

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

Once again, Valentines Day has arrived. There is an abundance of hearts everywhere; candy hearts, paper hearts, even heart shaped boxes of chocolate. In addition to Valentines Day, February has been designated as the Ameri-

can Heart Association's American Heart Month, to remind Americans to focus on the most important loving relationship of all: their relationship with their own hearts.

In 1963, in an effort to educate the public, congress de-

clared February as American Heart Month. Heart disease, including stroke, is the leading cause of death in the United States.

Education is key to prevention. Nutrition plays a valuable role in heart disease prevention. Obesity, high blood pressure, and high cholesterol are three

major risk factors for heart disease, and eating the right foods is essential to keeping them in check. Look for the acknowledged 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 right!



"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.

Cornish Hens with Rice Dressing

Ingredients

- 1 1/3-cup chicken broth
- 1/2-cup uncooked long grain rice
- 1/2-cup sliced fresh mushrooms
- 1/4-cup chopped celery
- 2-Tbs. chopped onions
- 1/2- tsp. dried marjoram, divided
- 1/2- tsp. salt, divided
- 2- (1 1/2-lb.) Cornish hens
- 1-Tbs. extra virgin olive oil
- Pepper to taste

Directions

- 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.

Ingredients for life. SAFEWAY

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lb
CLUB PRICE

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

1.99
lb
CLUB PRICE

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

10 FOR \$10
POUNDS
CLUB PRICE

Large Hot House Tomatoes
Club Price: \$1.00 lb.
SAVE up to \$1.99 on 1 lb.

88¢
lb
CLUB PRICE

Chicken Thighs or Drumsticks
Safeway Fresh.
SAVE up to 11¢ lb.

3.99
lb
CLUB PRICE

Medium Raw Shrimp
51 to 60-ct. Or Cooked
Northern Shrimpmeat.
Frozen/thawed.
SAVE up to \$2.00 lb.

1.88
lb
CLUB PRICE

Fresh Crisp Asparagus
Large size.
SAVE up to \$3.11 lb.

2.93
2 lbs
CLUB PRICE

Tree Ripe Yellow Peaches or Nectarines
Club Price: \$1.50 lb.
SAVE up to \$2.98 on 2 lbs.



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

Ingredients

- 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

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



Ingredients

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

Directions

- 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.

A Dozen Is 14 Stems February 14th is Valentine's Day. Premium Blooms! Freshly Cut.

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12-oz. cans or 30-Pack Miller Lite. Selected varieties.
Plus deposit in Oregon.
SAVE up to \$4.50

4.99 CLUB PRICE

Safeway SELECT Softly Bath Tissue
12 Double, 24 Single or 8 Triple Roll.
SAVE up to \$2.00

3.19 CLUB PRICE

OvenJoy Sandwich Breads
22.5-oz. White or Wheat.
Club Price: 66¢ ea.
SAVE up to 99¢ on 3

4.99 ea CLUB PRICE

Signature Soup
25-oz.
SAVE up to \$1.00 ea.



"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 melt-in-your-mouth good." —Submitted by Judy Schut, Grand Rapids, MI

Chocolate Raspberry Dessert

Ingredients

- 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-(1ounce) square semisweet chocolate, melted
- 1/2-cup unsweetened raspberries

Directions

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

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