

Sweet potatoes Santa Fe

Sweet potatoes don't usually find their way into summer meals. In fact, most people think of them as strictly holiday food. But fresh California sweet potatoes are versatile and combine with many savory flavors that both enhance and complement their sweetness. They can be transformed into everything from main dishes to side dishes to desserts.

Sweet Potato Salad Santa Fe, a fine example of the versatility of the sweet potato, may seem a bit unusual to the uninitiated. Tender-crisp, cooked sweet potatoes paired with the crunch of celery, red onion, and bell pepper are tossed with a lively dressing of lime juice, garlic, and diced green chiles. This spicy vegetable salad is a tasty addition to warm weather meals.

Besides versatility and good taste, fresh sweet potatoes deliver important nutrition as well. High in fiber and complex carbohydrates, a 3 1/2-ounce serving is packed with over 100% of the RDA of Vitamin A, 1/2 the RDA of Vitamin C, as well as important iron, thiamine, riboflavin, and phosphorus.

This summer, think versatile, fresh sweet potatoes and Sweet Potato Salad Santa Fe.

SWEET POTATO SALAD SANTA FE

- 3 tablespoons lime juice
- 2 cloves garlic, chopped finely
- 1 tablespoon chopped, fresh oregano or 1 teaspoon dried oregano
- 1 teaspoon salt
- 1/4 teaspoon white pepper
- 1/2 cup vegetable oil

Drug program reaches out

Neighborhood outreach will begin operating next week in Portland with a fund raising campaign. Residential and business owners will be asked to buy a 6-month to 1-year supply of trash can liners with proceeds going to the Outreach program.

The Outreach program educates school-age children, youth groups, and parents groups on the harmful effects of drugs through a series of free lectures for the community.

Neighborhood Outreach is located at 2915 S.E. Belmont, Portland, OR 97214. For information call 233-6123.

100 parties benefit nuclear freeze

On July 29th, thousands of concerned Oregonians will be hosting and attending parties to benefit the nuclear weapons freeze.

The event is being sponsored by Freeze Voter '84, the political arm of the Nuclear Weapons Freeze Campaign. The organization, which has political action committees in 34 states, provides grass-roots support for candidates running for the U.S. Senate, the House of Representatives and the Presidency. Candidates are given support based upon their positions on nuclear arms control issues.

According to Elizabeth Furse, who is coordinating the event, "We have two main goals. First of all, we are raising money to support pro-freeze candidates, such as Rep. Les AuCoin and State Sen. Ruth McFarland. Secondly, the parties will act as a campaign kickoff. July 29th is 100 days before the election and freeze activists will be gearing up for the fall. We intend to make the Freeze the election issue in 1984."

Donations made to Oregon Freeze Voter '84 are a tax credit. Those wishing to host or attend a party on July 29th, should contact Elizabeth Furse at 647-5796 or Char Coffey at 222-1377.

Blood alert issued

Pacific Northwest Blood Services is on Yellow Alert for "O" and "A" blood types. That means that they can only supply 50-80% of the "O" and "A" blood supply to our hospitals.

Blood donation is critical to the current blood supply. Please, give blood, and help save a life.

Contact the American Red Cross today!

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- 2 pounds fresh sweet potatoes (yam variety), peeled, quartered, and sliced 1/4-inch thick
- 2 stalks celery, diced
- 1/2 red onion, diced
- 1 red bell pepper, diced
- 1 can (4 ounces) diced green chiles

Combine lime juice, garlic, oregano, salt, and pepper. Beat in oil; reserve. Cook sweet potatoes in salted, boiling water until just crisp-tender, about 1 to 2 minutes. Drain sweet potatoes and toss with dressing. Cool to room temperature. Gently fold in celery, onion, bell pepper, and chiles.

Makes 6 to 8 servings



SWEET POTATOES SANTA FE

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Hickory Smoked 28-Oz. Btl.
Save 50¢ Per Bottle

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Ralston, 16-Oz. Corn Or
Rice Chex or 22-Oz.
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Fresh Crisp Leaf Lettuce

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Palmolive, 32-Oz.
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