New Jersey to California."

He was working as a United Airlines flight attendant

but once in the Bay Area, he met his now-wife, had a family and moved to Moraga. Suddenly he didn't want to travel and be away from home anymore.

A current stay-at-home dad to two children, Haynes recently released his debut children's book, an enchanting, magical story inspired by his young daughter, Mina, and the struggles faced when transitioning her to a "big girl bed."

"She had the normal fears of shadows and the dark," Haynes explains "and didn't want to sleep in the new bed. I was trying to find ways to make the transition easier for her." At the same time, he was looking for ways to contribute financially to the family while staying home and had been seriously thinking about writing a book. "Suddenly, I had the subject right in front of me," he says, and "Goodnight, Mira: Overcoming Fear of the Dark" was born.

In this empowering book, Mira goes on a courageous journey to conquer her fear of the dark with the help of a very special fairy. It's the perfect story to end a child's day on an uplifting, positive note.

When beginning to write, Haynes spent a considerable amount of time researching

how best to accomplish his goals. His research drew him to online videos showing artificial intelligence (AI) helping to both write and illustrate books, so Haynes, a self-described techie, started "playing around with it."

As he explains it, Haynes gave Chat GPT the basic storyline he wanted and they provided the copy. Haynes then edited and re-edited, making it into the book he imagined, telling the story he wanted in the way he wanted it told.

It was a similar process with the artwork. Using AI, he described the scenes he envisioned for his children's storybook and the resulting beautiful, colorful illustrations perfectly complement the heartwarming story of a young girl learning to overcome her fears and discovering her own inner strength. Haynes says he loves being creative but admits he never thought he was capable of writing a children's book.

"Traditional authors and artists spend a lot of time writing their books and I have great respect for them and their hard work," Haynes says. "But I'm not sure I could do that. I always have plenty of ideas, but actually implementing them is the most difficult

part." Having these advanced technological tools gives you more options, he says. "I know what I want and with the new technology, I'm able to get it."

Haynes sees Mira as an ongoing series. He already has the second book written and is starting to work on the illustrations. This story has Mira helping a friend deal with the loss of her pet, an idea that came from a neighbor who didn't know how to talk to her young son about the death of their dog.

Haynes bases his stories on his daughter because, he reports, "there are not a lot of books about African American children and I wanted that to be a highlight, but also want them to be relatable, covering topics that many kids deal with."

Haynes loves being a stay-at-home dad and having the time to spend with his kids. He enjoys cooking and cleaning and, with a busy physician wife that has a "very hard job," he's always looking for ways to support the family.

There are more Mira stories in Haynes' head and more Mira books in his future.

"Goodnight, Mira," which was self-published, is available at both Amazon and Barnes & Noble.

'Every Day is Memorial Day' photographs of the Lafayette Crosses to exhibit at the Lafayette Library



Submitted by Jenny Rosen

The City of Lafayette's Public Art Committee has selected "Every Day is Memorial Day," a collection of nine black and white photographs of the Lafayette Crosses by East Bay photographer Jeff Heyman, for an exhibit at the Lafayette Library's Public Art Gallery through the summer.

"Every Day is Memorial Day" focuses on the somber experience of walking among the Lafayette Crosses, or Lafayette Hillside Memorial, and contemplating the lives lost during war. Heyman

found inspiration for the photographs from his own experience in war zones while he served with United Nations Peacekeeping. "These photographs of the Lafayette Crosses really capture for me the feeling of forgotten wars and vanished lives," Heyman said. "We should never forget war and those we have lost – in a very real way every day is Memorial Day."

First taking photography classes at San Ramon Valley High School in Danville, Calif., Heyman went on to earn a degree from San Francisco State University in Fine Art Photography. He studied under the photographers Catherine Wag-

ner, Don Worth, Jack Welpott and Melanie Walker, and painters Paul Pratchenko and Robert Bechtle. "Every Day is Memorial Day" is Heyman's third solo exhibit.

"Every Day is Memorial Day" runs through Aug. 30. There will be an opening reception and artist's talk Monday, May 22, from 6 to 7 p.m., prior to the Lafayette City Council Meeting. The Public Art Gallery exhibit is on display in the Don Tatzin Community Hall at the Lafayette Library and Learning Center, 3491 Mt. Diablo Blvd., Lafayette, Calif. For hours, please call the library at (925) 385-2280.

See his photos here: <https://heymanfoto.smugmug.com/Exhibits/Jeff-Heyman-LLLC-Memorial-DayExhibit/>

Photo Jeff Heyman