

# FOOD & NUTRITION

## Pork Piccata Sandwiches



- 4 3 to 4 ounce pork cutlets, 1/8 to 1/4 inch thick
- Lemon pepper
- 2 teaspoons butter
- 4 large sandwich buns, split
- Lemon wedges

Coat cutlets with lemon pepper to taste. In a large non-stick skillet, heat butter to sizzling. Add cutlets (do not crowd) to hot pan; cook quickly to brown both sides, turning once. Place cutlets on buns; serve with wedge of lemon. Makes four sandwiches.

Approximately, per serving: Calories: 269; Fat: 10 gm; Cholesterol: 85 mg

Served with sliced tomatoes

## COUPON COOKBOOK CORNER

Marion Joyce

### SAFE FOOD HANDLING TIPS

Hospital emergency rooms treat thousands of cases of food poisoning every year. Improper handling of your food can cause illness or even death. One cannot always see, smell or taste that something is wrong with your food. 85 percent of cases of food poisoning could be avoided if people just handled food properly. Bacteria can multiply to the millions in a few hours. When you shop, buy foods that need refrigeration or freezing last. Get them home and refrigerate immediately. Check expiration dates. Don't buy anything you won't use before that date. Once packaged food is opened, it often needs to be refrigerated. Read labels. When you serve food that needs refrigerating, never leave it out over 1 hour. In hot weather food may spoil sooner than this. Serve hot food hot, and cook until bacteria are destroyed. Keep cold food cold till serving. Eggs, meat, poultry and fish products should always be cooked thoroughly. Cook red meat to 160°F., poultry to 180°F. Use a meat thermometer to check that it's cooked through. Check visually: red meat is done when it's brown inside. Poultry is finished cooking when juices run clear, not pink and meat has no pink, fish flakes with a fork. Never buy or use cracked or dirty eggs, but Salmonella, a bacteria that causes food poisoning, can grow inside fresh, unbroken eggs. Cook eggs until the yolk and white are firm textured, not runny. Don't use recipes in which eggs remain raw or only partially cooked.

Even if you have followed cooking time directions, your microwave may leave cold spots in food. Continue cooking food until cooked throughout, because bacteria can survive in these spots. Stir and rotate food for even cooking. Observe the standing time called for in a recipe, so food finishes cooking. Insert oven temperature probe or thermometer at several spots to check that food is done to proper temperature. Remember, if you even suspect food may be bad "WHEN IN DOUBT, THROW IT OUT!"



## Want Designer Soft Drinks? You're Not Alone



Science Of Soft Drinks-Tammara Millette Lewis, left, a food scientist for the Pepsi-Cola Company, joins Pepsi marketing director, Debra A. Sandler, to launch new flavors for the popular "Slice" brand soft drink at Pepsi's Research and technical Services Center in Valhalla, N.Y.

We have all heard of designer shoes, designer shirts, designer dresses and designer furniture. Well, what about designer soft drinks?

Yes, they do exist. And nobody knows this better than Tammara Millette Lewis, a food scientist at Pepsi-Cola's modern research and Technical Services Center in Valhalla, NY.

Ms. Lewis said during a recent interview, "Today's consumers want new tastes, different fruit flavors and new twists to traditional brands." Ms. Lewis and her team went to work on developing new ideas in March of 1991. Since then, five new flavors have been developed for the company's popular "Slice" brand soft drink: grape, strawberry, red, fruit punch and pineapple. The team also reformulated two existing flavors, orange and lemon-lime.

Pepsi's Debra Sandler, marketing Director, Flavor Brands, concurs: "The opportunity to increase and improve soft drink choices is an important contribution to Pepsi's goal of becoming a total beverage company." She adds: "Consumers today want new tastes.

Our Slice trademark is best known as a fruit flavored soft drink which makes it ideal for expansion in this area."

A Pepsi employee for three years, Ms. Lewis said of her career choice: "I was fascinated by the great variety of work assignments available in the field of food science and by the fact that the opportunities for growth and professional development are very encouraging at Pepsi."

The relative lack of participation by African Americans in a field with so much potential, however, gives her cause for concern. She said African Americans should remember that history has shown how many Blacks—including George Washington Carver and Norbert Rillieux—have made important and unique contributions to the food needs of the modern world.

Carver, of Tuskegee Institute fame, helped to modernize farm systems in the U.S., and developed more than 100 practical uses for the peanut. Rillieux, a free person of color in New Orleans during the 1840s, developed a process for refining raw sugar that revolutionized that industry worldwide.

**Sentry**  
SUPERMARKETS

*Serious about service.*

Chris & Robert  
E & M SENTRY



Prices Effective:

MARCH/APRIL 1993

| SUN. | MON. | TUES. | WED. | THUR. | FRI. | SAT. |
|------|------|-------|------|-------|------|------|
|      |      |       | 31   | 1     | 2    | 3    |
| 4    | 5    | 6     |      |       |      |      |

## SAVER SHIELD SPECIALS

It pays to stick with Sentry.

We believe in rewarding our customers for getting in the Sentry habit. That's why we offer Saver Shields.

Here's how they work: for every five dollars you spend at Sentry, you get a Saver Shield stamp.\* Stick six stamps on a card, and bring it back to Sentry for unbelievable savings on items all through the store. Here are this week's Saver Shield specials:

Valid March 31-April 6, 1993.

AA Large  
**FRESH EGGS**  
**9¢**  
Dozen  
With 1 Filled Saver Shield Card.

\*Does not apply to tobacco or alcohol purchases

3 Oz., Maraschino  
**RAMEN NOODLES**  
**4 FREE**  
FOR 1 Filled Saver Shield Card

5.75 Oz., Jumbo Pitted  
**OBERTI OLIVES**  
**29¢**  
Each  
With 1 Filled Saver Shield Card

4 Roll  
**MD BATH TISSUE**  
**29¢**  
Each  
With 1 Filled Saver Shield Card

6 Oz., Western Family  
**CANNED CAT FOOD**  
**3 FREE**  
FOR 1 Filled Saver Shield Card

1 Lb., Cubed  
**WESTERN FAMILY BUTTER**  
**39¢**  
Each  
With 1 Filled Saver Shield Card

32 Oz., Reg. Lite  
**WESTERN FAMILY MAYONNAISE**  
**49¢**  
Each  
With 1 Filled Saver Shield Card

1% • 2% • Non Fat  
**GALLON FRESH MILK**  
**89¢**  
Each  
With 1 Filled Saver Shield Card

4-6.5 Oz., Selected  
**GOLDEN GRAIN NOODLE RONI**  
**19¢**  
Each  
With 1 Filled Saver Shield Card

Brown • Powdered  
**WESTERN FAMILY 2 LBS. SUGAR**  
**9¢**  
Each  
With 1 Filled Saver Shield Card

### PERFECT HARD BOILED EGGS

Prick each egg with a pin at large end to help prevent cracking. Cover eggs with cold water in high sauce pan. Have 1 inch of water above the top of eggs. Cook over high heat; bring just to a boil; remove from heat, cover pan. Let eggs set in the hot water 17 minutes. Pour out water. Chill eggs for 2 minutes under cold running water for easier peeling. Crack each egg all over by gently tapping against sink. Peel eggs starting with large end, holding egg under cold running water. Put eggs into bowl of cold water to continue to cool. Store hard boiled eggs in refrigerator uncovered in water.

# BUSINESS SERVICE DIRECTORY

**MOVE-OUT**  
**MOVE-OUT TRANSPORTATION SERVICE**  
P.O. Box 11084  
Portland, OR 97211  
503/288-9849

**TEXAS RESTAURANT & LOBBY**  
**TEXAS II**  
1710 N.E. Alberta  
Portland, Oregon 97212  
503/287-5145  
**TEXAS I**  
3530 N. Vancouver  
Portland, Oregon 97217  
503/281-2936

**Studio 14 Hair Design**  
for men & women  
Marsha Brown  
Brian Sims  
Dominique Gill  
finger waves • spiral sets  
hair care products • color perms  
clipper cuts  
specializing in ethnic hair services  
3117 NE MLK • 287-2557

Mr. Tuna Brown, President  
**Natural Flair for Hair Beauty Salon**  
3609 N.E. M.L.K. Blvd.  
Portland, Oregon 97211  
(503) 249-2925

**Cleo-Lillian Social Club**  
3041 N. Williams  
284-7150  
1993 membership application now available \$5.00  
Soul Food kitchen - D.J. Wed-Sun  
9:00 pm - 2:30 am  
open 10am to 2:30am

**WHY PAY FULL RETAIL? -PUBLIC AUCTION-**  
up to 70 cars-many under \$1000  
Sat. 12 noon - gates open at 9:00 am  
**Public Auto Auction**  
6500 NE MLK • 240-0448

**ARCO**  
**MINI-MART Nick's Arco**  
7509 N.E. M.L. King Jr. Blvd.  
Ask about our specials  
coke classic 4/8oz btls \$1.25  
30w oil \$1.09  
(503) 286-5303

**ATLAS 282-7142**  
**UTOMOTIVE**  
• Serving N.E. Portlands Auto Needs  
• Certified Tech 12 yrs exp.  
• Domestic & Foreign Reas. Rates  
4545 N.E. MLK Jr. Blvd.  
**TOWING AVAILABLE**

**SWEET'S MARKET MEAT-SEAFOOD MARKET**  
7406 N. VANCOUVER AVENUE  
285-4750

**TAX RETURNS One on One tax service**  
317 N.E. Killingsworth  
Portland, Or 97211  
(503) 289-0851  
Valerie Currie  
Tax Consultant

**Quality Maintenance**  
A Full service Janitorial Co.  
Licensed • Bonded • Insured  
• Floor Maintenance  
• Window Cleaning  
• Pressure Washing  
• Janitorial Supplies  
• Building Maintenance  
(503) 452-2430

**GRESHAM Chrysler Plymouth**  
"Where Deals Are Made With A Handshake"  
665-7121 1975 East Powell

**NIE The New England**  
Insurance and Investment  
John A. Tarver  
Financial Representative  
121 Southwest Morrison Street, Suite 1250  
Portland, Oregon 97204  
503-228-6645 503-222-7407 FAX

**THINK Your Future is Important**  
Going to College?  
1. \$5040 "GI BILL" makes life easier  
2. \$10,000 Students Loan Repayment program  
Not Going to School? Check this Out!  
1. Job Training—over 200 specialties  
2. \$2,000 Cash Bonus  
3. Leadership—Officer Candidate School  
4. Good Pay and more!  
5. Prior Service Opportunities  
Help Yourself—Serve your Country  
It's a great Part-Time Job.  
206-696-6201

**BEEF it up PORK it down CHICKEN out**  
if you want the greatest **BAR-B-Q** in town go to  
**Doris' Cafe** mon.-Sat. 11am - 10pm  
287-9249  
3420 N. Williams

**BOY SCOUTS OF AMERICA**  
Mary K. Richardson  
Director of In School Scouting  
Columbia Pacific Council  
2145 SW Front Ave.  
Portland, Oregon 97201  
(503)226-3423

**THE PUB**  
1526 N.E. Alberta Street  
**Blues Jam Session Every Sunday**  
1526 NE Alberta  
288-0844

**"Wrapping For You"**  
Birthdays • Anniversaries  
Christmas • Etc.  
(206) 896-6267  
Addie F. Templeton  
13314 SE 19th St., #W-1  
Vancouver WA 98684