

FOOD & NUTRITION

The Portland Observer

Coriander-Pepper Chops



Recipe

Coriander-Pepper Chops

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| 4 boneless pork chops, about 1-inch thick | 1 tablespoon coarsely ground black pepper |
| 2 cloves garlic, crushed | 1 tablespoon brown sugar |
| 1 tablespoon crushed coriander seeds | 3 tablespoon soy sauce |

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 for the top-rated 1993 Rose Festival U.S. Bank Air Show July 16-18 can enter a unique sweepstakes that helps to feed hungry people in Oregon and Southwest Washington.

Airshow patrons are encouraged to donate \$1, cans and non-perishable food at airshow gates all three days of the show where your donation will be collected by volunteers for Oregon 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 Festival Airshow Food Drive presented by GTE Northwest. Organizers are hoping to collect several thousand pounds of food for use in emergency food boxes this summer. A drop in food donated so far this year—especially a 50 percent reduction in salvaged food from grocery stores—has put more pressure on local food drives to help make up the shortfall at Oregon Food Bank.

Valuable prizes provided by Airshow sponsors include an autographed Blazer basketball, a GTE mobile phone, \$500 in airline tickets, a Sundance hot tub and many more gift certificates from local restaurants and businesses.

The Rose Festival Air Show is rated one of the top four airshows 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 dozen-plus other aerial acts.

Through a well-established network of regional food banks, Oregon Food Bank provides food for more than 600 agencies in Oregon and Clark County, Washington. One in four children under age 13 received emergency food last year from the network. OFB also plays a strong education and advocacy role in local, state and national hunger-related issues.



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<p>2 Liter COKE PRODUCTS</p> <p style="font-size: x-large; margin: 0;">\$1.19</p> <p style="font-size: small; margin: 0;">Each Plus Dep. In Or.</p>	<p>24 Pack 12 Oz. Cans RAINIER BEER</p> <p style="font-size: x-large; margin: 0;">\$8.99</p> <p style="font-size: small; margin: 0;">Each Plus Dep. In Or.</p>	<p>750 Ml. E&J GALLO VARIETALS</p> <p style="font-size: x-large; margin: 0;">\$3.99</p> <p style="font-size: small; margin: 0;">Each</p>
<p>12 Pack 12 Oz. Cans</p> <p style="font-size: x-large; margin: 0;">COKE PRODUCTS</p> <p style="font-size: x-large; margin: 0;">\$3.10</p> <p style="font-size: small; margin: 0;">Plus Dep. In Or.</p>	<p>6 Pack, 12 Oz. Cans</p> <p style="font-size: x-large; margin: 0;">COORS BEER</p> <p style="font-size: x-large; margin: 0;">\$3.49</p> <p style="font-size: small; margin: 0;">Each Plus Dep. In Or.</p>	<p>1.5 Liter California Chardonnay California Cabernet Sauvignon</p> <p style="font-size: x-large; margin: 0;">GALLO CLASSICS</p> <p style="font-size: x-large; margin: 0;">\$7.49</p> <p style="font-size: small; margin: 0;">Each</p>

Sentry SUPERMARKETS Prices Effective July 7 Through July 13, 1993.

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