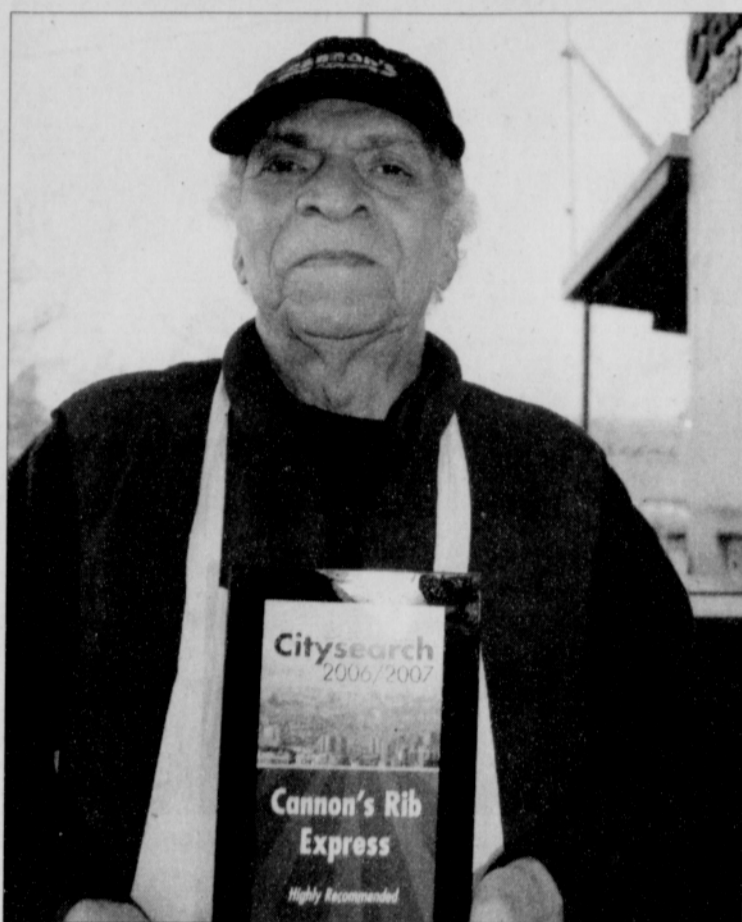


The mission of the 'Food Section' is to provide our readers with great tasting healthy recipes and useful household information. The Portland Observer respectfully requests all comments and/or family recipes you would like to share with us. Address emails to: www.foods@portlandobserver.com

FOOD



Wayne Cannon of Cannon's Rib Express, a barbecue hotspot at the corner of Northeast 33rd and Killingsworth.

Cannon's Named Best BBQ

Once again, the public has chosen Cannon's Rib Express as one of the city's best barbecue spots, this time as a 2007 winner of AOL CityGuide's Best Barbecue in Portland. The restaurant has been on the corner Northeast 33rd & Killingsworth for 21 years. Chuck Hinton opened and operated the rib shack for the first 10 years, with current owner Wayne Cannon carrying on the tradition for the past 11. As the weather becomes nicer, Mr. Cannon looks forward to bringing back music on Sundays, with performances by Mr. Reggie Houston & A Box of Chocolates, the Light Fabulous Gospel Group and Mr. Paul Delay with various accompaniments. Cannon's thanks their customers for their loyal support, as they continue to provide the best barbecue in Portland.

Black Bean Lasagna Rolls

Try this spicy diabetic-friendly, southwestern-inspired twist on a favorite classic dish. Lasagna noodles are rolled up with ricotta cheese and black beans, and served with a spooning of salsa.



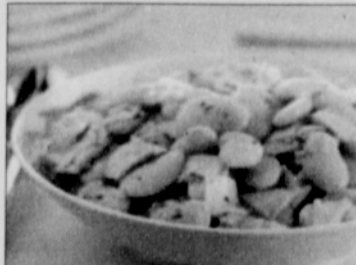
Ingredients

- 8 lasagna noodles, uncooked
- 1 cup shredded reduced-fat Monterey Jack cheese
- 1 (15 ounce) container part-skim ricotta cheese
- 1 (4.5 ounce) can chopped green chilies, drained
- 1/2 tsp. chili powder
- 1/8 tsp. salt
- 2 cups canned no-salt added black beans, drained
- 1 (15.5 ounce) jar no-salt salsa
- Fresh Cilantro sprigs (optional)

Directions

1. Cook lasagna noodles according to package directions, omitting salt. Drain well. Lay out on wax paper.
2. Combine cheeses, chilies, chili powder and salt, stirring well. Spread cheese mixture over one side of each noodle. Spoon black beans evenly over cheese mixture. Roll up noodles jellyroll fashion beginning at the narrow ends.
3. Place lasagna rolls, seam sides down, in an 11"x7"x1 1/2" baking dish, evenly coated with cooking spray. Cover and bake at 350F for 25 minutes or until thoroughly heated.
4. To serve, spoon salsa evenly over rolls and garnish with cilantro sprigs, if desired.

Butter Beans with Smoked Turkey



I want to thank my Momma for being a great cook and sharing her skills with me. These are the only butter beans I will eat.

Ingredients:

- 2 cans (15 oz. each) butter beans, drained and rinsed
- 1/4 cup vegetable broth
- 1/4 cup chopped onion
- 1 clove garlic, minced
- 1 bay leaf
- 1 tsp. dried thyme leaves
- 1/4 tsp. salt
- 1/8 tsp. pepper
- 1 pkg. (6 oz.) thin sliced turkey breast, chopped

Directions:

- Mix all ingredients except turkey through, stirring occasionally. Remove and discard bay leaf.
- Tip - How to quick-soak beans: Place beans in large pot. Cover completely with water. Bring to boil; simmer 2 minutes. Let stand 1 hour.



Avocado, Tomato & Mango Salsa

Ingredients

- 1 mango, peeled, seeded and diced
- 1 avocado, peeled, pitted and diced
- 4 medium tomatoes, diced
- 1/2 small can chopped jalapeno peppers or 1 fresh pepper, seeded and minced

- 1/2 cup chopped fresh cilantro
- 3 cloves garlic, minced
- 1 tsp. salt
- 2 Tbs. fresh lime juice
- 1/4 cup chopped red onion
- 3 Tbs. olive oil

This refreshing, low-cholesterol salsa is fantastic served with white fish or just to snack with tortilla chips. As a time saver substitute canned jalapeno instead of fresh.

Directions

In a medium bowl combine the mango, avocado, tomatoes, jalapeno, cilantro and garlic. Stir in the salt, lime juice, red onion and olive oil. To blend the flavors refrigerate for about 30 minutes prior to serving.

Ingredients for life..



Hot Buy

99¢ lb
CLUB PRICE

Lean Ground Beef
80% Lean 20% Fat.
Minimum 5-lb. package.
Limit 2 per customer.
SAVE up to \$2.00 lb.

1.99 lb
CLUB PRICE

Manor House Boneless Skinless Chicken Breast
Sold in 4-lb. resealable frozen bag for \$7.96 ea.
SAVE up to \$1.00 lb.

1.48 lb
CLUB PRICE

Fresh Asparagus

4.99 lb
CLUB PRICE

Rancher's Reserve Angus Beef New York Strip Steak
Bone-in.
SAVE up to \$4.00 lb.

6.99 lb
CLUB PRICE

Wild Alaskan Sockeye Salmon Fillets
Smaller size package \$7.49 lb. Frozen/thawed.
SAVE up to \$3.00 lb.

10¢ each
CLUB PRICE

Large Hass Avocados
Club Price: \$1.00 ea.
SAVE up to 79¢ on 1

10¢ each
CLUB PRICE

5-lb. Bag Russet Potatoes
Club Price: \$1.00 ea.
SAVE up to 69¢ on 1

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12 Double Roll or 8 Roll Package
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SAVE up to \$4.00 lb.

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59 to 64-oz.
Selected varieties.
Club Price: \$3.00 ea.
SAVE up to \$3.18 on 2

7.20 CLUB PRICE

BV Coastal, Beringer or Ravenswood
750-ml.
Selected varieties.
SAVE up to \$4.00

14.45 CLUB PRICE

La Crema, Stone Wolf or Frei Brothers

4.99 CLUB PRICE

Lucerne Large Eggs
18-ct. Grade AA.

4.99 CLUB PRICE

General Mills Cereal
14 to 16-oz.
Selected varieties.
Club Price: \$2.50 ea.

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MARCH
7 8 9 10 11 12 13

ALL LIMITS ARE PER HOUSEHOLD, PER DAY.

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