

FOOD & NUTRITION

Lawry's Foods Celebrates African-American Cuisine



Lawry's Foods, Inc. continues its celebration of African-American cuisine with Southern Fried Chicken Salad, sure to be the center of attention at many African-American festivities this spring and summer. A light and easy way to enjoy fried chicken, accented with black-eyed peas

and crisp greens, this zesty salad will add extra pizzazz to African-American celebrations, such as a summer "Juneteenth" festival or the Black Family Reunion Celebration.

"Juneteenth" commemorates the historic ending of slavery in Texas on June 19, 1865. An annual holiday in Texas and neighboring states that is fast becoming a national observance, "Juneteenth" festivities include parades, picnics, dances and an abundance of good food.

The National Council of Negro Women's Eighth Annual Black family Reunion Celebration, scheduled to take place throughout the warm seasons in Atlanta, Chicago, Cincinnati, Los Angeles, Memphis, Philadelphia and Washington, DC, will celebrate the historic strengths and traditional values of the African-American family. Along with entertainment, workshops and exhibits, cultural foods like Southern Fried Chicken Salad, are featured.

Southern Fried Chicken Salad will also perk up picnics, pool-side parties, church socials or special family gathering, such as birthdays, graduations and weddings.

Southern Fried Chicken Salad Makes 4 Servings

- 1/2 cup milk
 - 1/2 cup all-purpose flour
 - 2 teaspoons Lawry's Seasoned Salt
 - 2 whole, boneless Chicken breasts, skinned and cut into 1/4-inch strips
 - 1 cup peanut oil
 - 4 cups mixed greens (red leaf, arugula, butter leaf, etc.), washed
 - 1 cup bottled buttermilk dressing
 - 1 cup cooked black-eyed peas
 - 1 cup cooked corn, fresh or canned
 - 1 papaya, peeled, seeded and cut into strips
- Pour milk into pie plate. In plastic or paper bag, combine flour and Seasoned Salt. Dip chicken in milk then toss to coat in flour mixture. In large skillet, heat oil. Fry chicken strips a few a time until nicely browned; remove and set aside.
- In large bowl, mix greens with dressing. Add peas and corn. Divide the mixture onto four serving plates. Top with papaya and chicken strips.
- PRESENTATION: This attractive salad needs no additional garnish.



Sara Lee Corporation joined the Southern Christian Leadership Conference in commemorating Dr. Martin Luther King Jr.'s life and work at the 14th Drum Major for Justice Awards Dinner. Joseph Lowery, president and CEO of SCLC and Eva Chess, manager for public responsibility at Sara Lee, share time at the recent Atlanta event.

Employment Division Receives Federal Grants

The U.S. Department of Labor has awarded the Oregon Employment Division a grant for more than \$1.3 million dollars. The grant will fund two automation projects to enhance administrative functions within the agency. One grant will fund the updating of the division's case tracking system and purchase of equipment for outstationed staff. The second grant is for an imaging program which will allow important claimant documents to be stored on computer. Currently these documents are stored on microfilm which can only be retrieved from the central administrative office in Salem. With this imaging program, eventually any employee in the state needing access to documentation can do so immediately. Contact Tom Byerley, 378-3260, or Christine Chute, 373-0974.

Students Gain Experience Through "J.A.M."

Four Portland-area high school students will learn how to help their peers enter the world of work. In a

pilot project sponsored by the Downtown Portland office of the Employment Division, students from Lincoln, Wilson, Cleveland and Franklin high schools will learn the ins and outs of the employment and training field. The project is known as "Jobs and Me" or "J.A.M." and is part of a summer youth employment program. One student will be hired from each of the four schools to operate a mini Employment Division office. The office will be located on the campus of their school and will be open for two hours a day, Monday through Thursday of each week. The students will also spend their after school hours on Fridays at the Downtown Portland Employment Office helping to develop a one-hour job finding workshop for young people. Contact: Kathy Craft, 229-5649.

Grants Pass Employment Office Adds Device For The Deaf.

The Grants Pass office of the Employment Division has installed a Telephone Device for the Deaf (TDD).

This device will allow people with hearing or speech impairments to receive information without coming into the office. This service will provide increased access to information on unemployment benefits, jobs and other programs to these Oregonians. The TDD number is 474-3171 and is accessible 8am to 5pm, Monday through Friday. Contact Shirley Amman, 474-3161.

Veterans Benefit From "Vet-Net" Fifteen organizations from Yamhill County have come together to enhance services to veterans. Organized by Carol McKibben, Local Veteran's Employment Division office in McMinnville, "Vet-Net" had its first meeting in March. According to McKibben the purpose of "Vet-Net" is to bring together organizations who provide services to veterans. By learning about the programs and procedures of each organization, staff working with veterans can make better referrals to services. Contact Carol McKibben, 472-5118.

Portland Farmers' Market To Open Saturday May 29

Portland Farmers' Market will open its second season May 29.

The market will be open every Saturday from 8am to 1pm through October. The market is located along the Willamette River at 1200 NW Front Ave.

At Portland Farmers' Market, customers can buy fresh produce directly from the farmer who grew it. The market will be bigger and better than it was last year, it will have more vendors and a wider variety of produce.

Some products that will be sold at the market include wild mushrooms, flowers, plants, baked goods, berries, and all varieties of produce, including organic produce. This year, the market will start with at least 30 vendors and grow as more produce comes in season.

Also new this year is a "Chefs in the Market" have been invited to give demonstrations of cooking with farmers market produce. There will be about seven chef demonstrations throughout the season and the schedule will be determined soon.

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