

Healthful living made easy



The following recipes are sodium and calorie conscious.

HERBED LINGUINE

- 12 ounces linguine noodles
- 1 medium-sized bunch broccoli, cut into 1-inch pieces (about 6 cups)
- 1/4 cup walnuts, coarsely chopped
- 1/4 cup (1/2 stick) unsalted margarine
- 1 tablespoon oil
- 1 1/2 pints cherry tomatoes, stems removed
- 1 large clove garlic, minced
- 1/4 teaspoon red pepper flakes
- 1 cup chicken broth (made with 1 unsalted bouillon cube in 1 cup boiling water)
- 1/4 cup fresh parsley, chopped
- 1/4 cup freshly grated Romano cheese

UNSALTY'S PICKLES

You can make your own pickles by boiling up a little dill, pickling spice, sugar, and white vinegar and then pouring over sliced cucumbers that have been placed in a jar. Cover, cool, and refrigerate. Mg. sodium negligible.

(Reprinted with permission from *Cooking Without a Grain of Salt*, Elma W. Bragg, Doubleday and Co., 1964.)

In a 6-quart kettle, start cooking the pasta in boiling, unsalted water, following directions on label. Add the broccoli to the linguine during the last 5 minutes of cooking time. Drain. Rinse with cold water. Toast the walnuts 5 minutes in a 350°F oven.

Melt 2 tablespoons of margarine and the oil over moderate heat in a medium-sized skillet. Add the tomatoes and cook, stirring often. Cook 2 minutes. Add the garlic, pepper flakes, and basil and cook 25 minutes longer, until tomatoes are tender but still hold their shape. Remove from heat, cover, and keep warm.

Melt the remaining 2 tablespoons of margarine in the pasta kettle. Return broccoli and linguine to kettle. Toss to coat with margarine. Add the tomatoes in their sauce, the broth, and the parsley. Toss to blend.

Divide pasta among 4 to 6 plates. Sprinkle the top of each serving with some of the walnuts and some of the grated cheese. Serve immediately.

With French bread and green tossed salad with sprouts, this is a very filling meal. Makes 4-6 servings.

Note: If cherry tomatoes are unavailable, use 6-8 medium tomatoes cut into wedges.

Reprinted with permission from: *Living Without Salt*, Karin B. Baltzell and Terry M. Parsley, Brethren Press, 1982.)

SALT SUBSTITUTE RECIPE

- 1 teaspoon chili powder
- 2 teaspoons ground oregano
- 2 teaspoons black pepper
- 1 tablespoon garlic powder (not garlic salt)
- 2 tablespoons dry mustard
- 6 tablespoons onion powder (not onion salt)
- 3 tablespoons paprika
- 3 tablespoons poultry seasonings

Mix all seasonings together and put in your salt shaker.

(Courtesy of the South Carolina Department of Health and Environmental Services.)

School Lunches

- September 19**
 Texas Chili
 Mixed Vegetable Salad w/Italian Dressing
 Cinnamon Roll
 Apple Wedges
 Milk

- September 20**
 Lasagna
 Tossed Salad with Ranch Dressing
 Warm Garlic Bread
 Orange Half
 Milk

- September 21**
 Wiener Wrap
 Celery with Peanut Butter Dip
 Spicy Applesauce
 Granola Cookie
 Milk

- September 22**
 Oven Baked Chicken
 Potato Salad
 Apple Muffin
 Banana Half
 Milk

- September 23**
 Hamburger on Bun
 Lettuce, Tomato, Pickle
 Tater Triangles
 Fresh Peach
 Milk

Community Calendar

The North Portland Citizens Committee board meeting will be held Sept. 19, 7:30 p.m. at Neighbors North, 7508 N. Hereford.

The Elliot Neighborhood Development Association will meet Sept. 20, 7 p.m. at Unthank Plaza, 2500 N. Williams.

The Oregon Assembly for Black Affairs third annual membership meeting will be on Sat., Sept. 17 at Immaculate Heart School, 2926 N. Williams, 10 a.m. to 12 noon. Open to the public.

The National Council of Negro Women meets Sept. 19, 7 p.m. at King Neighborhood Facility. All members asked to be present.

DANCE FOR FITNESS

aerobic/dance/aerobic/shape up/firm up/lose weight
improve circulatory system

Sept. 20, 1983

LADIES AND MEN

\$15.00

University Park Comm. Center
9009 N. Foss

The Northeast Coalition of Neighborhoods will meet Sept. 20, 7 p.m. at King Neighborhood Facility, 4815 NE 7th.

The Woodlawn Improvement Association will meet Sept. 21, 7:30 p.m. at Odd Fellows Hall, 700 NE Dekum.

"Inu: A Woman of the Iking," showing twenty years in the life of a tribeswoman changing from a nomadic way of life to more modern ways will be shown Sept. 22, 7:30 p.m. at Lewis & Clark College, Aubrey Watzek Library, at no charge.

Tanuki 狸

Featuring Yakitori, Sushi and Sashimi

Now Serving

Hawaiian Style Plate Lunch
11 a.m. - 2 p.m.

Dinners Tues. thru Sun. from 6
4001 S.E. MILWAUKIE AVE. 232-2824



Safeway Autumn Stock-Up!

Sliced Bacon

Old Faithful Brand

\$1.18

12-Oz.



Beef Blade Chuck Roast

Safeway Quality Beef, Tender And Flavorful

98¢

Lb.

NuMade Mayonnaise

32-Ounce NuMade Mayonnaise Or Town House 12-Oz. Corned Beef

99¢

SUPER SAVER Stock Up... Buy A Case!

3-Pound Coffee

Maxwell House, Ass't'd Grinds

\$5.19

SUPER SAVER Limit 1 Good To The Last Drop

Tomato Sauce

Hunt's... 8-Ounce Can

4 for \$1

SUPER SAVER Hunts' Tomato Paste 6-oz. 3 for 51

Bathroom Tissue

Scotch Buy, Ass't. 4-Roll

68¢

SUPER SAVER Stock Up... Buy A Case!

BANANAS

Fancy No. 1 Bananas Golden Ripe... A Real Lunch Box Favorite!

28¢

Lb.

SUNKIST VALENCIA

Oranges

\$1.98

10-Lb. Bag

EXTRA LARGE

Bell Peppers

6 \$1

For

SALAD SIZE

Tomatoes

98¢

2-Lb. Bskt.

Frozen Food

Jeno's Pizza
Ass't. Varieties 10.3 to 10.8-oz

98¢

Mexican Dinners
Van de Kamp's Classics 8-oz to 12-oz

\$1.99

Eggo Waffles
Blueberry Waffles 11-oz Pkg

78¢

Prices Good 9/14 Thru 9/20 At Safeway In The Portland Area.

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