

Quesadillas Filled with Flavor

"The Old Farmer's Almanac Blue Ribbon Recipes" features these zesty quesadillas, bursting with seafood and flavor takes a gourmet turn from standard plain cheese and tortillas.

Preheat the oven to 450 degrees F. Check the crabmeat for pieces of shell and cartilage. In a large skillet, heat the oil over medium heat. Add the green, red, and yellow (if using) bell peppers, onion, and garlic. Cook for 5 to 10 minutes.

In a large bowl, combine the crabmeat, cilantro, mayonnaise, cayenne, cumin, 1 cup of the cheddar, 1 cup of Monterey Jack, lime juice, and jalapeno. Gently fold the ingredients together to avoid breaking the crabmeat.

Place six tortillas on large oiled baking sheets. Divide the pepper-onion mixture equally among the tortillas. Divide the crabmeat mixture equally among them. Sprinkle the remaining 1/2 cup cheddar and the remaining 1/2 cup Monterey Jack on top and cover with the tortillas left in the package. Lightly spray the top of each tortilla with vegetable cooking spray. Bake for 7 to 10 minutes. Cut each tortilla into quarters and garnish with lime slices, salsa, sour cream, and/or guacamole.



Crab Quesadillas 6 servings

- 1 pound lump crabmeat
- 1 tablespoon olive oil or vegetable oil
- 1 medium green bell pepper, cut into strips
- 1/2 medium red bell pepper, cut into strips
- 1/2 medium yellow bell pepper, cut into strips (optional)
- 1 medium onion, sliced into rings
- 1 clove garlic, minced
- 1/4 cup chopped fresh cilantro
- 1/3 cup mayonnaise
- 1/4 teaspoon cayenne pepper
- 1/8 teaspoon ground cumin
- 1-1/2 cups shredded cheddar cheese, divided
- 1-1/2 cups shredded Monterey Jack cheese, divided
- Juice of 1/2 lime
- 1 small jalapeno pepper, seeded and finely chopped
- 12 (6-inch) flour tortillas
- Vegetable cooking spray
- Lime slices, salsa, sour cream, and/or guacamole for garnish

Fun and Safe Summer Grilling

Prepare your grill and prep your food

Following are some tips to prepare your grill and prep your food for great grilling results.

Preparing your grill:

- Before you begin grilling, wipe off excess dirt and clean wire grates by removing burnt residue.

- Turn on the grill and let heat on high (500°F) for five to ten minutes before cooking.

- Let wire grates cool, then "season" grill to prevent sticking by brushing grates with oil (ideally, peanut oil - which doesn't burn easily).

Prepping beef, chicken or seafood for grilling:

- Thaw any frozen meats or seafood in the refrigerator before cooking. Never leave meats un-refrigerated in warm weather.

- Rub oil or butter on meat to prevent sticking.



juices are clear.

- For fish: use a grill basket to keep delicate fillets or whole fish intact. Oil and heat basket before placing fish inside. It's done when the meat is "just firm" - raw is soft and overdone is hard and firm.

- For red meat: cook on the highest temperature until there is

no pink on the inside. Flip every three minutes until reaching desired readiness.

- Immediately before removing the meat or fish from the grill, sprinkle again with seasoning such as Goya's Adobo seasoning for added flavor. Allow meat or fish one to two minutes to "relax" while the juices flow and the flavor sets in, then serve with sensational summer side dishes. - Grilled vegetables are a tasty and healthy addition to grilled chicken, fish or steaks. For added flavor, slice fresh vegetables into quarters, peel off outer skin and season before grilling.

- Season herbs and spices, garlic, salt and pepper immediately before grilling for maximum taste. Try marinating in Goya's Mojo Criollo - a tangy blend of orange and lemon juices combined with garlic and other spices - for a few hours beforehand for flavorful food sensations.

For best grilling results:

- For chicken: place on the hottest part of the grill and sear for 3 minutes on each side. Then, move to a cooler area and baste with marinade frequently. Chicken is done when the meat is white and

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SWEETEST OF THE SEASON

Art Unites with Food

Firehouse exhibit is nourishment for the soul



'Fruit of My Labor,' a watercolor and color pencil by Carolyn Madsen.

The Interstate Firehouse Cultural Center, 5340 N. Interstate, is presenting a group exhibit this summer "On the Subject of Food," produced by the College of Agricultural Sciences at Oregon State University.

The exhibit consists of 47 artworks by 36 Northwest artists.

"We want to help develop an appreciation, especially among people not traditionally acquainted with agriculture," said Shelley Curtis, curator of the exhibit. "We thought it would be fun to focus on food this year;

the theme is usually the broader topics of agriculture and natural resources."

"Agriculture is not about food only," said Thayne Dutson, dean of OSU's College of Agricultural Sciences. "It is about the stewardship of the land, and the protection of the environment. Agriculture has to do with the people, families in communities, their pleasures and heartaches and hard work. It is also about beauty."

Artists express ideas about what we eat as well as the origins and pathways of goods to our markets.

From a denim work jacket used as a canvas, to aerial photos of cultivated fields, the pieces present feasts, culinary arts, cultural heritages and influences, gardening, growing and cultivation.

The gallery at IFCC is open Tuesday-Friday from 11 a.m. to 6 p.m. and on Saturday's from noon to 4 p.m. No admission is charged during gallery hours but donations are appreciated.

The IFCC is located on North Interstate close to Killingsworth and is accessible by Max trains and TriMet buses.



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