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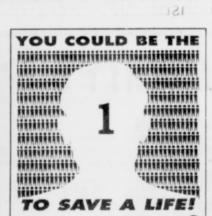
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If you are in good health, between the ages of 18 and 55, The National Children's Cancer Society, a non-profit organization providing financial assistance and services to children needing bone marrow transplants, urges you to consider becoming a bone marrow

cooking

NOURISHING SOUPS

the microwave way

CHICKEN WILD RICE SOUP (6 servings)

- 1 pkg. (6 oz.) long-grain and wild
- 2 tablespoons finely chopped
- onion 2 tablespoons margarine
- ¼ cup all-purpose flour 1/8 teaspoon instant minced garlic 1 can (14 1/2 oz., 13/4 cups) clear chicken broth
- 2 cups milk 1 tablespoon white cooking wine 3 cups cubed cooked chicken
- 1/3 cup corn

1. Prepare rice according to package directions. Set aside.

2. In 3-quart glass casserole or large bowl, microwave margarine with

onion at HIGH (100%) until melted, about 45 seconds. Stir. Microwave at HIGH for 1 minute.

3. Stir in flour and garlic. Gradually stir in broth. Microwave at HIGH for 4 to 5 minutes until bubbly and thickened, stirring with spoon or

wire whisk after every minute. 4. Stir in cooked rice and remaining ingredients. Microwave at HIGH for 5 minutes. Microwave at MEDIUM (50%) for 10 to 15 minutes, stirring occasionally, or until desired serving temperature is reached.

Whirlpool Micro-Tip MICROCOOKING CHICKEN FOR SOUPS AND SALADS. For 2 lbs. boneless chicken breasts or thighs: Place chicken in single layer in shallow glass baking dish. Sprinkle with seasoned pepper and garlic powder, if desired. Cover with waxed paper or plastic wrap, venting at corner. Microwave at HIGH (100%) for 8 to 10 minutes or until no longer pink, rotating dish 1/4 turn and rearranging chicken halfway through cooking. Cool. If not using within one or two days, wrap tightly and freeze.

Southern Cuisine: An American Melting Pot

(NAPS)-America is often described as a melting pot of cultures and traditions. And with these come different ways of living, learning-and eating. Some of the more popular ethnic styles that have influenced American dining are Asian, Italian, Chinese and Mexican foods. One American style, in particular, continues to make a name for itself-Southern cuisine.

Some of the more popular Southern foods are Cajun, Creole and African-American which incorporate a variety of hearty foods like beans, okra, corn bread and gumbos. By combining traditional Southern cuisine with the convenience of canned foods such as beans, various vegetables, and specialty items, a truly simple and delicious menu can be created in your own home.

Southern style cuisine was influenced by immigrants from France, Africa and Spain. Since many of the necessary traditional ingredients were not available in the United States, they used local ingredients that had original flavors, now identified with Southern cuisine.

The key to preparing Southern style food is using authentic flavors like basil, cumin, mace and chiles. To create trend-setting tastes without spending time cleaning vegetables and cooking all day, use traditional Southern flavors with foods that are quick and easy like canned foods. Incorporating canned foods into your meals allows more time for savoring the meal rather than preparing itcanned foods are already cleaned, peeled, sliced and cooked before they are sealed in the can. Plus, there are many canned products available that can be added to various African-American, Cajun and Spanish recipes without the added fat. In fact, canned vegetables can be healthy food sources for any meal-when prepared for the table, they are as nutritious as



their fresh and frozen counterparts. Many canned beans, for example, contain no cholesterol and are high in fiber, complex carbohydrates, protein, B vitamins and iron.

Canned foods make it possible to celebrate the tradition of Southern cuisine at home, easily and healthfully. Try the following down-home soup and side dish recipes, developed and tested by the Canned Food Information Council.

SOUTHERN SOUP

6 green onions, chopped 4 stalks celery, chopped 2 cloves garlic, mashed 2 tablespoons vegetable oil

- 3 cans (5 ounces each) chicken meat, drained 1 can (46 ounces) chicken broth
- 1 can (13 3/4 ounces) beef broth
- 1 can (8 ounces) tomatoes, drained and broken up 2 cans (14 1/2 ounces each)
- stewed tomatoes 3 cans (4 ounces each)
- green diced chilies 3 tablespoons unsalted
- seasoning mix 1 tablespoon
- Worcestershire sauce
- 1 tablespoon each chili powder and ground cumin 6 ripe avocados
- 2 limes
- 8 ounces each Monterey Jack and Cheddar cheese Tortilla chips

In large soup pot, cook onions, celery and garlic in oil over medium-low heat about 5 minutes or until soft. Add chicken meat, broths. tomatoes, chilies and seasonings. Bring to boil; reduce heat and simmer 30 minutes. Before serving, peel and slice avocados. Squeeze lime juice over slices. Ladle soup into large shallow bowls; top each serving with shredded cheeses and avocado slices. Serve with tortilla chips. Makes 12 servings.

RED BEANS, HAM 'N RICE

- 1 1/2 cups cubed canned smoked ham (about 6 ounces)
- 1/2 cup chopped green pepper
- 1/4 cup chopped onion 2 cloves garlic, minced 2 teaspoons olive oil
- 1/2 teaspoon dried thyme leaves
- 1/4 teaspoon dried oregano leaves
- 1/8 teaspoon ground cumin 1 can (15 ounces) red beans, drained
- 1 can (8 ounces) no-saltadded stewed tomatoes
- 1/4 teaspoon black pepper
- 3 cups cooked rice, warm Louisiana Hot Sauce

Saute ham, green pepper, onion and garlic in oil until onion is tender and ham is browned, about 5 minutes. Stir in thyme, oregano and cumin; saute 1 to 2 minutes longer. Stir in red beans and tomatoes; heat to boiling. Reduce heat and simmer, covered, 5 minutes; uncover, stir in pepper and simmer 5 minutes longer. Serve bean mixture over warm rice; sprinkle with hot sauce. Makes 4 entree servings.

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