**New restaurant kicks Kirksville up a notch with Cajun cuisine**

By Lindsay Koski  
Source: Healthy Exchanges

Mr. Foodie

**How can I enjoy dessert and stay healthy? Everything seems so fattening.**

Healthy dessert exists at all restaurants. Dessert should be enjoyed and fattening. Trying to eat a "healthy" dessert made from nonfat things is a misuse of the word "healthy." It’s healthy to eat any food in moderation (as long as it’s not poisonous). Portion control is your best buddy. Say it with me now — portion control. Jog, piano concert, and blueberries shared with friends in a sidewalk café in Little Italy are some of the delights of healthy eating. My expectations were high when I first went to the Salamander Grill. Not only did I see it as the diversification of Cajun and Italian foods. I can't wait to try the more traditional flavors in my mouth. The garlicky, set-your-mouth-on-fire flavor of the meat. I would go for the spicy cornbread and fried oysters, tomato, lettuce and special sauce with a creole and topless women. It's zesty. Zippy. A raucous Mardi Gras party with beads and Rhonda Chevalier serve southern goodness of Cajun cooking has landed in Kirksville. Chevalier's Salamander Grill, a Cajun-inspired restaurant that recently moved to Kirksville from Hamburg, Mo., opened June 12, with a menu full of Cajun and Italian cuisine.

“Unfiltered this extraordinary dessert smells like a slice of banana cake. The moment I tasted it, I knew this dessert was mine! I was in love,” said one customer.

Comfort foods, fast and healthy

**Peanut Chip Apple Crumble**

4 medium cored, peeled and diced cooking apples  
1/2 cup peanut butter-flavored chips  
1/2 cup corn flour  
1/4 cup flour  
1/4 cup Splenda Granular Sweetener  
2 tablespoons ground cinnamon  
2 tablespoons light margarine  
1 tablespoon quick rolled oats

Spray a nonstick 8-by-8-inch baking dish with butter-flavored cooking spray. Arrange apple slices in prepared baking dish. In a 2-cup microwave-safe measuring cup, combine peanut butter chips and milk. Microwave on high for 1 to 2 minutes, or until mixture is smooth, stirring every 30 seconds. Divide mixture evenly over apples. In a large bowl, combine flour, corn and Splenda granular sweetener. Add sprint and peanut butter chips and mix until smooth. Pour mixture over apples. Sprinkle with ground cinnamon.  

“Best specials in town”

**Entertainment**

Kelli • Paula • Kim • Jodi  
Tina • Richelle • Tracy • Marcia

**Too Tall’s Inferno**

open Tuesday - Thursday  
3 p.m. to 1 a.m.

“Best specials in town”

Thursday Trivia • Wednesday Karaoke

Don’t miss Thursdays Nightly!

220 N. Elson St.  
Kirksville, MO 63501  
660-665-1844

Restaurant Review

Chevalier's Salamander Grill

2523 S. Franklin St., 660-665-5499.

Seven days a week, 11 a.m. to 10 p.m.  
Entrées from $5 to $23 at dinner

Opened June 12

**Restaurant Review**

Chevalier’s Salamander Grill

2523 S. Franklin St., 660-665-5499.

Seven days a week, 11 a.m. to 10 p.m.

Entrées from $5 to $23 at dinner

Opened June 12

RRR

“Just the thing! This extraordinary dessert smells like a slice of banana cake. The moment I tasted it, I knew this dessert was mine! I was in love,” said one customer.

“I don’t think anyone will get tired of the chocolate peanut butter chips,” said Jon Chevalier.

“Check out the full menu at kirksville.com.”

**Koski’s Eggplant Caponata**

1 large eggplant  
3 tablespoons olive oil  
1/4 cup red wine vinegar  
1/2 cup red onion  
1 tablespoon minced garlic  
1/2 cup chopped fresh mint  
1/4 cup chopped fresh parsley  
3/4 teaspoon salt  
1/4 teaspoon ground pepper  
1/2 teaspoon dried thyme  
1 teaspoon sugar  
1/2 cup crumbled feta cheese

Spray a nonstick 8-by-8-inch baking dish with butter-flavored cooking spray. Arrange apple slices in prepared baking dish. In a 2-cup microwave-safe measuring cup, combine peanut butter chips and milk. Microwave on high for 1 to 2 minutes, or until mixture is smooth, stirring every 30 seconds. Divide mixture evenly over apples. In a large bowl, combine flour, corn and Splenda granular sweetener. Add sprint and peanut butter chips and mix until smooth. Pour mixture over apples. Sprinkle with ground cinnamon.

**The Salamander Grill**

2526 S. Franklin St., 660-665-5499.

Seven days a week, 11 a.m. to 10 p.m.

Entrées from $5 to $23 at dinner

Opened June 12

**Restaurant Review**

Chevalier’s Salamander Grill

2523 S. Franklin St., 660-665-5499.

Seven days a week, 11 a.m. to 10 p.m.

Entrées from $5 to $23 at dinner

Opened June 12

**Restaurant Review**

Chevalier’s Salamander Grill

2523 S. Franklin St., 660-665-5499.

Seven days a week, 11 a.m. to 10 p.m.

Entrées from $5 to $23 at dinner

Opened June 12