

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



Flip-Flop Cake

This is a really cute cake for a family reunion or kid's birthday party.

Ingredients

- 1-(10.75 ounce) frozen pound cake, thawed
 - 3/4 to 1 cup ice cream (your flavor choice)
 - 1/2 of an 8-ounce carton whipped dessert topping, thawed
 - Pull-apart licorice twists
 - Bright-color candy wafers and/or round candies
 - Graham cracker crumbs (optional)
- (NOTE: To make a "pair of flip-flops" double the recipe.)

Directions

1. Half the pound cake horizontally. Using a serrated knife, cut off the rounded tops of the cake so each layer will be level. Cut each half into a flip-flop shape. Place ice cream in a small bowl and stir to soften. Spread softened ice cream over one of the cakes. Top with second cake. Place ice cream-filled cake on a baking sheet. Cover and freeze until firm (2-3 hours). Spread with whipped topping.
2. To decorate, cut the ends of two licorice twists at a diagonal. Insert a toothpick on the underside of each twist. Arrange the two twists with the cut ends

together to form a V-shape, inserting toothpicks in cake to hold the twists in place as straps. Arrange candy wafers around base of flip-flop to decorate. Cover cake loosely and freeze until serving time. Serve on a platter sprinkled with graham cracker crumbs as sand, if desired. Makes 6 serving per flip-flop.

Tip: To cut flip-flop shape, trace and cut out the bottom of a child-size flip-flop (needs to be 7 to 7 1/2-inches long) on a piece of paper. Trace onto cardboard and cut-out again. Place the cardboard cut-out on each cake half to cut out shape.

Dandelion Salad

This is a very good use of all those annoying dandelions growing in your (pet-free) yard. Top with your favorite dressing. I prefer hot bacon dressing!

INGREDIENTS

- 1/2 pound torn dandelion greens
- 1/2 red onion, chopped
- 2 tomatoes, chopped
- 1/2 teaspoon dried basil
- salt and pepper to taste



DIRECTIONS

1. In a medium bowl, toss together dandelion greens, red onion and tomatoes. Season with basil, salt and pepper.



Fried Green Tomatoes

Back home, fried green tomatoes are often served for supper in the summertime.

Ingredients

- 3 medium, firm green tomatoes
- 1/2 cup all-purpose flour
- 1/4 cup milk
- 2/3 cup fine dry bread crumbs or cornmeal
- 2 beaten eggs
- 1/4 cup olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Directions

1. Cut unpeeled tomatoes into 1/2 inch slices. Sprinkle slices with salt and pepper. Let tomato slices stand for 15 minutes. Meanwhile, place flour, milk, eggs and bread crumbs in separate shallow dishes.
2. Heat 2 Tbsp of olive oil in a skillet on medium heat. Dip tomato slices in milk, then flour, then eggs, then bread crumbs. In the skillet, fry half of the coated tomato slices at a time, for 4-6 minutes on each side or until brown. As you cook the rest of the tomatoes, add olive oil as needed. Season to taste with salt and pepper. Serve hot.

Summer Corn Salad

"This fresh and flavorful salad features buttery yellow corn tossed with chunks of tomato and onion with fresh basil vinaigrette."



INGREDIENTS

- 6 ears corn, husked and cleaned
- 3 large tomatoes, diced
- 1 large onion, diced
- 1/4 cup chopped fresh basil
- 1/4 cup olive oil
- 2 tablespoons white vinegar
- Salt and pepper to taste

DIRECTIONS

1. Bring a large pot of lightly salted water to a boil. Cook corn in boiling water for 7 to 10 minutes, or until desired tenderness. Drain, cool, and cut kernels off the cob with a sharp knife.
2. In a large bowl, toss together the corn, tomatoes, onion, basil, oil, vinegar, salt and pepper. Chill until serving.



Quick Chicken Parmesan

Prep Time: 5 minutes
Bake Time: 25 minutes
Serves: 4

Ingredients

- 4 boneless chicken breast halves
- 2 cups pasta sauce
- 1/2 cup shredded mozzarella cheese
- 2 tbsp. grated parmesan cheese
- 4 cups hot cooked spaghetti

Directions

1. Place chicken in 2-qt. shallow baking dish. Top with pasta sauce. Sprinkle with mozzarella cheese and Parmesan cheese.
2. Bake at 400°F. for 25 minutes or until done. Serve with spaghetti.

TIP: You can use two cups pasta sauce with fresh mushrooms.

Ingredients for life. SAFEWAY

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Rancher's Reserve Angus Beef Top Round London Broil Boneless.
SAVE up to \$2.60 lb.
Signature Family Size Mac & Cheese 3.99 ea. (26-oz)

1.99 lb CLUB PRICE
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5.99 lb CLUB PRICE
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