Page A6

The Hortland Observer Black History Month

February 14, 2007

FOOD

To honor Black History Month and the heritage of our community, the Portland Observer respectfully requests family recipes that have been passed down through generations. The 'Black History Month ~ Community Recipe Collection' will be published throughout the month of February. Email SharonS@portlandobserver.com (with Subject: Recipes ~ Black History Month).

American Heart Month

has arrived. There is an abun- can Heart Month, to remind dance of hearts everywhere; Americans to focus on the most candy hearts, paper hearts, important loving relationship of chocolate. In addition to Val- own hearts.

Once again, Valentines Day can Heart Association's Ameri-

clared February as American major risk factors for heart dis-Heart Month. Heart disease, ease, and eating the right foods including stroke, is the leading is essential to keeping them in cause of death in the United check. Look for the acknowl-States.

Education is key to preveneven heart shaped boxes of all: their relationship with their tion. Nutrition plays a valuable role in heart disease prevention. entines Day, February has In 1963, in an effort to edu- Obesity, high blood pressure, been designated as the Ameri- cate the public, congress de- and high cholesterol are three right!

edged healthy heart nutrition symbol (heart shape) to make a conscious decision for a healthier heart. This February make your heart your Valentine and treat it



Cornish Hens with Rice Dressing

Directions

"My Mother passed this recipe to me shortly after I was married. Neatly written on the back of the card was this simple reminder: "Remember Romance -Try softening the day's worries and cares to a dull memory with a candlelit dinner for two and a bottle of wine. Serve with a healthy side of talking and listening." - Submitted by Geraldine King, Gresham.

Ingredients for life.. SAFEWAY







"This healthy heart recipe is really a delicious side-dish with any meal."

Ingredients

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• 1 1/3-cup chicken broth

¼-cup chopped celery

• 1/2- tsp. salt, divided

· Pepper to taste

2-Tbs. chopped onions

• 2- (1 1/2-lb.) Cornish hens

· 1-Tbs. extra virgin olive oil

• 1/2-cup uncooked long grain rice

½-cup sliced fresh mushrooms

• 1/2- tsp. dried marjoram, divided

- 1/3 c. water
- 1-1/2 cups frozen cut green beans
- 1-Tbs. extra virgin olive oil
- · 1-large clove garlic, thinly sliced
- 2-cups canned new potatoes, slices

Harvest Pear Salad

 In an un-greased 9" baking dish combine broth, rice, mushrooms, celery, onion, 1/4 tsp. marjoram and 1/4 tsp. salt.

 Place hens on rice mixture and brush with oil. Sprinkle with pepper, remaining marjoram and salt. · Cover and bake at 350F for 1 hour. Uncover and bake 25-35 minutes longer or until juices run clear.

Garlicky Green Beans and Potatoes

Directions

· Boil water in a large saucepan. Add green beans, cover and cook, stirring occasionally, until beans are tender, about 6 minutes. Drain; set aside.

 Heat olive oil over low heat in the empty saucepan. Add garlic and cook until the garlic starts to turn golden brown, about 2 minutes. Add potato slices and green beans. Heat throughout.

· Lightly season with salt and pepper.



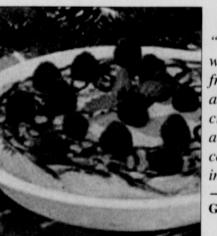


This will make your tummy happy and your heart healthy!"

- · 1-large pear, cut into thin, matchstick-size pieces
- · 1-large apple, cut into thin, Directions matchstick-size pieces
- 1-rib celery, cut into thin slices
- · 2-oz Havarti cheese, cut into matchstick-size strips
- 1-Tbs. canola oil
- · 3-Tbs. pecan pieces
- · 1-Tbs. orange juice



- · Mix: pear, apple, celery and cheese in medium salad bowl.
- · Stir honey, orange juice, and oil together in small bowl until well blended, pour over salad and toss gently to coat.
- · Sprinkle with pecans. Serve immediately.



"Guests are sure to find wedges of this fruity frozen pie irresistible and heart healthy. The crustless concoction has a creamy mousse-like consistency that's meltin-your-mouth good." -Submitted by Judy Schut, Grand Rapids, MI

Chocolate Raspberry Dessert

- · 1-cup one-percent cottage cheese
- · 3/4-cup fat-free milk
- 1/3-cup raspberry spreadable fruit
- · 1-(1.4 ounce) package sugar-free instant chocolate pudding mix
- · 1-(8 ounce) container frozen reduced-fat whipped topping, thawed
- 1-(lounce) square semisweet chocolate, melted
- ½-cup unsweetened raspberries

· In a blender, combine cottage plate. Drizzle with chocolate. cheese, milk and spreadable fruit; • Cover and freeze for eight hours cover and process until smooth. or overnight. Add pudding mix and mix well. Pour . Let stand at room temperature for into a bowl; fold in whipped top- 20 minutes prior to serving. Garnish ping. Spoon mixture into a 9" pie with raspberries.

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