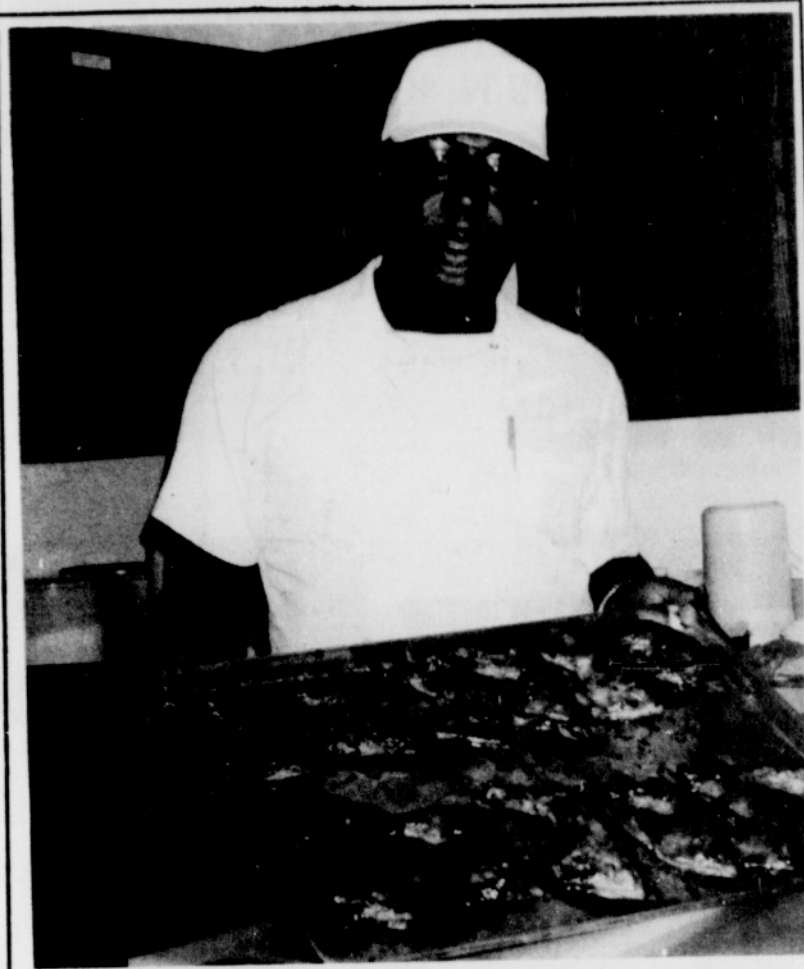


# FOOD & NUTRITION

## House Of Umoja Dines In Grand Style



Joe Collins, proudly displays his special Teriyaki Chicken, the lunch for the day, being a former Navy cook makes it all seem easy. The youngsters create a family atmosphere, he jokingly, says, "you should be around here during the holiday, it feel's just like home"

The Portland House of Umoja, Inc. is a program that operates an extended family for gang-affected and other high risk youth, based on traditional African values and culture.

A part of their mission statement lends itself to "...will seek to build and implement comprehensive community support in order to nourish..." Nourish is the part that Linda Huff and Joe Collins does in the kitchen daily. Three square meals, plus snacks, that are well planned and provide proper nourishment for the youngsters in grand African cultured back ground cooking.

Huff and Collins not only prepare for the youngsters, but they also cook for the various luncheons that are held, as well as fund raisers.

A few of the names dropped were Jim Brown, The Trail Blazers, US West, The Housing Authority, and the list grows for supporters of the House Of Umoja.

There are also such occasions as Parent's Day, Mother's Day, and Grandparents' Day and others.

Some of the menu items include: BBQ Chicken, Neck Bones & Cabbage, and Chili, Burritos, and Stir Fry Noodles.

Huff and Collins have chosen to share a favorite dish. They both gladly shared the major items in their recipes, but you will have to figure out your own seasonings.

- Linda's Oregon Gumbo**  
 Chicken Wings  
 Crab  
 Crab Meat  
 Hot Links  
 Shrimp  
 Okra  
 Whole Tomatoes  
 Onions  
 Bell Peppers  
 Your Own Seasonings  
 Boil or Steam for an hour



Linda Huff, Nutrition Supervisor prepares her special Southern Gumbo. she enjoys preparing food for the residents, of Umoja, because they always enjoy there meals

### Teriyaki Chicken

Teriyaki sauce is both marinade and baste for these chicken wings. Complete the menu with rice, stir-fried vegetables, and almond cookies.

**Teriyaki Sauce (recipe follows)**

- 3 pounds chicken wings (about 16), rinsed and patted dry
- 2 green onions (including tops), thinly sliced

Prepare Teriyaki Sauce. Cut tips off chicken wings and reserve for other uses, if desired; then stir

**Teriyaki Sauce.** In a wide frying pan, combine 1/4 cup sesame seeds and 3 tablespoons salad oil; cook over medium-low heat, stirring occasionally, just until seeds are golden (about 4 minutes). Let cool briefly, then pour into a large bowl. Stir in 1/4 cup soy sauce; 2 tablespoons firmly packed brown sugar; 1 tablespoon dry sherry; 2 to 3 teaspoons minced fresh ginger; 1/4 teaspoon pepper; 2 green onions (including tops), thinly sliced; and 2 cloves garlic, minced or pressed.

wings into sauce. Cover and refrigerate for 3 to 4 hours, stirring several times.

Lift wings from sauce (reserve sauce); arrange on a rack in a broiler pan. Drizzle with half the sauce, then broil about 6 inches below heat until golden (about 15 minutes). Turn wings over, drizzle with remaining sauce, and continue to broil until meat is no longer pink when slashed in thickest part (8 to 10 more minutes). Garnish with onions. Makes 3 or 4 servings.

### total nutrition

#### Have a Banana

Everyone loves bananas. And why not? Bananas taste great. As an added bonus, they're nutritious, providing complex carbohydrates, fiber, vitamins and minerals—including lots of potassium, an essential mineral for good health, says Mary Helen Gunkler, registered dietitian and staff nutritionist for Total cereal.

Potassium plays a vitally important role in helping to keep the body working properly. For example, it works with sodium to maintain healthy water balance in body cells. Recent scientific research indicates that a diet high in potassium, and low in sodium may help to control hypertension, or high blood pressure.

Those taking some diuretics are at particular risk of potassium shortage. Diuretics may draw excess fluid out of the body, thus taking the essential potassium that is in the fluid.

Endurance athletes also have a special need for potassium because extreme physical exertion uses up the mineral.

### total tips

- A diet high in potassium and low in sodium may help control high blood pressure.
- Good sources of potassium are citrus fruits and juices, bananas and tomatoes.
- Consult a physician or a registered dietitian about your need for more potassium.

### COUPON COOKBOOK CORNER

Marion Joyce

This luscious dessert is made with products that are good for you, too. A great deal has been written about the importance of fiber in your diet. Notice the ingredients used in this recipe. The fruits and especially the NABISCO® 100% Bran, which is high in fiber, makes this cake a good choice for health conscience individuals. You can serve it at a formal dinner party or a morning brunch, or for a wholesome mid-day or late night snack.



#### UPSIDE-DOWN BRAN-FRUIT CAKE

- |  |                               |
|--|-------------------------------|
| 1 (16-ounce) can sliced<br>Cling peaches       | 1 1/2 cups NABISCO® 100% Bran |
| 1 (16-ounce) can sliced pears                  | 1/2 cup honey                 |
| 1/2 cup margarine or butter blend,<br>softened | 2 eggs, beaten                |
| 1/3 cup firmly packed brown<br>sugar           | 1 cup all-purpose flour       |
|  | 1 teaspoon baking soda        |
|  | 1 teaspoon ground cinnamon    |
|  | 1/2 teaspoon ground ginger    |

Drain peaches and pears, reserving 1/2 cup syrup. Reserve 7 peach slices and 7 pear slices. Chop remaining fruit; set aside. Melt 1 tablespoon margarine or butter blend; stir in 2 tablespoons brown sugar. Toss reserved peach and pear slices in brown sugar mixture. Arrange in bottom of greased 9-cup fluted tube pan. In bowl, mix bran, honey, eggs and reserved syrup; let stand 5 minutes. In large bowl, with electric mixer on high speed, beat remaining margarine or butter blend and brown sugar until light and fluffy. Beat in flour, baking soda, cinnamon, ginger and bran mixture until well mixed. Stir in chopped fruit. Spoon batter over sliced fruit in pan. Bake at 350°F for 50 minutes or until toothpick inserted in center comes out clean. Cool in pan on wire rack 10 minutes. Remove from pan; cool completely. Makes 14 servings.

\*The Coupon Cookbook, Inc., 1991

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