

# FOOD & NUTRITION

The Portland Observer

## McDonald's Introduces The McGrilled Chicken Sandwich

Why will chicken lovers nationwide be crossing the road to McDonald's this fall? To try the new McGrilled Chicken Sandwich—a new menu item with a deliciously different taste.

Available at all McDonald's restaurants nationwide by mid-October, the new McGrilled Chicken Sandwich features juicy marinated skinless chicken breast filet with crispy lettuce, a tomato slice, Monterey Jack cheese, sliver sweet red onions, and a special tangy herb sauce all served on a toasted bakery roll. The sandwich's high quality ingredients have resulted in a product that has shown outstanding taste preference among consumers in head to head testing against competitive grilled chicken sandwiches.

"We wanted a grilled chicken sandwich with a distinctively different taste," said Ed Rensi, president of McDonald's U.S.A. "We believe the new McGrilled Chicken Sandwich provides our customers with the taste they've been waiting for."

The new McGrilled Chicken Sandwich joins Chicken McNuggets, the McChicken Sandwich and



McDonald's McGrilled Chicken Sandwich

Chunky Chicken Salad to provide a broader base of customers with a complete variety of chicken menu choices. It will be supported by national TV and radio advertising created by Leo Burnett/Chicago.

"We are delighted to be able to offer our customers a great tasting new chicken option at a value price," said Rensi. "The introduction of the new McGrilled

Chicken Sandwich gives more consumers more reasons to choose McDonald's."

McDonald's is the leading foodservice retailer in global consumer marketplace, with more than 13,000 restaurants in 67 countries. About 80 percent of McDonald's restaurant businesses are locally owned and operated by independent entrepreneurs.

## It's O.D. To Eat With Your Fingers

(Rib Ticklin' Recipes are Made to be Deliciously Messy)

"Pork ribs are an excellent excuse to eat with your fingers," says Robin Kline, registered dietician and director of consumer affairs for the National Pork Producers Council. "And let's be honest—finger foods are fun. Round out your menu with other 'grabable foods: raw veggies, muffins, corn on the cob."

Grab a stack of napkins, roll up your sleeves and dig into these deliciously messy rib ticklin' recipes:

- EZ-Does-It Ribs: Season ribs with salt and pepper, roast in shallow pan for 1 1/2 hours at 350 degrees F. oven; finish on grill over medium-hot coals, brush with a spicy barbecue sauce.
- Piggy Wings: Cut spareribs or back ribs into individual rib portions. Roll in Cajun seasoning and roast at 350 degrees F. oven for 1 1/2 hours. Serve hot with blue cheese dressing for dipping.

- Your Own Rib McSandwich: Score a butterflied pork chop and sprinkle with barbecue seasoning, grill over hot coals and slather with your favorite barbecue sauce. Serve hot on a hamburger bun.

- Buried Spareribs: Season spareribs with salt and pepper, bury in a bed of drained sauerkraut that has been seasoned with brown sugar, onions and chopped bacon. Cover and bake in a slow (300 degree F.) oven for 3 hours.

- Rib Sampler: Season four racks of back ribs in four different ways; roast or grill and serve rib "samplings" with a variety of dipping sauces and with some crunchy pick-up foods like celery sticks for an interesting appetizer buffet.

- Adam's Rib: Create boneless ribs by cutting thin porkstrips 6-inches long and 1-inch wide from a boneless loin. Thread strips onto bamboo skewers (soak skewers in cold water for 30 minutes first), brush with bar-

becue sauce and grill directly over hot coals, turning once, for 8-10 minutes.

- Harvest Season Rib Meal: Brown meaty country-style ribs on all sides in deep skillet, remove and saute thinly sliced onions briefly in same skillet. Return ribs to skillet, on bed of onions, stir in apple cider and beer; cover and let simmer for 1 1/2 hours, until ribs are tender. Serve with mashed potatoes and cucumber salad.

- Have Some Ribs, Mon: In blender, puree one 7-ounce can chipotle chiles (smoked jalapenos, available canned at Mexican groceries and some supermarkets), stir in juice of 2 limes. Spread paste on 2 racks of ribs. Roast in shallow pan at 350 degrees F. oven for 1 1/2 hours, until tender. Serve with yellow rice tossed with cashew halves and tropical fruit salad.

- Turn over a New Leaf Rib: Ensure your good luck for next year by serving ribs, greens and Hoppin' John (rice and black-eyed peas on New Year's Day!

## Kaiser Permanente Offers Health Education Classes

Several classes open to the public are being offered in North Portland this fall and winter through Kaiser Permanente. For registration information, call Kaiser Permanente's Health Education department at (503) 286-6816.

"Menopause" is a class discussing menopause myths and realities and ways to cope with the physical and emotional aspects of this normal process. Participation by couples is encouraged. The two sessions will be from 6:30 to 9:30pm, on Wednesdays, Nov. 3 and Nov. 17, at Kaiser Permanente North Interstate Services Building, 7201 N. Interstate Ave., Portland. Cost is \$10 for Kaiser Permanente members, \$20 for couples who are Kaiser Permanente members, \$40 for other individuals and \$60 for other couples. Please register at least 10 days before the class starts.

Cholesterol and fat in your diet

may increase your risk of heart disease. "How to Lower Your Cholesterol" teaches how to plan meals and modify recipes to cut fat and cholesterol intake. Classes will be from 10am to noon on Mondays, Nov. 8 and Nov. 15, at Kaiser Permanente's North Interstate Building, 7201 N. Interstate Ave., Portland. Cost is \$15 for Kaiser Permanente members, \$32 for the general public. A spouse or other support person is encouraged to attend at no extra charge. Please register at least 10 days before the class starts.

Anybody can experience mild depression and lowered self-esteem. Kaiser Permanente's "Overcoming Mild Depression and Low Self-Esteem" program, consisting of eight two-hour sessions, teaches skills to reduce mild depression and improve self-image. Meetings will be from 6:30 to 8:30 pm on Mondays, Nov. 15

through Jan. 3, at Bess Kaiser Medical Center, 5055 N. Greeley Ave., Portland. Cost is \$80 for Kaiser Permanente members, \$140 for the general public (fee includes textbook). Please register at least 10 days before the class starts.

Uncontrolled diabetes can lead to serious health problems. Kaiser Permanente offers several classes where you can learn self-care skills to control your diabetes. The three-session "Diabetes Basic Series" will be from 9am to noon on Monday, Tuesday and Wednesday, Nov. 22, 23, and 24, at Kaiser Permanente's Central Interstate Medical Office, 3600 N. Interstate Ave., Portland. Cost is \$15 for Kaiser Permanente members, \$75 for the general public. A spouse or other support person is encouraged to attend at no extra charge. Please register at least 10 days before the class starts.

## Ombudsman Trainings Scheduled

Volunteer advocates for the residents of nursing homes, adult foster care homes and residential care facilities are currently being recruited for an upcoming training. Certified Ombudsmen work to enhance the quality of life and improve the level of care for the citizens living in long term care facilities. They protect the rights, safety and dignity of the resi-

dents. The initial training program will be held in Salem on November 3, 10, and 17 and December 1, 8, and 15.

Volunteers attend a 48-hour training program before being certified. The training includes conflict resolution, advocacy skills and problem-solving techniques, as well as specific information on the regulations guiding long term care facilities

and the rights of the resident of the facilities. Certified Ombudsmen spend between one and five hours weekly at their assigned facilities, and a one-year minimum commitment is required.

Interested volunteers can call Kathy Walter at the Office of the Long Term Care Ombudsman, toll-free at 1-800-522-2602.

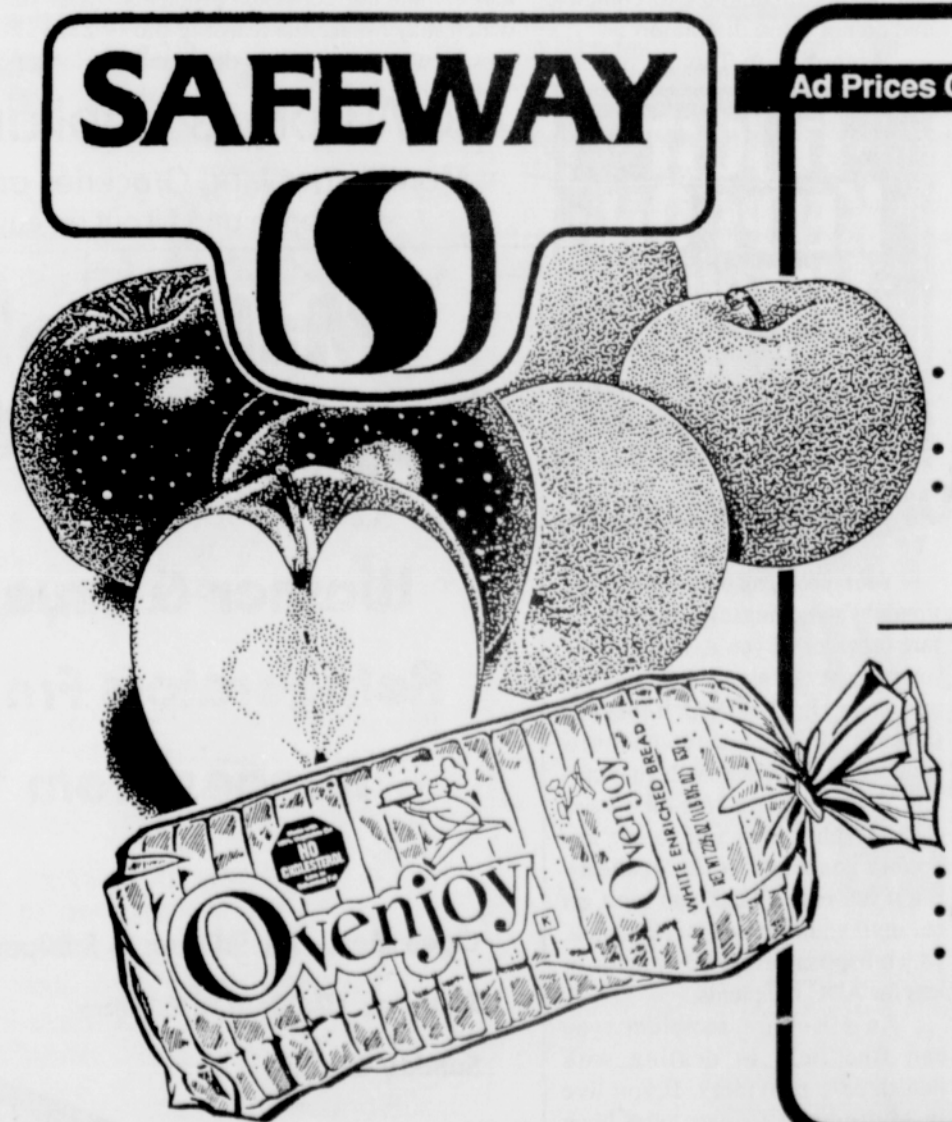
## National Council of Negro Women Leadership Breakfast



Pictured (left to right) Eric Stevenson, The Quaker Oats Company; Marcia Delaney, The Quaker Oats Company; Robin Robinson, WFLD-FOX TV in Chicago; Carol Porter, national winner; Dr. Dorothy I. Height, National Council of Negro Women; and Lyle Hubbard, the Quaker Oats Company.

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