

**Mother**  
She was there at the beginning when the world was new to you - She was there to turn to happy times those when, you were hurt or blue.

Our Mothers shape our being and have an endless wealth to give and She will be a part of us For as long as we may live.

The Portland Observer wishes a very happy Mother's Day 2008 To: all our families, friends and their mothers.

# FOOD



## Celebrate Mother's Day Sunday, May 11!

While many people might assume that Mother's Day is a holiday invented by the fine folks at Hallmark, it's not so. The earliest Mother's Day celebrations can be traced back to the spring celebrations of ancient Greece, honoring Rhea, the Mother of the Gods.



## The Perfect Picnic

Picnics come in all shapes and sizes. Whether in a grassy pasture, on an urban rooftop, or at the beach, a picnic is the perfect way to unwind from life's hectic pace and let Mom know how much you care!

### Perfect Picnic Pointers:

- Choose Your Spot** -- Before you start, remember that you've got to lug everything to your picnic site.
- Feed the Soul** -- For a truly relaxing experience, leave the charcoal and lighter fluid at home. Instead, opt for the standard, no-fuss picnic fare that can easily be prepared in advance.
- Keep It Simple** -- Remember that the foods you pick should be movable and simple. Despite this constraint, the possibilities are endless.
- Set the Mood** -- It's easy to create a special mood for your picnic with just a few finishing touches. Start with what you want to sit on -- for instance, a red-and-white checked tablecloth.
- Go All Out** -- Surprise Mom with a special gift and hand-crafted card. Wrap the flatware in a napkin and tie with a ribbon.
- Pack the Essentials** -- Make sure you're fully equipped for your adventure.

### Picnic basket or cooler (Essentials for your outdoor excursion):

- Bottled water (freeze overnight and use as an ice pack)
- Eating utensils -flatware
- Napkins & wet wipes or hand sanitizer
- Plastic glassware
- Corkscrew and/or bottle opener
- Tablecloth, blanket, or sari
- Decorative centerpiece (a cup of freshly Plucked wildflowers, a beautiful dessert)
- Sunscreen
- Bug spray or citronella candles
- Trash bag
- Camera to capture those Kodak moments

## Picnic Oven-Fried Chicken

"Whether you take it along on a picnic or serve it at home for a family supper, this updated "fried" chicken is a crowd pleaser."



### Ingredients

- 1/2 cup buttermilk
- 1 Tbs. Dijon mustard
- 2 cloves garlic, minced
- 1 tsp. hot sauce
- 2 1/2 -3 pounds chicken
- 1/2 cup whole-wheat flour
- 2 Tbs. sesame seeds
- 1 1/2 tsp. paprika
- 1 tsp. dried thyme leaves
- 1 tsp. baking powder
- 1/8 tsp. salt or to taste
- Freshly ground pepper to taste
- Olive oil cooking spray

### Directions

- Whisk buttermilk, mustard, garlic and hot sauce in a shallow glass dish until well blended. Add chicken and turn to coat. Cover and marinate in the refrigerator for at least 1/2 hour or for up to 8 hours.
- Preheat oven to 425°F. Line a baking sheet with foil. Set a wire rack on the baking sheet and coat it with cooking spray.
- Whisk flour, sesame seeds, paprika, thyme, baking powder, salt and pepper in a small bowl. Place the flour mixture in a paper bag or large sealable plastic bag. Shaking off excess marinade, place one or two pieces of chicken at a time in the bag and shake to coat.
- Shake off excess flour and place chicken on the prepared rack. (Discard any leftover flour mixture and marinade.) Spray chicken pieces with cooking spray.
- Bake the chicken until golden brown and no longer pink in the center, 40 to 50 minutes.

## Patatosalata

"Red potato salad with a light oil, vinegar, and herb dressing; no mayonnaise, kids love it! If you like, you can leave the skins on the potatoes for a more colorful dish."



### Ingredients

- 1/2 cup extra virgin olive oil
- 3 Tbs. red wine vinegar
- 1 tsp. dried oregano
- 1 red onion, thinly sliced
- 5 large red potatoes
- 2 Tbs. chopped fresh parsley

### Directions

- In a small bowl, combine olive oil, wine vinegar, oregano, parsley, and onion. Mix and set aside.
- Add potatoes to a large pot of boiling, lightly salted water. Boil for about 20 minutes, or until potatoes are tender. Drain water and let cool.
- When cooled, peel and dice. Place in a large bowl; add dressing and season with salt and pepper to taste. Toss to coat, cover bowl and refrigerate for several hours or overnight.

## Cherry Nut Bars

"Canned cherry pie filling is spread between buttery oatmeal layers in this easy, delicious bar."



### Ingredients

- 1 (21-oz.) can cherry pie filling
- 1 cup miniature marshmallows
- 2 cups all-purpose flour
- 1/2 cup chopped pecans
- 2 cups uncooked quick-cooking oats
- 1 tsp. baking soda
- 1 1/2 cups sugar
- 1 1/4 cup butter, melted

### Directions

- Heat oven to 350°F. Combine all ingredients except pie filling and marshmallows in large bowl. Beat at low speed, scraping bowl often, until mixture resembles coarse crumbs. Reserve 1 1/2 cups crumb mixture for topping.
- Press remaining crumb mixture into ungreased 13x9-inch baking pan. Bake for 12 to 15 minutes or until lightly browned on edges.
- Gently spoon pie filling evenly over hot, partially baked crust; sprinkle with marshmallows. Sprinkle with reserved crumb mixture. Continue baking for 25 to 35 minutes or until lightly browned. Cool. Cut into bars.

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