

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



Apple-Pear Crisp

Makes 16 (3/4-cup) servings

Ingredients

- Nonstick cooking spray
- 3/4 cup all-purpose flour
- 1 cup rolled oats
- 1/2 cup packed brown sugar or brown sugar substitute equivalent to 1/2 cup brown sugar
- 1-1/2 teaspoons ground cinnamon
- 1/4 cup unsalted butter, melted
- 4 green cooking apples (such as Granny Smith)
- 2 red cooking apples (such as Gala, Rome Beauty, or Fuji)
- 3 tablespoons lime juice
- 2 medium red or asian pears, pitted, and chopped
- 1/3 cup chopped pecans
- Frozen light whipped dessert topping, thawed (optional)

Directions

1. Preheat oven to 375 degree F. Coat two 1-1/2- or 2-quart baking dishes or a 3-quart rectangular baking dish with nonstick cooking spray.
2. For topping, in a medium bowl, stir together 1/2 cup of the flour, the oats, brown sugar, and cinnamon. Stir in butter; set aside.
3. Core and chop apples; place in a very large bowl. Stir in lime juice. Stir in remaining 1/4 cup flour. Fold in pears.
4. Place apple-pear mixture in the baking dish(es). Top with oat topping. Bake, uncovered, for 30 minutes. Sprinkle with pecans; bake for 10 to 15 minutes more or until apples are tender.
5. Cool slightly. Serve warm. If desired, top with dessert topping. Makes 16 (3/4-cup) servings.



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Potato and Cheese Stuffed Chili Peppers

Prep: 40 min.
Bake: 25 min.

Ingredients

- 3 large fresh Anaheim or poblano peppers or 3 small sweet peppers
- 1-1/2 cups chopped sweet potatoes or potatoes
- 1 to 3 tablespoons milk
- 1/3 cup finely chopped green onions
- 2 teaspoons chili powder
- 1 clove garlic, minced
- 1/2 cup shredded asadero, queso quesadilla, Chihuahua, or Monterey Jack cheese
- 1 beaten egg white
- Nonstick cooking spray

Directions

1. Cut the peppers in half lengthwise. Remove seeds and membranes. In a saucepan cook peppers in boiling water about 5 minutes or until crisp-tender. Drain well.
2. Meanwhile, in covered medium saucepan cook potatoes in boiling lightly salted water for 15 to 20 minutes or until tender; drain. Mash potatoes, adding milk, 1 tablespoon at a time, until potato mixture is fluffy. Stir in green onions, chili powder, and garlic. Stir in 1/4 cup of the shredded cheese and the egg white.
3. Spoon potato mixture into peppers. Coat a 3-quart rectangular baking dish with cooking spray. Place stuffed peppers close together in baking dish.
4. Bake, covered, in a 350 degree F oven for 25 to 30 minutes or until heated through. Sprinkle tops with remaining shredded cheese. Makes 6 side-dish servings.

Make-Ahead Tip: Prepare and stuff the peppers. Cover and chill in the refrigerator for up to 24 hours. Bake as directed, allowing a few extra minutes to heat through.



Easy Shrimp Etouffee

Low Carb Cajun

Delicious shrimp dish with a Cajun flair. This is also great with firm crab meat or fish.

Original recipe yield: 20 servings.
Prep Time: 30 Minutes
Cook Time: 1 Hour 40 Minutes
Ready In: 2 Hours 25 Minutes
Servings: 20

INGREDIENTS:

- 1 cup butter
- 2 large white onions, chopped
- 6 stalks celery, chopped
- 3 cloves garlic, pressed
- 4 tablespoons all-purpose flour
- 5 pounds fresh shrimp, peeled, deveined and chopped
- 1 cup chopped fresh mushrooms
- 3 tablespoons paprika
- salt to taste
- ground black pepper to taste
- crushed red pepper to taste

DIRECTIONS:

- In a large skillet, melt butter and sauté onions, celery and garlic for about 45 minutes or until they are cooked down.
- Stir in flour and cook briefly, do not brown. Stir in chopped shrimp and cook for 20 minutes.
- Pour in 2 to 3 cups of water and mushrooms. Stir in paprika and season with salt, pepper and red pepper flakes. Cook for 30 minutes. Should be a thick and have a gravy-like consistency.

Fried Cabbage

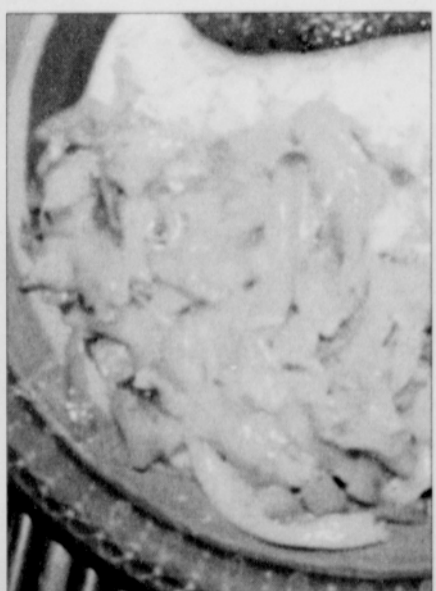
This is a long time family favorite at our house. A nice side-dish with pork.

INGREDIENTS:

- 1 medium head cabbage, chopped
- 1 pound bacon, sliced into 1/4" pieces
- 2 medium gloves garlic, chopped
- 1 large onion, thinly sliced
- Combine salt and pepper to taste

DIRECTIONS:

- Fry the bacon in a Dutch oven or large heavy skillet, do not drain off grease
- Add onion and garlic
- Stir in the cabbage; cook over low heat until tender. Season with the salt and pepper to taste.



Prep Time: 10 Minutes
Cook Time: 30 Minutes
Ready In: 40 Minutes
Servings: 6

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