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The Fortland Observer

April 16, 2008



FOOD

Celebrating the Sweet Strawberries of Spring

berry works overtime!

In pancakes at breakfast, as pre-strawberry patch of local acclaim in the plants with deftness. Some perserves on bread at lunch, sliced a sunny corner spot. In my mind, he fect day in late spring, he brushes over a salad for dinner and atop bends low behind a white picket soil from the first berry of the season, shortcake for dessert, the straw- fence, wearing dusty dungarees and lifting it to the sun for visual inspeca buttoned-up shirt. His hands are tion, then pop! It stains his lips as he My great-grandfather kept a gnarled with arthritis but he tends begins the ultimate flavor test.

PEPSI



Chicken & Strawberry-Spinach Salad

"Bright greens and red strawberries come together in a whirlwind of color and flavor in this main-dish salad."

Ingredients

- SALAD
- · 1 lb boneless skinless chicken breasts
- 8 cups bite-size pieces fresh spinach
- · 1 cup fresh strawberries, stems removed
- and strawberries cut in half
- · 1/4 cup chopped walnuts

Directions

- 1. In small bowl, mix all dressing ingredients until blended; set aside.
- 2. Spray 10-inch skillet with cooking spray; heat over medium-high heat. Cook chicken in skillet 15 to 20 minutes, turning once, until juice of chicken is clear when center of thickest part is cut (170°F). Remove chicken to cutting board.
- 3. Add dressing to skillet; stir to loosen any pan drippings.

4. Cut chicken into slices. Among 4 plates, divide spinach. Top with chicken, strawberries and cheese. Drizzle with dressing. Sprinkle with walnuts.

The Oregon Strawberry

Sweeter. Redder. Simply Better. rose family and has grown wild for strawberry industry has earned fruit with seeds on the outside. Oregon the title of third largest producer of strawberries in the United States.

since the time of the Greeks and larger varieties. Romans. Wild American berries and French strawberries were crossbred berries until ready to use. Store

Oregon's 120-year history in the centuries. Strawberries are the only Strawberries vary in size, shape and color (some are off-white or yellowish). In general, the flavor of the Strawberries have been known smaller berries is better than the

How to store: Do not wash straw-

contained in the refrigerator for 2-3

ies have shown the importance of

antioxidant activity and potential

health benefits derived from antho-

Health Benefits: Numerous stud-













Minute Maid or

Florida's Natural

Orange Juice

64-oz. Selected varieties

Club Price: \$3.00 ea.

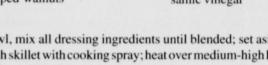
SAVE up to \$2.78 on 2

Nabisco Oreo,

Honey Maid

9 to 18-oz Selected varieties SAVE up to \$1.69

Nutter Butter or



- · 2 tablespoons strawsamic vinegar
- berry spreadable fruit · 2 tablespoons bal-

• 3 tablespoons apple

juice

DRESSING

- 1/4 cup crumbled Gorgonzola cheese (1 oz)

as early as 1624. Commercial straw- (preferably in a single layer on a berry growing began in America paper towel) in a moisture proof about 1800 near the largest eastern cities. Strawberries moved west days. with the pioneers and were reportedly grown near Vancouver, Washington at the Hudson Bay Post in 1836.

Red, juicy and conically shaped, cyanins, which give berries their the strawberry is a member of the rich color.

Strawberry Salsa

"This tasty recipe really compliments chicken or turkey well; or serve with sliced avocados."

Ingredients

- · 1 pound strawberries, diced
- 1/2 cup finely chopped red onion
- 1/4 cup finely chopped cilantro
- · 1 jalapeno pepper, seeded and
- minced
- 1 tablespoon fresh lime juice
- 1 teaspoon sea salt
- · Fresh ground pepper

Directions

Stir together the diced strawberries, red onion, cilantro, jalapeno pepper, and lime juice in a bowl. Season to taste with salt and pepper; chill until ready to serve.

SUNDAY SLOW COOKER COLLECTION

All Day Apple Butter

"This tasty apple butter is a real slow cooker, but well worth the wait. Depending on the sweetness of the apples used, the

amount of sugar may be adjusted to taste."

Ingredients

- · 4 cups white sugar
- · 2 tsp. ground cinnamon
- 1/4 tsp. ground cloves

Directions

1. Place the apples in a slow cooker. In a medium bowl, mix the sugar, cinnamon, cloves and salt. Pour the mixture over the apples in the slow cooker and mix well.

- 2. Cover and cook on high 1 hour.
- 3. Reduce heat to low and cook 9 to 11 hours, stirring occasionally, until the mixture is thickened and dark brown.
- 4. Uncover and continue cooking on low 1 hour. Stir with a whisk, if desired, to increase smoothness.
- 5. Spoon the mixture into sterile containers, cover and refrigerate or freeze.





- 1/4 tsp. salt
- cored and finely chopped





- or Viva Towels

ONE WEEK ONLY!

- Offer valid Wednesday, April 16 thru SAFEWAY S COUPON
- DER COUPONS
- SAFEWAY 49 Mott's Apple Juice OT
- SAFEWAY S COUPON thru 4/2







