

FOOD

The mission of the 'Food Section' is to provide our readers with great tasting healthy recipes and useful household information. The Portland Observer respectfully requests all comments, and/or family recipes that you would like to share with us are addressed in email to: www.foods@portlandobserver.com

Better Breath Pet Biscuits are

Ingredients: 2 cups rice flour 1 Tbls. activated charcoal - see Notes below 1 tsp. Salt 1/2 cup chopped fresh parsley 1/3 cup chopped fresh mint 3 Tbls. vegetable oil 1 egg 2/3 cup milk.

Directions: Combine flour, charcoal, and salt; set aside. -Beat to-

gether parsley, mint, oil, and egg. -Gradually add dry mixture to wet mixture while mixing. -Stir in enough milk to make a thick, pasty dough. -Drop dough by heaping Tablespoonfuls 2" apart onto a greased cookie sheet. -Bake in a 400-



Refreshing

degree oven for 15 minutes. -Cool biscuits and store, covered, in the refrigerator. Notes: Store at room temperature up to 1 month OR freeze up to 1 year. Activated charcoal can be purchased in most health food stores.

Southern-Style Crock Pot Greens

This low carb recipe is tasty and easy to make. Using the crockpot eliminates a lot of the maintenance needed to monitor greens on the stovetop.



Ingredients:

- 1 bunch fresh collard greens
- 1 bunch fresh turnip greens
- 1 smoked turkey wing
- 1 onion, sliced
- 3-4 cloves garlic, sliced
- 2 tbsp. Vinegar
- 1 tsp. Brown sugar twin
- 1/2 tsp. Red pepper flakes
- salt
- Pepper
- 1/4 cup water

Directions: Wash greens and cut out thick stems. Stack greens in a pile, then roll up like a cigar, and then slice. Place sliced greens into crockpot with remaining ingredients. Cover and cook on low for 6 hours or on high for 3 hours or until greens are tender. You can vary by using mustard greens or kale.

Servings: 4
Prep. Time: 15 min.
Total Time: 3-3 1/2 hours

Ingredients for life.



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TENDER ANGUS

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lb
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Rancher's Reserve Angus Beef Top Round London Broil
Boneless.
SAVE up to \$2.60 lb.

Boneless!

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CLUB PRICE

Boneless Whole Pork Loin
Sold whole in the bag.
SAVE up to \$3.80 lb.

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Club Price: \$1.00 lb.
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RANCHER'S Reserve
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Rancher's Reserve Angus Beef Petite Sirloin Steak
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SAVE up to \$2.00 lb.

Boneless!

1.99
lb
CLUB PRICE

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Sold in a 5-lb. bag for \$9.95 ea.
Random weight \$2.99 lb. Frozen/Thawed.
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2.4
for
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12 to 18-oz. Selected varieties.
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3.99
CLUB PRICE

Refreshe Water
24-6-pack, 16.9-oz. bottles.
SAVE up to \$1.50

9.00

Kendall Jackson, Chateau St. Jean or Sterling Vintners Collection
750-ml bottle. Selected varieties.
SAVE up to \$5.99

2.12
for
CLUB PRICE

Charmin Bath Tissue or Bounty Paper Towels
Selected varieties.
Club Price: \$6.00 ea.
SAVE up to \$5.98 on 2

59¢
CLUB PRICE

Oven Joy Bread
22.5-oz. White or Wheat.
SAVE up to 30¢ ea.

Easy Strawberry and Blueberry Dessert Recipe



An easy strawberry and blueberry dessert recipe with raspberry sherbet and a yogurt or whipped cream topping.

INGREDIENTS:

- 2 cups fresh strawberries
- 1 to 2 cups blueberries
- 1 to 2 teaspoon sugar, or to taste, optional
- 4 small scoops raspberry or strawberry sherbet
- 1/2 to 1 cup yogurt, vanilla or Boston Cream Pie, or Whipped Topping

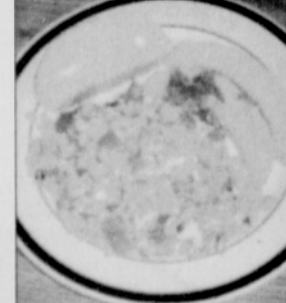
PREPARATION:

Wash berries; hull and slice the sherbet, then top with a few strawberries. Toss berries with a little sugar, if desired. In a dessert dish, brandy snifter, or other glass, put a scoop of sherbet. Spoon strawberries and blueberries over

Huevos a La Mexicana (15 min 5 min prep)

Ingredients:

- 4 eggs
- 1 medium sized tomato, washed and diced
- 1/4 onion, finely chopped
- 1-2 serrano pepper, chopped
- 1 tablespoon butter
- 1 tablespoon oil
- pinch of salt



1. Melt the butter with the oil in a deep skillet, add the onion and the peppers and sauté until the onion is translucent.
2. Add the tomato and the eggs, stirring constantly to prevent sticking until the eggs are done.
3. Season to taste with salt.

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