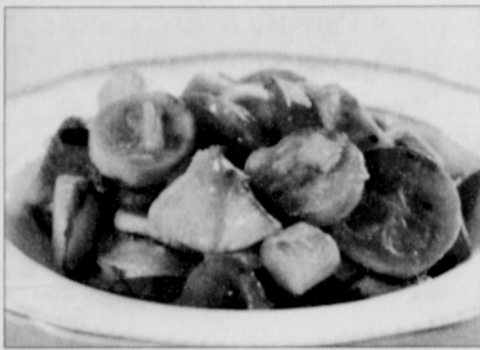


FOOD

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



Mom's Summer Squash Recipe

My mother is the only person I have ever known who can make summer squash taste this good. Often this time of year gardens are overflowing with zucchini and summer squash. This quick and easy recipe is a great way to use up some of the bounty. Note that summer squash varies in tenderness; sometimes you need to cook them a little longer, sometimes a little less.

Ingredients

- 2 lbs squash and/or zucchini, sliced
- 1 green bell pepper, seeds removed, sliced
- 2 smallish tomatoes or one large tomato, peeled and cut into wedges
- 1/2 yellow onion, peeled and sliced
- 1 clove of garlic, chopped
- Olive oil
- 5 or 6 slices of cheese - jack or cheddar
- Basil, either dry or chopped fresh
- Salt and pepper

Directions

- Put onion, squash and bell pepper into a large saucepan with a couple of tablespoons of olive oil. Put on high heat and brown the vegetables slightly to develop flavor. As you are browning, sprinkle either dried basil or chopped fresh basil on the vegetables. When vegetables are slightly browned, remove from heat, add the slices of cheese, and cover the pan.
 - In a separate stick-free fry pan, put the tomatoes and cook at medium to high heat for about five minutes, stirring occasionally. You want to let the juice from the tomatoes evaporate some. After five minutes, add the tomatoes to the rest of the vegetables and stir. Salt and pepper to taste.
- Preparation time:** 20 minutes. Serves 4.

Black Bean Salad Recipe



What is it about a black bean salad that practically shouts "summer"? The mercury has been edging higher here lately and I've been getting nostalgic for some of the picnic foods I remember having often as a kid. I find adding a little bit of sugar almost always helps balance the acid from the citrus and tomatoes and makes for a better tasting salad.

Ingredients

- 1 (15-ounce) can of black beans, thoroughly rinsed and drained (or use 1 1/2 cups of freshly cooked black beans)
- 1 1/2 cups frozen corn, defrosted (or fresh corn, parboiled, drained and cooled)
- 1/2 cup chopped green onions or shallots
- 2 fresh jalapeño peppers, seeded and minced, or 1 whole pickled jalapeño pepper, minced (not seeded)
- 3 fresh plum tomatoes, seeded and chopped
- 1 avocado, peeled, seeded and cut into chunks
- 1/2 cup fresh chopped cilantro
- 1/4 cup fresh chopped basil
- 2 Tbsp lime juice (about the amount of juice from one lime)
- 1 Tbsp olive oil
- 1/2 to 1 teaspoon of sugar (to taste)
- Salt and pepper to taste

Directions

- Rinse and drain the beans if you are using canned beans.
- In a large bowl, combine the beans, corn, onions, jalapeño chile peppers, tomatoes, avocado, cilantro, basil, lime juice and olive oil. Add sugar and salt and pepper to taste. (The sugar will help balance the acidity from the tomatoes and lime juice.)
- Chill before serving. Serves 6 to 8.

Cherry Cola Barbecued Ribs



Ingredients

- 2 packages (3-5 lbs. total) baby back ribs
- 3-4 cans (8 oz. each) cherry cola
- 2 Tbs. firmly packed brown sugar
- 2 tsp. garlic powder
- 1 tsp. pepper
- 3/4-cup cherry jam
- 3/4-cup hickory smoke barbecue sauce

This secret Grill Master recipe was passed on to me by a true "King of the Coals," my Dad.

Directions

- Rinse rib racks, pat dry, and cut into four or five bone sections. Put ribs in a large bowl or bowls and pour in cherry cola to cover meat, reserving 1/2-cup to use later. Cover and chill two to 24 hours, turning ribs halfway through marinating time.
- Prepare grill and preheat for indirect-heat cooking (the charcoal or gas flame is balanced on the sides not directly under the food)
- In a small bowl, mix brown sugar, garlic powder and pepper. Drain ribs evenly with brown sugar mixture.
- Cut two 24-inch long sheets from a roll of heavy duty foil and place half the ribs, meat side up, on one half sheet of foil. Fold other half of foil over meat, leaving a space above ribs. Fold two edges to seal, then pour 1/4-cup of the reserved cherry cola into packet through unsealed edge; fold to seal. Repeat with the
- remaining ribs.
- Lay packets, folded side up, on center of grill (not over direct heat). Cover charcoal grill and open vents; close lid on gas grill. Cook until meat has pulled from the bone ends (cut packet to check), usually about 45 minutes to an hour.
- Meanwhile, in a bowl mix cherry jam and barbeque sauce. Set aside half for serving.
- Using tongs and a wide spatula, take packets off grill. Remove ribs from packets and return to center of grill (not over direct heat). Cover grill and open vents for charcoal. Cook, brushing often with half the jam mixture and turning as needed to brown on both sides, until meat is no longer pink in center between ribs (cut to test), about 15 minutes.
- Transfer ribs to a fresh platter or carving board and cut between bones to separate. Serve ribs with reserved jam mixture.

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