

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

Breakfast Coolers

Peaches 'n Cream Cooler

- 2-cups frozen peach slices
- 1-cup half & half
- 2-12 oz. cans peach nectar, chilled*
- 1-tsp. vanilla

Serve Mom a creamy fruit smoothie with her special breakfast.



Pineapple-Banana Cooler

- 2-small bananas
- 1-cup half & half
- 3-cups pineapple juice, chilled*

Banana preparation:

1. Cut bananas into large chunks; wrap in aluminum foil. Freeze at least 2 hours or overnight.
2. Place all ingredients into blender container; cover, blend until smooth. Pour into glasses. Tip: Garnish glasses with fresh fruit, such as strawberries, citrus fruit slices, pineapple wedges or maraschino cherries.

Orange-Banana-Strawberry Cooler

- 2-bananas
- 2-cups orange juice
- 1-cup frozen whole unsweetened strawberries
- 1-cup half & half

* May substitute orange juice.

The Little Things Say So Much

Don't forget Mother's Day is Sunday, May 13th. You don't have to spend a lot of money to let Mom know how much you care. Show her that you appreciate all the big and little things she does each and every day because she loves you. Spring is everywhere; pick Mom a nice bunch of fresh flowers and serve her breakfast in bed. "To all the Moms everywhere our wish to you on this your special day, Happy Mother's Day!"

Cinnamon Rhubarb Muffins



This delicious rhubarb recipe reminds me of Momma: a touch of tartness and sweetness blended together to create a one-of-a-kind-good-for-you-treat.

Topping Ingredients

- 1-Tbs. sugar
- 1/2-tsp. ground cinnamon

Muffin Ingredients

- 1/2-cup firmly packed brown sugar
- 1/4-cup butter, softened
- 1-cup sour cream
- 2 eggs
- 1 1/2-cups all-purpose flour
- 3/4-tsp. baking soda
- 1/2-tsp. ground cinnamon
- 1 1/2-cups sliced 1/4-inch fresh or frozen rhubarb

Directions

1. Preheat oven to 375F. Combine brown sugar and butter in large bowl. Beat at medium speed until mixture is creamy. Add sour cream and eggs; continue beating until well mixed.
2. Stir together flour, baking soda and 1/2-tsp. cinnamon in medium bowl. Stir flour mixture into sour cream mixture just until moistened. Gently stir in rhubarb. Spoon into greased or paper-lined 12-cup muffin pan.
3. Stir together 1 Tbs. sugar and 1/2-tsp. cinnamon in small bowl. Sprinkle about 1/4-tsp. mixture on each muffin. Bake for 25 to 30 minutes or until lightly browned. Let stand 5 minutes; remove from pans.

Ham & Cheese Toast Cups

These are a unique and fun way to show Mom how special she is!



Toast Cup Ingredients

- 12 slices sandwich bread
- 1/4-cup butter, melted

Filling Ingredients:

- 4-oz. cheddar cheese
- 1/4-cup water
- 10 eggs
- 1/4-cup chopped bell pepper, if desired
- 2-Tbs. butter
- 1/4-lb. chopped deli ham, may substitute bacon or sausage, cooked & crumbled
- Salt & pepper to taste

Directions:

1. Preheat oven: to 400 F. Flatten each bread slice with a rolling pin. Make a 1-inch lengthwise cut into each corner of bread slice with sharp knife. Lightly brush both sides of bread slices with melted butter. Gently press flattened bread slices into cups of ungreased 12-cup muffin pan, overlapping crust to form cup. Bake for 8 to 10 minutes or until lightly browned.
2. Meanwhile, divide cheddar cheese: cut 2-oz. into 12 slices; shred the remaining cheese to make 1/2-cup shredded cheese.
3. Beat water and eggs in large bowl with wire whisk until well mixed.
4. Melt 2-Tbs. butter in 10-inch skillet; add bell pepper. Cook over medium heat until crispy-tender; add eggs and meat choice. Continue cooking, gently lifting portions with spatula so uncooked portion flows underneath, until eggs are set (4 to 6 minutes). Sprinkle with shredded cheese; sprinkle with salt and pepper, if desired. Continue cooking, gently stirring, just until cheese is melted.
5. Heat broiler. Place muffin pan with toast cups onto ungreased baking sheet. Fill each toast cup with about 1/3 cup egg mixture. Place 2 strips cheese on each toast cup. Broil 4 to 6-inches from the heat until cheese just begins to melt (1 to 2 minutes), be sure to keep a very close eye on them in the broiler or they will burn.

Mother

There is no love, like a mother's love,
No stronger bond on Earth...

A mother's love is forever strong,
Never changing for all time...
And when her children need her most,
A mother's love will shine.

Thank you for being there when I needed you,
For believing in me, even when I doubted myself
For being honest and true,
For being the one person I could always trust

God bless these special mothers,
God bless them everyone...

For all the tears and heartache,
And for the special work they've done.

by Sharon Sperry

Ingredients for life. SAFEWAY

4.99 lb
CLUB PRICE
Rancher's Reserve Angus Beef Ribeye Steak
Bone-in. SAVE up to \$5.50 lb.

1.99 lb
CLUB PRICE
Safeway Boneless Skinless Chicken Breast
Grade A, Fresh. SAVE up to \$1.50 lb.

3.99 lb
CLUB PRICE
Pork Backribs
Frozen, Bone-in Imported. SAVE up to \$1.00 lb.

8.99 lb
CLUB PRICE
Extra Jumbo Cooked Shrimp
21 to 25-ct. Tail-on. Frozen-thawed. SAVE up to \$4.00 lb.

2.99 ea
CLUB PRICE
Del Monte Gold Pineapples
SAVE up to \$2.00 ea.

88¢ lb
CLUB PRICE
Fresh Broccoli Crowns
SAVE up to 91¢ lb.

4.88 ea
CLUB PRICE
4-lb. Box Fresh California Strawberries
SAVE up to \$4.11 ea. "SWEETEST OF THE SEASON"

celebrate mom's day

May 13

Fabulous Roses for Mom
A Dozen Roses is 14 Stems
Freshly Cut, Premium Quality
11.99
1 DOZEN LOW PRICE

2.57 for
CLUB PRICE
12-Pack Pepsi Fridgemates
2-oz. cans. Selected varieties. Club Price: \$3.50 ea. Plus deposit in Oregon. SAVE up to \$3.98 on 2

BUY ONE, GET ONE FREE
CLUB PRICE
Doritos Tortilla Chips
13-oz. Selected varieties. SAVE up to \$3.49 on 2

2 for \$4
CLUB PRICE
Ocean Spray Cranberry Cocktail Drink
84-oz. Selected varieties. Club Price: \$2.00 ea. SAVE up to \$3.38 on 2

4 for \$10
CLUB PRICE
Red Baron Classic Pizza
12-oz. crust. Selected varieties. Club Price: \$2.50 ea. SAVE up to \$11.40 on 4

10 for \$20
CLUB PRICE
Lean Cuisine Meals
6 to 12.5-oz. Selected varieties. Club Price: \$2.00 ea. SAVE up to \$17.90 on 10

12.11
CLUB PRICE
Mumm Cuvée Napa, La Crema or Coppola
750-ml. Selected varieties.

BUY ONE, GET ONE FREE
CLUB PRICE
Lucerne Large Eggs
18-ct. Grade AA

2 for \$5
CLUB PRICE
Kellogg's Cereal
12 to 25.5-oz. Selected varieties. Club Price: \$2.50 ea. SAVE up to \$5.38 on 2

1.88
CLUB PRICE
Kraft Mayonnaise or Miracle Whip
32-oz. Selected varieties. Low Fat. SAVE up to \$1.71

MAY

WED THUR FRI SAT SUN MON TUES

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