

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 you would like to share with us. Address emails to foods@portlandobserver.com

This dill sauce is a zesty refreshing and complement, it's like biting into springtime.



New Potatoes in Dill Cream Sauce

Ingredients

- 2-1/2 lbs. new red potatoes, quartered
- 1 (8 oz.) container chive & onion cream cheese spread
- 1/4 cup milk
- 1 green bell pepper, chopped
- 3 tbs. fresh dill, chopped

Directions

- Place potatoes in large saucepan, add enough water to cover. Bring to a boil. Reduce heat to medium. Cook 15 minutes or until potatoes are tender.
- Meanwhile, mix cream cheese spread, milk and bell pepper in large microwave safe bowl. Microwave on high for 40 to 50 seconds or until cream cheese spread is melted. Stir until well blended. Stir in dill.
- Add drained potatoes and toss lightly to coat.



Greek-Style Lemon Roast Chicken

A refreshing twist on a healthy favorite.

Ingredients

- 1 whole roasting chicken (3-1/2 lbs.)
- Salt and black pepper
- 1 medium lemon, washed & halved
- 1/2 -cup Greek Vinaigrette Dressing

Directions

- Preheat oven to 350F. Rinse chicken and pat dry with paper towel. Sprinkle inside and out with salt and pepper. Place in a 9" by 13" baking dish.
- Squeeze the juice from lemon and mix with dressing in a small bowl. Place the squeezed lemon halves inside the cavity of the chicken. Drizzle dressing mixture over chicken. Insert meat thermometer into thickest part of chicken's thighs.
- Bake for 90 minutes or until chicken is cooked throughout (reaching an internal temp of 180F), basting occasionally.

Kitchen Tip: To get more juice from citrus fruit; microwave on high for 30 seconds before squeezing.

Coconut Banana Cream Pie

A toasty coconut crust makes this banana cream pie an all-time favorite.



Crust Ingredients:

- 1-(7-ounce) package (2 + 2/3 cups) sweetened flaked coconut
- 1/4-cup butter, melted

Meringue Ingredients:

- 1/2 cup sugar
- 3 reserved egg whites

Filling Ingredients:

- 1/4 cup all-purpose flour
- 2 cups milk
- 3 eggs, separated
- 6 tbs. sugar
- 1 tsp. vanilla extract
- 1/4 tsp. salt
- 1 medium banana

Directions

- Preheat oven to 325F. Reserve 1/4 cup coconut; set aside.
- Combine remaining coconut and butter in medium bowl, press onto bottom and up sides of 9-inch pie pan. Bake for 20 to 25 minutes or until golden brown.
- Meanwhile, combine 1/2 cup sugar, flour and salt in 2-quart saucepan; stir in milk. Cook over medium heat, stirring constantly, until mixture comes to a full boil (7-8 minutes).
- Remove from heat. Stir small amount of milk mixture into egg yolks, return to pan.
- Reduce heat to low. Continue cooking until slightly thickened (1-2 minutes). DO NOT BOIL. Stir in vanilla. Pour half of hot filling into baked crust and cover with banana slices. Top with remaining filling.
- Increase oven temperature to 375F. Beat egg whites in small bowl at high speed until foamy. Continue beating, gradually adding 6 tbs. sugar until glossy and stiff peaks form. Spread onto warm filling, cover to the edge of the crust. Sprinkle with reserved coconut.
- Bake for 9-11 minutes or until lightly browned. Cool 30 minutes at room temperature. Refrigerate at least 3 hours prior to serving.



Pecan Stuffed Squash

This tasty side dish is all dressed up for Easter dinner guests

Ingredients

- 3 small acorn squash, halved & seeded
- 1/3 cup raisins
- 1 pkg. (6 oz.) stuffing mix for chicken
- 3 tbs. butter, melted
- 1/2 cup chopped pecans
- 2 tbs. brown sugar

Directions

- Preheat oven to 350F. Place squash, cut sides down, on foil-lined 15"x10"1" baking pan. Cover and bake 30 minutes.
- Meanwhile, prepare stuffing as directed on package, except increase the butter to 3 tbs. Add pecans and raisins, mix lightly. Turn squash over and spoon stuffing mixture evenly into squash halves.
- Mix 3 tbs. melted butter and sugar. Drizzle evenly over squash, cover with foil. Bake an additional 30 minutes or until squash is tender, removing foil for last 10 minutes of baking time.

Ingredients for life. SAFEWAY

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