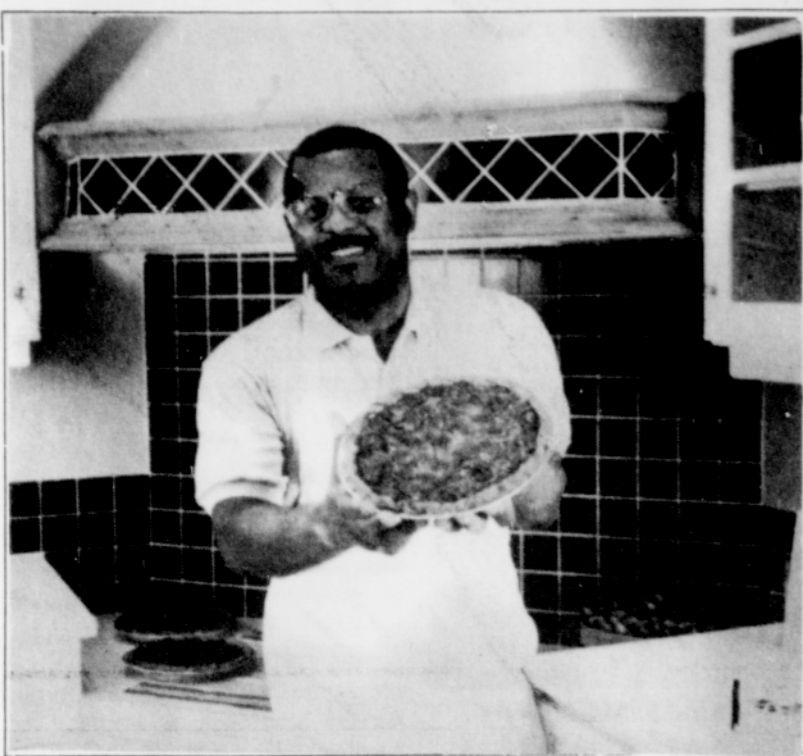


FOOD & NUTRITION



Charles Wallace And Pecan Pies

Affable Charles Wallace admits to a certain nuttiness. The man is crazy about pecan pie. So much that he has published his own collection of tested pecan pies, *Nuttin' 'Cept Pecan Pies*. A health specialist in the Texas Department of Health, Wallace learned how to make pies as a youngster in the 4-H Club. His mother encouraged him and after her death a few years ago, he de-

cidied to take his love of pies and create a cookbook dedicated to his mom. Double-Nut, Chocolate Haven, Tippy, Heath Toffee--the names run delightfully off the tongue and into everyone's favorite dessert catalogue. Here is Charles's very special, surprisingly simple, Heath Bits Toffee Pecan Pie recipe. (And ladies, this happy cooker is single!)

Charles Wallace's Heath Bits Pecan Pie

- ½ Cup Heath Bits Toffee Chips
- 4 Eggs, slightly beaten
- 1 Cup Light Corn Syrup
- 4 Tablespoons Butter or Margarine, melted
- ½ Cup Sugar
- 1 Tablespoon Vanilla
- 1 Cup Coarsely Chopped Pecans
- 1 Keeler Graham Cracker Ready Crust Pie Crust

Cover the bottom of a 9-inch ready crust pie shell with Heath Bits. In a mixing bowl combine eggs, sugar, corn syrup, butter and vanilla. Mix well and add pecans. Pour mixture over the Heath Bits in the pie shell. Bake at 350 for 55-60 minutes or until the pie is done. Test with knife or cake tester; when the filling does not stick to the knife, the pie is done.



Soul Food With A Healthier Twist



African American History Month is a time to celebrate. This year, celebrate a little healthier with cooking methods that use less fat. Sumptuously spicy cuisine, often referred to as "soul food" has fueled the bodies of African Americans for generations. A rich part of African American culture, soul food meals are pleasing to the palate. Yet, there is reason to be con-

cerned about traditional high fat cooking methods associated with soul food. With a little care in preparing meals, you can cut the fat and cholesterol with simple substitutions, such as using non-fat yogurt rather than heavy cream, two egg whites in place of one whole egg, or sauteing vegetables in cooking spray instead of margarine or butter. The Kellogg Kitchens has de-

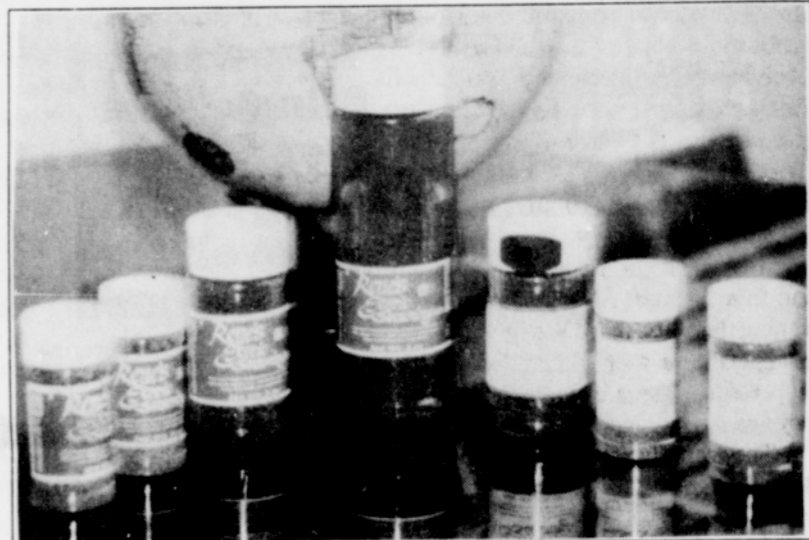
veloped a brochure with cooking tips which can add a new twist to familiar recipes like Succotash and Jambalaya. For the free brochure from Kellogg Kitchens, write to:

Kellogg Kitchens
Department C-3
P.O. Box 3447
Battle Creek, MI 49016

The Spice Is Right

BY DEREK RASHEED

Do you have a problem trying to decide the right kind of seasoning to use in your cooking? If so, the Richardson family says you haven't tried their nationally acclaimed "Rene's Exotic seasoning." "Rene's Exotic seasoning" is a family ran business headed by their mother Evelyn Richardson, who is president, John Richardson is regional manager, and Rene Richardson is the creator and operations manager. The seasoning was created in a family restaurant on 8th and Dekum, Portland, Or. in 1987. Many times Rene maintained the business alone. It was her idea to save time and take the guess work out of what to use. She mixed several seasonings, herbs, and spices together resulting in the nationally acclaimed seasoning combination. The seasoning was not intended to be a marketable item, but after it became a repeated request on food in the restaurant, and over the counter-the family decided to market the seasoning in 1990. The family contends that the road was not easy.



At times it felt like they were drowning instead of swimming. However, they're swimming well now.

The Richardson family says that Rene's Exotic Seasoning is nutritional and is low in salt content. They have three different flavors available. Two of them are available at Safeway. Those are 'original no salt' and original low salt. There will be demos for

those two in March at Safeway and Sentry markets. The third flavor 'spicy hot' is available through distribution only. The seasonings are very economical. Evelyn Richardson says, "our seasonings will make a better cook out of everybody. If you are a good cook, it will make you a great cook. If you can't it will make you a good cook."

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KBOO'S Mardi Gras Bash

Creole Dinner

February is here and that means that it's Mardi Gras time again! For the third year in a row KBOO is proud to present another rompin', stompin' zydeco dance party with one of the Northwest's premiere zydeco bands-File Gumbo. It will take place Saturday, February 20th at 8:30pm (dinner at 6pm) at the Melody Ballroom at 615 SE Alder (All Ages Show). The Cost: Special Concert and Creole Dinner Package-\$18 in advance \$20 at the door and Concert only-\$8 advance for KBOO members, \$9 advance for all others, and \$10 at the door.

Dinner will include: Okra Gumbo with chicken and sausage/Red Beans and Rice/Beet Etouffee/Chicken and sausage Jambalaya/Corn Maquechoux/Green Beans with bacon/Mustard Greens/Potato Salad and Coleslaw/Cornbread/Buttermilk Biscuits/Gingerbread Muffins with Whipped Cream and more!

The File Gumbo Zydeco Band is guaranteed to have you dancing, singing and partying New Orleans style. The band is very active in the Seattle area and they've opened for such Zydeco and Blues legends as Queen Ida and Katie Webster.

So, come on down and enjoy a great Mardi Gras party that benefits your community radio station, KBOO! We'll supply the beads and fun, all you need to do is bring your dancin' shoes!!