

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 that you would like to share with us are addressed in email to: www.foods@portlandobserver.com



Marinated Wild Salmon

"A delicious, healthy lemon-garlic marinade for salmon that can be either grilled or broiled. Marinate at least 6 hours. Bake in the oven or grill 7 to 8 minutes per side."

INGREDIENTS

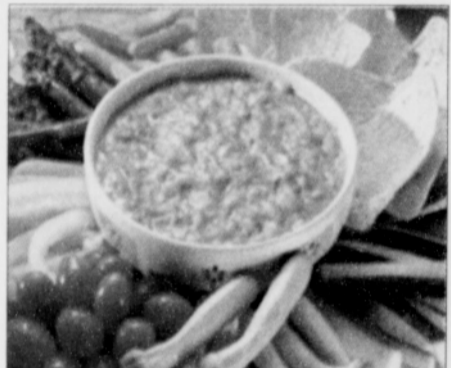
- 4 salmon fillets
- Salt and pepper to taste
- 1 tablespoon onion powder
- 1 teaspoon crushed red pepper flakes
- 1/4 cup olive oil
- 1/4 cup fresh lemon juice
- 4 cloves garlic, minced
- 3 tablespoons white balsamic vinegar
- 2 tablespoons white sugar
- 2 tablespoons chopped green onions
- 2 tablespoons chopped cilantro

DIRECTIONS

1. Season fillets with salt and pepper, onion powder, and red pepper flakes. Set aside in a baking dish.
2. In a medium bowl, mix together olive oil, lemon juice, garlic, balsamic vinegar, sugar, green onions, and cilantro. Pour marinade over salmon; cover, and refrigerate overnight, or at least 6 hours.
3. Preheat oven to 450 degrees F (230 degrees C).
4. Arrange salmon on a broiling sheet. Place in a preheated oven, and bake for 5 minutes. Increase heat to 500 degrees F (260 degrees C), turn fillets, and broil 5 minutes more.

Hot Black Bean Dip

"Need a quick party dip? This one's a hit every time and has only 90 calories per serving. Serve this tasty treat hot or cold, with fresh vegetables or fat-free tortilla chips."



Ingredients

- 1 can (16-oz.) fat-free black or pinto beans
- 1 cup (8-oz.) reduced-fat sour cream
- 1 cup salsa
- 1/2 tsp. salt
- 1 tsp. ground black pepper
- 1/2 cup (2-oz.) shredded reduced-fat Cheddar cheese (optional)
- 1/2 cup red onions, finely chopped (optional)

Directions

1. Preheat the oven to 325F.
2. In a large bowl, combine beans, sour cream, salsa, onions, salt and pepper. Spoon mixture into a 3 to 4 cup shallow baking dish. Top with cheese. Bake 10 to 15 minutes, or until heated throughout.

Pesto Pasta Salad



"The season for potluck barbecues is here and a quick and easy dish to prepare for a gathering is pesto pasta salad. Spiral pasta catches and holds the bits of basil pesto. You can dress up the pesto and pasta with any number of things; cherry tomatoes, nuts, peas, and olive tapenade is what I had on hand for this particular version, but you could also add goat cheese, slivered almonds, sun-dried tomatoes, or snow peas."

Ingredients

- 4 cups uncooked spiral pasta (use rice pasta for wheat-free version)
- 1 cup fresh basil pesto
- 2 Tbsp chopped green olives, or olive tapenade
- 1/4 cup pine nuts
- 1 cup frozen peas, defrosted (or fresh if you can get them)
- 12 ounces cherry tomatoes, halved
- Several fresh basil leaves, coarsely chopped
- 1 Tbsp olive oil
- Salt and pepper

Directions

1. Cook pasta according to instructions on the package. Make sure the water is salted (at least a half teaspoon per quart). Remove pasta from heat and strain when pasta is cooked, but still firm (al dente).
2. Put pasta in a big bowl. Mix in fresh basil pesto, green olives, and pine nuts. Gently mix in cherry tomatoes, peas, fresh basil leaves and olive oil. Salt and pepper to taste. Chill or serve at room temperature.

Creamy Applesauce Dream

"This diabetic friendly treat only has 90 calories per serving and it tastes great warm or cold—just like apple pie and ice cream!"



Ingredients

- 9 or 10 medium cooking apples, peeled, cored, cut into quarters (3-lb.)
- 1/4 cup orange juice
- 2 tsp. vanilla
- 2 tsp. ground cinnamon
- 1/4 cup low-fat sugar-free frozen yogurt, if desired

Directions

1. In a large saucepot, combine the apples, orange juice, vanilla and cinnamon. Cover and simmer about 30 minutes or until apples are tender, stirring occasionally.
2. Mash apples using potato masher until smooth. Top each serving with a heaping teaspoon of frozen yogurt.

Ingredients for life. SAFEWAY

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1.99 lb
CLUB PRICE

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