

# FOOD

From hearty recipes for one-pot stews to new ideas for the season's best ingredients, we have you covered in the kitchen. Stay warm and eat healthy. Please, email SharonS@portlandobserver.com, to request or share a favorite recipe.

ORANGES

There are few things more highly anticipated than the first ripe strawberry of spring or a crisp fall apple, just days off the tree. In our Market Fresh series we look at the produce in season this month and offer quick and easy suggestions for how to enjoy it.

With a history stretching back over the millennia to ancient Asia, there's perhaps no food as well-known or as well-loved as the orange. Eaten in sections, this nutritious sweet treat makes a handy snack. As juice, it's just as appropriate with weekday breakfast as it is for an elegant Sunday brunch, with champagne of course! This beloved fruit has served as an aphrodisiac in China, a Christmas treat throughout Europe—and just plain good eating the world over.



## Grilled Chicken and Key Lime Salsa

"Take advantage of fresh citrus flavors with this lime and orange-infused recipe. If you can't find Key limes, regular limes will do the trick, too."



### Ingredients

- 1/4 cup Worcestershire sauce
- 3 Tbsp fresh lime juice, from Key limes
- 1 pound uncooked boneless, skinless chicken breast, four 4-oz pieces
- 3 medium orange(s), sectioned, white pith and seeds removed
- 2 Tbsp fresh lime juice, from Key limes
- 2 Tbsp scallion(s), chopped
- 1 Tbsp cilantro, chopped
- 1 tsp chopped green chilies, or more to taste

### Directions

1. Combine Worcestershire sauce, 3 tablespoons of lime juice and chicken in a zip-top plastic bag. Refrigerate up to 4 hours.
2. Meanwhile, combine remaining ingredients in a medium bowl to make salsa.
3. Refrigerate for a minimum of 1 hour.
4. Preheat grill or broiler. Grill or broil chicken until cooked through, about 4 to 5 minutes per side. Serve chicken with salsa.

## Ingredients for life. SAFEWAY

**1.99**  
lb  
CLUB PRICE

**Whole Boneless Pork Loin**  
Sold whole in the bag.  
SAVE up to \$2.50 lb.

**1.99**  
lb  
CLUB PRICE

**Rancher's Reserve Angus Boneless Beef Chuck Roast**  
SAVE up to \$2.00 lb.

**2.88**  
lb  
CLUB PRICE

**Sweet Bing Cherries**  
Fresh from Chile.  
SAVE up to \$5.11 lb.

**3.99**  
lb  
CLUB PRICE

**Rancher's Reserve "Restaurant Cut" Beef Top Sirloin Steak**  
SAVE up to \$2.40 lb.

**6.99**  
lb  
CLUB PRICE

**Extra Large Cooked Shrimp**  
31 to 40-ct. Tail-on.  
Frozen/thawed.  
SAVE up to \$3.00 lb.

## Orange Soy Pork Loin



"This pork loin is tender and flavorful baked in an orange soy sauce."

### INGREDIENTS

- 1/2 cup orange juice
- 1/3 cup soy sauce
- 1/4 cup olive oil
- 1 tablespoon dried rosemary
- 1 1/2 teaspoons chopped garlic
- 1 red onion, sliced
- 1 (5 pound) boneless pork loin roast
- 1/2 tsp. orange zest
- 1 orange, sectioned

### DIRECTIONS

1. Preheat the oven to 350 degrees F (175 degrees C).
2. In a medium bowl, stir together the orange juice, soy sauce, olive oil, red onion slices, rosemary, garlic and orange zest. Place the pork roast in a baking bag, and set in a roasting pan or baking dish. Pour the orange juice mixture over the roast, making sure to coat entirely. Close the bag according to package instructions.
3. Bake for 2 to 2 1/2 hours in the preheated oven, until the internal temperature of the loin is at least 160 degrees F (70 degrees C). Remove from the oven, and let stand for about 10 minutes to settle the juices. Carefully open the bag and remove the roast. Slice and serve with a little of the drippings drizzled over. Garnish with orange sections prior to serving.

## SUNDAY SLOW COOKER COLLECTION

### Slow-Cooked Orange Chicken

"Everyone loves the flavor of this delicious 306-calorie per serving creation."



### INGREDIENTS

- 1 (3 pound) broiler-fryer chicken, cut up and skin removed
- 3 cups orange juice
- 1 cup chopped celery
- 1 cup chopped green pepper
- 1 (4 ounce) can mushroom stems and pieces, drained
- 4 teaspoons dried minced onion
- 1 tablespoon minced fresh parsley
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 3 tablespoons cornstarch
- 3 tablespoons cold water
- Hot cooked rice

### DIRECTIONS

Combine the first nine ingredients in a slow cooker. Cover and cook on low for 4 hours or until meat juices run clear. Combine cornstarch and water until smooth; stir into cooking juices. Cover and cook on high for 30-45 minutes or until thickened. Serve over rice if desired.

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