

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

I was looking for something new to try on the grill and stumbled onto this recipe. It tastes great!



Honey Spice-Rubbed Pork Tenderloin

- Ingredients**
- 1/4-cup Catalina dressing, divided
 - 1-large pork tenderloin (1-lb.)
 - 1 tsp. chili powder
 - 1 tsp. dry mustard
 - 1/2-tsp. paprika
 - 1/4-tsp. dried thyme leaves
 - 1 Tbs. honey

Directions

1. Brush 2 Tbs. of Catalina dressing over pork. Mix dry ingredients together and rub onto pork. Let stand 10 minutes or refrigerate up to 24 hours in marinade. Preheat grill to medium heat. Place pork on grill and cover. Grill 30 minutes, turning occasionally.
2. Mix remaining 2 Tbs. dressing and honey together. Brush some of the honey mixture over pork. Continue grilling 15 to 30 minutes, turning and brushing with honey mixture until pork is cooked throughout. Cover with foil, let stand seven to 10 minutes prior to slicing.

Cheesy Italian Chicken Mac



Enjoy this quick, delicious main dish for dinner or lunch!

- Ingredients**
- 1 pkg. macaroni & cheese
 - 1-lb. boneless skinless chicken breast, cut into chunks
 - 1 tsp. dried oregano leaves
 - 1 can (14 oz.) Italian-style stewed tomatoes, undrained
 - 1 pkg. (10 oz.) frozen green beans
 - 1/2-cup mozzarella cheese

Directions

1. Prepare macaroni and cheese as directed on package.
2. Meanwhile, spray large nonstick skillet with cooking spray. Add chicken and oregano, cook and stir on medium heat five minutes. Stir in tomatoes with their liquid and beans.
3. Cook 10 minutes or until chicken is cooked thoroughly and mixture is heated throughout.
4. Combine macaroni and cheese with chicken mixture and sprinkle with cheese.

This beautiful side dish takes less than 10 minutes to prepare and will impress even your mother-in-law.



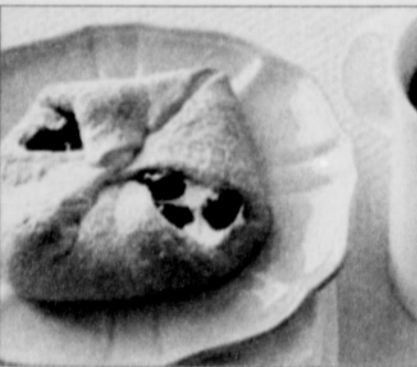
Cheesy Miracle Asparagus

- Ingredients**
- 1-lb. asparagus spears (about 16 spears), trimmed
 - 1/4 cup Miracle Whip dressing
 - 1/4 cup milk
 - 1/3 cup water
 - 1/2 cup shredded cheddar cheese

Directions

1. Place asparagus and water in 2-qt. microwaveable casserole dish; cover. Microwave on high for five to six min. or until asparagus is crisp-tender. Drain and set aside.
2. Combine remaining ingredients in microwaveable bowl. Microwave on high for 2 min. or until cheese is melted and mixture is well blended, stirring after each minute.
3. Serve over the asparagus.

* **Suggestions:** Try steamed green beans or steamed broccoli instead of the asparagus. Just choose your favorite!



Blueberry-Cheese Rolls

This treat is as easy to eat as it is to prepare.

- Ingredients**
- 1 pkg. (8 oz.) refrigerated crescent rolls
 - 4 oz. cream cheese
 - 2 Tbs. sugar
 - 1/2-cup blueberries, divided

Directions

1. Preheat oven: 375F. Unroll dough into four rectangles. Firmly press perforations to seal.
2. Combine cream cheese and sugar, spread onto dough rectangles to within 1/2-inch of edges. Top evenly with blueberries. Bring opposite corners of rectangles together; press together to seal. Place on ungreased baking sheet.
3. Bake 11 to 13 minutes or until golden brown.

* **Suggestion:** substitute 1/2-cup red or green apples and 2 Tbs. raisins for the blueberries.

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