



PHOTO BY JOSHUA BESSEX

For the \$40 entry ticket, to The Harbor's annual fundraiser, attendees get to pick out a locally crafted soup bowl to keep, enjoy delicious soup from local restaurants, and contribute to The Harbor's mission to end violence in Clatsop County.

The Harbor celebrates 40 years of service

Sen. Betsy Johnson hosts 13th annual Soup Bowl event

ASTORIA — The Harbor will hold its 13th annual Soup Bowl event fundraiser from 5:30 to 9 p.m. Saturday, June 4 at the Astoria Masonic Temple, located at 1572 Franklin Ave.

The Harbor has been providing intervention, recovery and support services to survivors of stalking, domestic violence and sexual assault in Clatsop County for 40 years. The organization is celebrating its long relationship with the community at Soup Bowl.

This year the theme is "40 for 40." The goal is to raise \$40,000 for The Harbor's 40th anniversary.

The event will be hosted by long-time supporter of The Harbor, Oregon state Sen. Betsy Johnson.

As in years past, the event is a collaborative partnership between The Harbor and Clatsop Community College's art depart-

ment. CCC art instructor Richard Rowland and other local potters have diligently crafted one-of-a-kind bowls, fired in Astoria's renowned Dragon Kiln in a days-long, attentive process. This year's bowls were fired using wood donated by Sen. Johnson.

At the event, you pick out one of the handmade bowls and enjoy a delicious soup provided by area restaurants.

Soups will be donated for the event by Morris' Fireside Grill and The Bistro in Cannon Beach, as well as Silver Salmon, Bridgewater Bistro and Fulio's in Astoria and more, with bread provided by the Blue Scorcher Bakery & Cafe.

A hosted bar and raffle with prizes will be included in the event.

Tickets can be purchased at Déjà Vu Thrift Store, located at 1389 Duane St., for \$40, or call 503-325-3426 to reserve your seat.

All proceeds from this event support survivors of stalking, domestic violence and sexual violence.

Zingy picnic salad makes for a fast, healthy picnic lunch

By MELISSA D'ARABIAN
ASSOCIATED PRESS

In our small hometown, Sunday evening's concert in the park is more than just a gathering of locals and tourists. It's how we mark the passage of time between May and September.

Over the years, we've become picnicking experts. My top two pieces of advice on picnic-planning are keep it simple and keep it flavorful. Because the getting ready — packing up a tablecloth or blanket and all the dishes — takes time, I've learned to make the menu extra-simple. But extra simple doesn't mean sacrificing on flavor.

My solution is to turn to a trusted supermarket shortcut, the rotisserie chicken, as a starting point for a deceptively simple, yet unbelievably complex-tasting, chicken salad. A very distant cousin to the over-creamy chicken salad grandma used to make, this dish gets its garlicky-herbaceous flavor from pre-made pesto. A generous helping of lemon zest adds depth and balance.

But the secret of this dish is capers added, with the juice.

Pack a thermal container of this chicken salad along with whole wheat pita halves, a head of lettuce for lettuce wraps, raw vegetables and a big bunch of grapes, and you have a strong picnic game for Sunday, or anytime.

Food Network star Melissa d'Arabian is an expert on healthy eating on a budget. She is the author of the cookbook, "Supermarket Healthy."

Online: <http://www.melissadarabian.net>

LEMON-PESTO CHICKEN SALAD

Start to Finish: 15 minutes

Yield: 4 servings

For the dressing:

3 tablespoons prepared pesto

3 tablespoons low-fat plain Greek yogurt

2 tablespoons capers, brine included (do not drain)

1 tablespoon lemon zest

1 tablespoon lemon juice

1/8 teaspoon freshly ground black pepper

For the salad:

1/2 rotisserie chicken, cubed (about 2 1/2 cups)

1/2 cup finely chopped celery

1 cup cherry tomato halves

CHICKEN SALAD

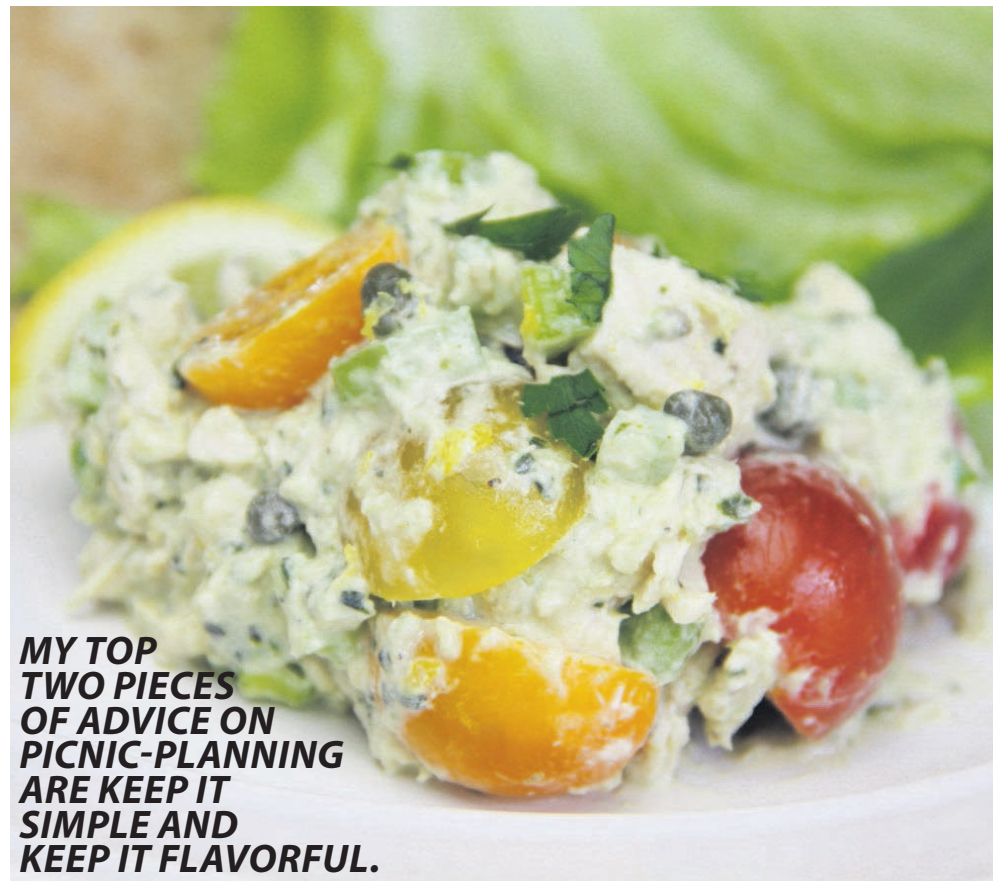
1 green onion, chopped

Lemon wedges and parsley for garnish (optional)

Directions:

1. To make the dressing, mix all the dressing ingredients in a small bowl with a spoon.
2. In a large bowl, place the chicken, celery, tomato, and green onion. Spoon the dressing on top and stir to coat.
3. Chill until serving. Serve with lettuce wraps, whole wheat pita, or tortillas.

Nutrition information per serving: 243 calories; 107 calories from fat; 12 g fat (3 g saturated; 0 g trans fats); 80 mg cholesterol; 296 mg sodium; 5 g carbohydrate; 1 g fiber; 3 g sugar; 28 g protein.



MY TOP TWO PIECES OF ADVICE ON PICNIC-PLANNING ARE KEEP IT SIMPLE AND KEEP IT FLAVORFUL.

AP PHOTO/MELISSA D'ARABIAN

This lemon pesto chicken salad gets its garlicky-herbaceous flavor from pre-made pesto.