To make life easier for meal preparations, the 'Food Section' will present an assortment of hearty, healthy and user-friendly winter and holiday recipes. For recipe requests or suggestions contact: SharonS@portlandobserver.com Subject: Food Section

Food

"Looking for something to break the bah-hum-bug dinner blues? Eureka! I have just the recipe for you. Try these delicious Greekstyle chicken pitas; the cucumber sauce is flavorful but not overpowering."



Slow Cooker: Greek Chicken Pitas

INGREDIENTS

- 1 medium onion, diced
- · 3 cloves garlic, minced
- · 1-pound skinless-boneless chicken breast, cut into strips
- 1 tsp. Lemon pepper
- ½ tsp. dried oregano 1/4 tsp. Allspice
- 1/4 tsp. Greek seasoning (optional)
- 1/4 cup plain yogurt
- ¼ cup sour cream

½ cup cucumber, peeled and diced 4 pita bread rounds, cut in half

Yield: 4 Servings

DIRECTIONS

- 1. Place onion and garlic in a slow cooker. Season chicken with lemon pepper, oregano, allspice and optional Greek seasoning; place on top of onions.
- 2. Cover, and cook on High for 6 hours- minimum.
- 3. In a small bowl, stir together yogurt, sour cream, and
- cucumber. Refrigerate until chicken is done cooking. 4. When chicken is done, fill pita halves with chicken and top with the cucumber sauce.
- (Optional suggested toppings: lettuce, onion, tomato, cheese, and black olives)

Slow Cooker Tips

How many cooks do you need in a kitchen? Only one, a slow cooker

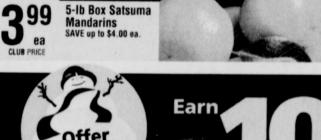
The opportunity to free up and cordingly. seize extra 'quality time' just for the pursuit to add hours to the day is a slow cooker. A few minutes of preparation the night before can save hours of cooking and cleaning the next day. The slow cooker will do all the work for you. Enjoy the free time to share highlights of your day with someone, read to the kids, help with homework, wrap a gift, take an evening stroll or enjoy a relaxing bubble bath.

- Brown meats and poultry first, if desired. Heat a non-stick skillet on medium for a minute or cooking method of a slow cooker two. Add just enough oil such as canola or vegetable to coat the bottom of pan. Heat the oil for a can be disappointing. So often minute and add the food to be you will find that recipes call for browned, being sure not to over- these items to be cooked sepacrowd the pan. Brown the food evenly on all sides. Although this takes a few extra minutes, it helps to seal the meat, hold in the juices, adds extra flavor and makes it appliance to keep 'hot beverages' look delicious.
- into equal size pieces to ensure guests into your home with the even cooking at the same time. If welcoming aroma of spiced cider a recipe calls for potatoes, cut or a mulled tea, keeping warm in them all into, for example: 2-inch the slow cooker. Keep it on the chunks, uniformly as possible. low setting for the perfect tem-The same principal applies to meat. Remember this is a slow cooker, course raw vegetables into smaller pieces.
- dish.

- No matter how tempting it is, you or with the family can often don't peek! Lifting the lid off your be a daunting and illusive task. slow cooker can result in longer One of the best-kept secrets in cooking time. Because the slow cookers cook at such low temperatures, uncovering it for a minute or two can cause the temperature to drop and the cooking time to increase substantially. If you must peek, do so quickly! If you feel the urge to stir every once in a while, fight it! Unlike stovetop or oven cooking, the slow cooker transfers heat evenly to the food without hot spots, so stirring isn't really necessary (unless the recipe happens to call for it).
 - The low temp and long often causes pasta and rice to cook up pasty and starchy, which rately and added to the finished dish, or added raw about one hour before the end of cooking time.
- Your slow cooker is a great warm for a prolonged period of · Cut foods of the same type time. When it's cold outside, greet perature.
- Prepare your recipe selection in the slow cooker the night (such as carrots) should be cut before. Refrigerate overnight. In the morning when you put the · Place flavor enhancers coffee on, start the slow cooker such as garlic and onions under as well (do not place slow cooker the meat as well. This will provide on stovetop, place in an unclutan extra punch of flavor to your tered heat-resistant area, with easy access to an electrical out-Remember if the slow let.) Caution: Do not place the cooker is not filled to at least the slow cookers removable crockhalfway point, use lower heat set- ery immediately into cold water; tings and adjust cooking time ac- allow cooling briefly after usage.

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You are invited Friday December 8, 2006 10 am - 12 pm N Portland Branch Library 512 N Killingsworth 2nd Floor to a presentation on How a "Senior Real Estate Specialist" can help you stay in your house while "Aging in Place" by using a "Reverse Mortgage".

Presentations by Harvey Rice, MST, Senior Real Estate Specialist, Trudy Rice, AAN, Registered Nurse, Family as Caregivers Specialist, Charles Funches, Reverse Mortgage Specialist and Sylvia Maly, Reverse Mortgage Consultant.

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Reservations are not required. See you Fri Dec 8 at 10:00 am.



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