The Portland Observer

May 27, 2009

FOOD

Page Al2

Recipe to Boost Metabolism

Japanese Pan Fried Salmon

Fried Salmon Preperation Marinate for up to 4, allow 1 fillet of salmon per person

Marrinade Ingredients

· 1 teaspoons Fresh Ginger

- · 2 teaspoons Sherry
- · 1 teaspoon Soy Sauce

3 teaspoons Horseradish

Sauce



Directions

1. Mix all the ingredients for the marrinade in a bowl. Cover the outside of each fillet with a thin coating of the marrinade and then place inside a small plastic sandwich bag. Pour any remaining marrinade in to the bag with the salmon, seal the bag and leave the fish for 30 minutes to take on the flavor.

2. Spray a frying pan with a little extra virgin olive oil and cook the salmon on a medium heat, 5 minutes on each side

3. Serve with brown rice and spinach topped with a few chopped almonds.

Tropical Fruit Salad with Poppy Seed Dressing

Dressing Ingredients

- 1/2 cup fat free plain yogurt
- · 2 tbsp apricot preserves or orange marmalade
- · 1/4 tsp poppy seed

Salad Ingredients

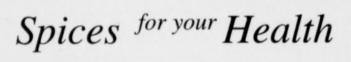
• 1 small fresh pineapple cut into wedges

- · 1 mango or papaya sliced
- 1/2 CUD · 1 medium banana sliced
- · 2 kiwi fruit sliced
- 1/2 cup seedless grapes
- · 2 tbsp coconut toast (opitional)

Directions

1. In small bowl mixed dressing ingredients

- 2. Place fruit on platter or in bowl and drizzle dressing over salad
- 3. Sprinkle with toasted coconut





Cayenne Pepper

Cayenne pepper is a warming herb which stimulates the system, improving circulation and helping to reduce cholesterol. It also improves the digestive system. Cayenne pepper is a good source of vitamin C and A, the complete B complex, calcium and potassium. For those with arthritis, cayenne pepper is an anti-inflammatory herb which can help ease pain.

Cayenne pepper also breaks up sinus congestion. At the first sign of a cold, sprinkle some into warm lemonade. According to Traditional Chinese Medicine, Cayenne pepper is good for respiratory illnesses

Cayenne pepper can be used in chili, stews and soups, Mexican food recipes, sprinkled on beef or chicken dishes or used in omelets. It should be purchased in small quantities as it looses strength over time.

Cinnamon

Cinnamon has a long history as a fragrant spice and as a medicine. In Traditional Chinese Medicine, cinnamon is known for its warming qualities which increases circulation. This enhances cognitive thinking and increases metabolism. Cinnamon contains antioxidants to boost the immune system and is an anti-blood clotting and antiinflammatory food which helps arthritis pain and helps prevent heart disease, especially high cholesterol. Cinnamon also contains manganese, fiber, Vitamin C and calcium.

Cinnamon is very easy to use in the diet. Sprinkle it on toast, add to yogurt or smoothie.

Green Tea

Studies have shown that green tea boosts metabolism and fat oxidation in the body. At first it was thought that the caffeine in green tea accounted for the increase in metabolism. However, researchers discovered that the same amount of caffeine, taken alone, didn't have the same affect on metabolism as green tea.

Green tea helps to build your immune system with its antioxidants. It lowers cholesterol and blood pressure, reduces the risk of getting various types of cancer and Alzheimer's.

Green tea is also very inexpensive and easy to incorporate into the diet. If you don't like the taste of a warm cup of green tea, blend it into a smoothie with fruit.

Use both cinnamon and green tea in this green tea smoothie

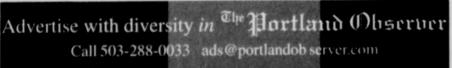
The Hortland Observer Established 1970

USPS 959-680 . 4747 NE Martin Luther King, Jr. Blvd., Portland, OR 97211

EDITOR-IN-CHIEF, PUBLISHER: Charles H. Washington EDITOR: Michael Leighton DISTRIBUTION MANAGER: Mark Washington CREATIVE DIRECTOR: Paul Neufeldt

POSTMASTER: Send address changes to Portland Observer, PO Box 3137, Portland, OR 97208 CALL 503-288-0033 FAX 503-288-0015

news@portlandobserver.com ads@portlandobserver.com subscription@portlandobserver.com The Portland Observer welcomes freelance submissions. Manuscripts and photographs should be clearly labeled and will be returned if accompanied by a self addressed envelope. All created design display ads become the sole property of the newspaper and cannot be used in other publications or personal usage without the written consent of the general manager, unless the client has purchased the composition of such ad. © 2008 THE PORTLAND OBSERVER. ALL RIGHTS RESERVED, REPRODUCTION IN WHOLE OR IN PART WITHOUT PERMISSION IS PROHIBITED. The Portland Observer--Oregon's Oldest Multicultural Pubember of the National Newspaper Association -- Founded in 1885, and The National Advertising Repres Amalgamated Publishers, Inc, New York, NY, and The West Coast Black Publishers Associ



PO-08

In this ad are effective 6 AM Wednesday, May 27 thru Tuesday, June 2, 2009 in all Safeway stores in Dregon (except Milton-Freewater) and S.W. Washington stores serving Wahkakum, Cowfitz Kamania and Klockist Counties, items offered for sale are not available to other dealers or wholesalers. Solas of products containing ophedrine, pseudoephedrine or phenytpropanolamine limite Quantity rights reserved. SOME ADVERTISING ITEMS MAY TO BE AVAULABLE IN ALL STORES. Some advertised prices may be even lower in some stores. On Buy One, Get One Free ("BOGO" substruer must purchase the first item to receive the second item free. BOGO offers are not 1/2 price sales. If only a single item purchased, the requirer price applies. Manufacturem" coupone used ap purchased lems only — not on free items. Limit one coupon per purchased item. Customer will be responsible for tax and deposits as required by law on the purchased and free items in ballogi in excess of 52 gallons. No liquid states for resaile. Liquor sales at licensed Safeway stores only. © 2009 Safeway inc. Availability of items may vary by store.