

FOOD & NUTRITION



Above, Jim Robinson, president of Thriftway Stores, presents KATU's Mary Starrett with a check during last year's Children's Miracle Network Telethon, benefiting Doernbecher Children's Hospital. United Grocers-member stores, including Thriftway and Sentry, are again the major sponsors of this year's telethon which airs June 5 and 6 on KATU.

Meat Strips Not Limited To Oriental Stir-Fries

(Versatile Shape Adds Ease to Spring Menu Planning)

Since the advent of the wok on the American culinary scene, stir-fry enthusiasts have mastered tossing strips of meat and chopped vegetables with soy sauce and teriyaki. But most people have failed to venture beyond the traditional Oriental stir-fry when cooking with fresh meat strips. Now, many cooks are quickly discovering that meat strips are every bit as adaptable to Cajun, Greek and Mexican flavor profiles.

"Fresh meat strips are extremely lean, cook quickly and can add variety and interest to your everyday meals," says Robin Kline, registered dietitian and director of consumer affairs for the National Pork Producers Council (NPPC). "Stir-fry sandwiches-like fajitas-and stir-fry salads are just two examples of easy one-dish meals that can make spring menu planning a breeze."

Fantastic Pork Fajitas, Greek-Style Pork Pocket Sandwiches, Stir-fried Cajun Pork, Chinese Pork Salad and Javanese Pork Sate are all flavor favorites that can be fixed for a week-night meal in less than 30 minutes.

Strips of fresh pork, chicken and other meats may be found at your supermarket meat case, but if not, it's easy enough to cut your own. According to Kline, all you need to do is pick up a sharp knife.

"Divide and conquer...when it comes to quick meal preparation," says Kline. "The smaller you cut your strips of meat, the quicker they'll cook. Strips are really meant for 'right now' meals.

It may seem revolutionary to some, obvious to others, but fresh

meat strips can be easily sliced from a pork roast, chop, or tenderloin. To make cutting strips even simpler, partially freeze the meat ahead of time.

Boneless cuts are best for cutting uniform strips and offer a better value: You don't pay for bone or fat that you'll cut away and won't consume. Buying boneless also offers the ultimate in convenience, because you don't have to cut around that bone.

For cooks who want to add greater versatility to their meal-planning repertoire, meat strips can provide a fresh new approach to quick-cooking meals. Once people learn to look beyond Oriental stir-fries, they can start thinking about different ways to quickly broil or saute fresh pork strips for quick, flavorful meals.

"With strips, you can be adventurous and flex your culinary skills," says Kline. "Using any flavor profile-Italian, Greek, Southwest or Cajun, for example--strips can become a new favorite sandwich, salad, or other stir-fry dish served up with pasta or rice.

For more ideas on how to use strips and other basic shapes of pork, the NPPC is offering The Shape of Meals to Come brochure. The free brochure provides tips on shopping for meats by shape, recipes for the six shapes of fresh pork and preparation and nutrition information. Mail a self-addressed, stamped envelope to: The Shape of Meals to Come, c/o National Pork Producers Council, P.O. Box 10383, Des Moines, IA 50306. Or call 1-800-937-PORK (7565) and request the brochure by name.

Greek-Style Pork Pocket Sandwich



It's a pocket full of miracles! To make this Greek-Style Pork Pocket Sandwich, simply stir together pork strips with Caesar dressing and roast them in a shallow pan. When brown, tuck the strips into pocket bread, top them with a dollop of cucumber dressing and some sliced red onion.

- 1 pound pork strips
- 1/2 cup Caesar-style dressing (purchased)
- 2 pita loaves, halved
- 4 tablespoons cucumber dressing (purchased)
- 1 small red onion, peeled and thinly sliced
- Stir together pork strips and Caesar dressing; place in a shallow pan
- and roast in a preheated 450 degree F oven until pork is crisp and lightly browned, about 10 minutes. Open each pita half to form a pocket. Distribute pork among each half. Top each sandwich with a table spoon of the cucumber dressing and some sliced red onion. Makes four sandwiches.
- Approximately, per serving: Calories: 353; Fat: 17 gm; Cholesterol: 86 mg
- Serve with green salad

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GOOD MAY 17 THRU MAY 31

North Portland Branch Library presents Drum Music from West Africa

with *Caton Lyles*

Saturday, May 22, 2:30pm

Hear the sounds of everyday village life performed and described by Caton Lyles, musician in the Northwest Afrikan American Ballet. All ages will enjoy this special presentation. Admission is free.

North Portland Branch Library
512 N. Killingsworth
248-5394
Multnomah County Library

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

Toni's Soul Food

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249-TONI

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Open 6:00am to 10:00pm M-S
Sun 8:00am to 9:30pm 249-TONI

Spring Cleaning With A Whole Foods Diet Cooking Classes

Food Front Cooperative Grocery is proud to sponsor a spring series of whole foods cooking classes offered by Dr. Mary Scott, N.D., L.Ac.

In a supportive environment, the 3 class series focuses on a spring cleaning with a whole foods diet. Dr. Scott will lead a discussion outlining Naturopathic and traditional Chinese medicine's outlook on seasonal allergies; foods that facilitate the cleansing of the digestion and elimination organs; now whole foods support the immune system in resisting allergic reactions; and a look at how natural remedies help manage seasonal allergy symptoms. The series also incorporates Dr. Scott's popular dairy-free cooking class, which includes a delicious dairy-free meal.

Dr. Mary Scott is uniquely qualified. A certified Naturopathic physician and acupuncturist in private practice, Dr. Scott is an accomplished natural foods chef and baker.

The spring series begins Wednesday, May 26th. For further information contact Dr. Mary Scott at 331-2279 or Greg Swetland at 222-5658 (Food Front Cooperative Grocery).

PORTLAND OBSERVER
"The Eyes and Ears of the Community"
Office: (503) 288-0033
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KPTV/Henry Weinhard's Party Cruises

(Curtis Salgado And Friends & Johnny Limbo And The Lugnuts To Headline Memorial Day Cruises)

Monday, May 31, 1993

KGON welcomes another Blues Cruise...Curtis Salgado and Friends will entertain audiences on the Sternwheeler for an exciting afternoon of blues. Curtis and Friends are always a favorite aboard the Sternwheeler. Cruise time is from 4.30 to 6:30pm.

KISN welcomes Portland's premier nostalgia rock and roll band, Johnny Limbo and the Lugnuts aboard the Sternwheeler Columbia Gorge. Featuring classic rock and roll tunes from the 50's, 60's and 70's, Johnny Limbo and the Lugnuts always play to standing room crowds aboard the Sternwheeler. Cruise time is from 7.30 to 9:30pm.

All passengers board at SW Front and Stark one half hour before cruise time.

Tickets are \$13.00 in advance and are available at all G.I. Joe's Ticketmaster outlets or call 223-3928 to order by phone. Tickets are subject to service charge.

For more information please call Marianna (503) 238-9707 or Jennifer (503) 223-3928

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Ad Prices Good May 19 through May 25, 1993 At Safeway.

Family Pack Round Steak

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beef round steak.

\$ 1.79

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Sweet Ripe Strawberries

• Fresh from California
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Look In The This Week Magazine for your Safeway Shopping Guide for a complete list of specials on sale this week at Safeway!

This Week
MAGAZINE

Enjoy Extra Savings With The New 'In-Store' Safeway Shopping Guide Available at your Safeway store.