

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

FOOD

Shish Kabobs are the perfect meal on the grill; combining the succulent flavors of smoked meat with the zip of fresh vegetables. Yummy!



Chicken & Bacon Shish Kabobs

Ingredients

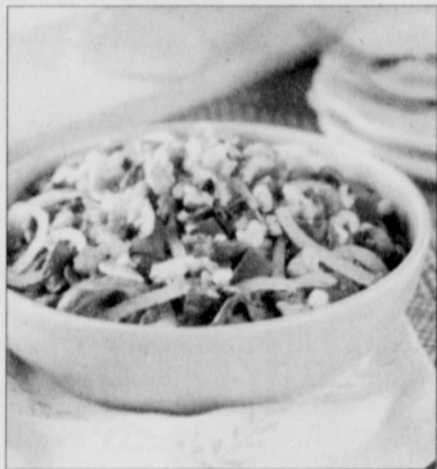
- 1/4 -cup soy sauce
- 1/4 -cup cider vinegar
- 2-Tbs. honey
- 2-Tbs. canola oil
- 2- garlic pods, minced
- 10-large mushrooms cut in half
- 2-green onions, minced
- 3-skinless, boneless chicken breast halves, cut into chunks
- 1/2-pound sliced thick cut bacon, cut in half
- 1-(8 oz.) can pineapple chunks, drained
- Skewers

Directions

1. In a large bowl, mix the soy sauce, vinegar, honey, canola oil, garlic and green onions. Place the mushrooms and chicken into the marinade mixture, stir to coat thoroughly. Cover, refrigerate and marinate for at least one hour prior to grilling.
2. Preheat grill for high heat.
3. Wrap the chicken chunks with bacon and thread onto skewers so that the bacon is secured. Alternate with mushrooms halves and pineapple chunks.
4. Lightly oil the grill grate. Arrange skewers on the prepared grill. Cook 20-25 min. and marinate until bacon is crisp and chicken juices run clear.

Spring Spinach Sauté

Sautéed spinach, onion and garlic are braised quickly with chicken broth and fresh tomato, then garnished with toasted walnuts and crumbled blue cheese. This is a fantastic spring recipe, it could even be served on tortilla shells substituting the blue cheese for a sharp cheddar and adding roasted jalapeno' peppers to the sauté blend.



Ingredients:

- 1 -tbsp. butter
- 1 large sweet onion, halved and thinly sliced
- 2 cloves garlic, sliced
- 2 large tomatoes, seeded and chopped
- 3/4 -cup Chicken Broth
- 1 bag (11 oz.) baby spinach
- 2 oz. crumbled blue cheese (optional)
- 2- tbsp. chopped walnuts, toasted (optional)

Directions:

- Melt butter in large nonstick skillet. Add onion and garlic and cook until tender.
- Add tomatoes, broth and spinach. Cook for 2 min. or until spinach wilts. Season with black pepper.
- Sprinkle with cheese and walnuts, if desired.
- Serves: 6

Husky Corn Grillers

Back home these crowd-pleasers are a favorite at summer gatherings. They smell so good you will have a hard time waiting.



Directions

- Carefully peel back husks from corn to within 1" of bottom; remove silk.
- Soak in cold water for 20 minutes; drain.
- Coat each ear with margarine and seasonings. Rewrap the corn in husks and secure with string.
- Grill corn, covered, over medium heat for 20-25 minutes or until tender, turning often.

Ingredients

- 4-6 ears sweet corn
- 1-bottle squeeze margarine (stand at room temp. 10 minutes prior to use)
- Salt & pepper
- Kitchen string

Grilled Peaches with Berry Sauce

This unusual dessert is as pretty as it is delicious. Topped with brown sugar and cinnamon, the peaches come off the grill sweet and spicy. The raspberry sauce adds a refreshing touch.



Ingredients

- 1/2-(10 oz.) package frozen raspberries in syrup. Slightly thawed.
- 1 1/2 - tsp. lemon juice
- 2 fresh peaches, peeled and halved
- 5- tsp. brown sugar
- 1/4 - tsp. ground cinnamon
- 1/2 - tsp. vanilla extract
- 1-tsp. butter or margarine halved

Directions

1. In a blender or food processor, process raspberries and lemon juice until pureed. Strain and discard seeds. Cover and chill.
2. Place the peach halves, cut side up, on a large piece of heavy-duty foil (about 18"x12"). Combine brown sugar and cinnamon; sprinkle into peach centers. Drizzle with vanilla and dot each with butter. Fold foil over peaches and seal. Grill over medium-hot coals for 15 minutes or until heated throughout. To serve, spoon the raspberry sauce over peaches.

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