The Portland Observer

Coriander-Pepper Chops



Recipe

Coriander-Pepper Chops

- 1 tablespoon crushed coriander seeds
- 4 boneless pork chops, about 1-inch thick 1 tablespoon coarsely ground black pepper 2 cloves garlic, crushed 1 tablespoon brown sugar

Combine all ingredients except pork chops. Place chops in a shallow dish and pour marinade over; let marinate 30 minutes. Prepare medium-hot coals, banked, in grill bed. Remove pork from marinade, discarding marinade, and grill chops over indirect heat for 12-15 minutes, turning once. OR: Remove from marinade and broil or panbroil for 10 minutes, turning occasionally. Juices should run clear and chops should be tender and juicy. Serves 4.

Approximately, per serving: Calories: 204; Fat 6 gm; Cholesterol: 66 mg Stove top or Grill Top? The choice is yours with Coriander-Pepper Chops. Simply marinate the pork chops for 30 minutes in a mixture of garlic, brown sugar, soy sauce and, of course, coriander and pepper. Then cook--indoors or out--until tender and juicy. Serve with fresh summer fruits and vegetables.

Food And Fund Drive Sweepstakes Launched At 1993 Rose Festival **U.S. Bank Air Show**

For the first time, people headed egon Food Bank. for the top-rated 1993 Rose Festival U.S. Bank Air Show July 16-18 can Airshow sponsors include an Southwest Washington.

to donate \$1, cans and non-perishable and businesses. food at airshow gates all three days of Food Bank and Tualatin Valley Food Center. Sweepstakes coupons distributed at the gate can be filled out and dropped off at the GTE Northwest booth.

This is the first annual Rose Fes- dozen-plus other aerial acts. tival Airshow Food Drive presented to help make up the shortfall at Or- tional hunger-related issues.

Valuable prizes provided by enter a unique sweepstakes that helps autographed Blazer basketball, a GTE to feed hungry people in Oregon and mobile phone, \$500 in airline tickets, a Sundance hot tub and many more Airshow patrons are encouraged gift certificates from local restaurants

The Rose Festival Air Show is the show where your donation will be rated one of the top four airshows collected by volunteers for Oregon in the country by the International Council of Airshows and drew 122,500 people last year. Featured this year will be the Canadian Force's Snowbirds, known a "ballet dancers of the stratosphere," and a

Through a well-established netby GTE Northwest. Organizers are work of regional food banks, Oregon hoping to collect several thousand Food Bank provides food for more pounds of food for use in emergency than 600 agencies in Oregon and Clark food boxes this summer. A drop in County, Washington. One in four chilfood donated so far this year-espe- dren under age 13 received emercially a 50 percent reduction in sal- gency food last year from the network. vaged food from grocery stores-has OFB also plays a strong education and put more pressure on local food drives advocacy role in local, state and na-



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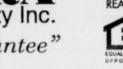
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