

# FOOD

## Smothered Pork Chops

### Ingredients

- \*1 - 4 pork chops, 3/4 to 1 inch thick
- \*1 - Vidalia or sweet onion, thinly sliced
- \*2 - teaspoons seasoned salt
- \*2 - teaspoons garlic powder
- \*1/2 - teaspoon black pepper
- \*1/2 - teaspoon paprika
- \*1/2 - cup self rising flour
- \*1/2 - cup vegetable oil
- \*2 - cups water



### Directions

1. This recipe calls for 4 pork chops because that's about what you can fit into a standard frying pan. I recommend you double the recipe because smothered pork chops are so delicious that you will definitely want to eat left overs
2. Start off by giving your pork chops a good rinsing in cold water. Next pat your pork chops dry with paper towels and set aside.
3. In a small bowl form your seasoning mixture by combining and mixing together seasoned salt, garlic powder, black pepper and paprika.
4. Rub about 3/4 teaspoon of seasoning on each pork chop. Next thoroughly coat each piece of meat with flour and set aside. Save all leftover seasoning for later use in onion gravy.
5. Heat vegetable oil in heavy skillet over medium-high heat. When the skillet is hot enough add pork chops and brown on each side for about three minutes. Once your meat is browned remove it from the skillet and allow to cool on a plate covered with paper towels.
6. Now it's time to form the onion gravy. Without removing any dripping add sliced onions to the skillet and cook until browned. Add remaining flour to the skillet and a very small amount of water if necessary. Stir the onions and flour together until golden brown, paying careful attention not to burn the gravy.
7. Add two cups water to the onion gravy and stir. Bring to a boil over medium high heat. Return pork chops to skillet, reduce heat to simmer, cover and cook for about 1 hour. The meat is done when it's tender. Add additional season to taste if necessary.

## Avocado Pocket Sandwiches

### Ingredients

- \*1 avocado, halved and peeled
- \*1/2 cup chopped cucumber
- \*1/2 cup chopped carrot
- \*1/2 cup chopped cauliflower
- \*1/2 cup sliced mushrooms
- \*1/2 cup cubed Monterey Jack cheese
- \*1/4 cup bottled Italian dressing
- \*4 pita breads
- \*1 teaspoon lemon juice
- \*1/2 cup chopped tomato

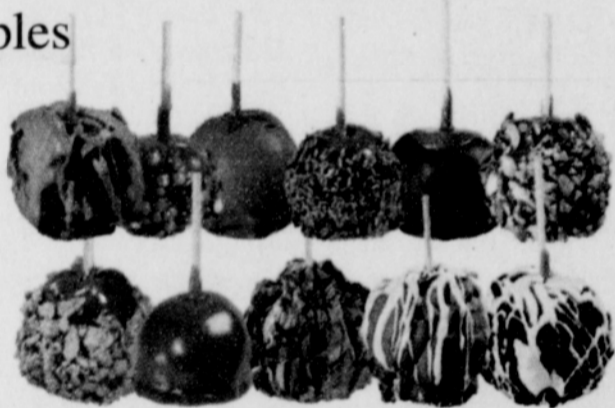
### Directions

1. Dice half the avocado. Reserve other half. Gently toss diced avocado, cucumber, carrot, cauliflower, mushrooms, and cheese with Italian dressing. Slit pita breads and separate halfway around by pulling edges apart to form a pocket. Fill each with 1/4 of the mixture.
2. Mash remaining avocado with fork and stir in lemon juice and tomato. Spoon inside each sandwich.

## Caramel Apples

### Ingredients

- \*6 Granny Smith apples
- \*6 wooden sticks
- \*1 (14 ounce) package individually wrapped caramels, unwrapped
- \*2 tablespoons water
- \*1/2 teaspoon vanilla extract



### Directions

1. Insert wooden sticks 3/4 of the way into the stem end of each apple. Place apples on a cookie sheet covered with lightly greased aluminum foil.
2. Combine caramels and water in a saucepan over low heat. Cook, stirring often, until caramel melts and is smooth.
3. Stir in vanilla extract. Dip each apple into the caramel and gently run apples around insides of saucepan to scrape off some of the caramel.
4. Scrape excess caramel from the apple bottoms using the side of the saucepan. Place on the aluminum foil and chill until ready to serve.
5. For fun add this to the bottom of the recipe for other varieties

## Miss Black Oregon USA 2010!



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*Are you the next African American Queen?*

She must have a 2.5 GPA or more, be talented, and have a consuming desire to represent her community and higher education for Oregonians.

We are awarding \$3,500 in college scholarships and a year reign as our spokesperson for our Foundation. With promotional & endorsement opportunities, "you" will represent Oregon in the National Competition for a \$10,000 college scholarship and the \*Crown\* of Miss Black USA 2010

### We are Accepting Applications:

- Oct. 21, Wednesday 6 p.m. to 8 p.m.
- Oct. 28 Wednesday 6 p.m. to 8 p.m.

@ 10 N. Russell St. & Williams Ave. in the Urban League of Portland Building

For More Information call: 971.409.8687

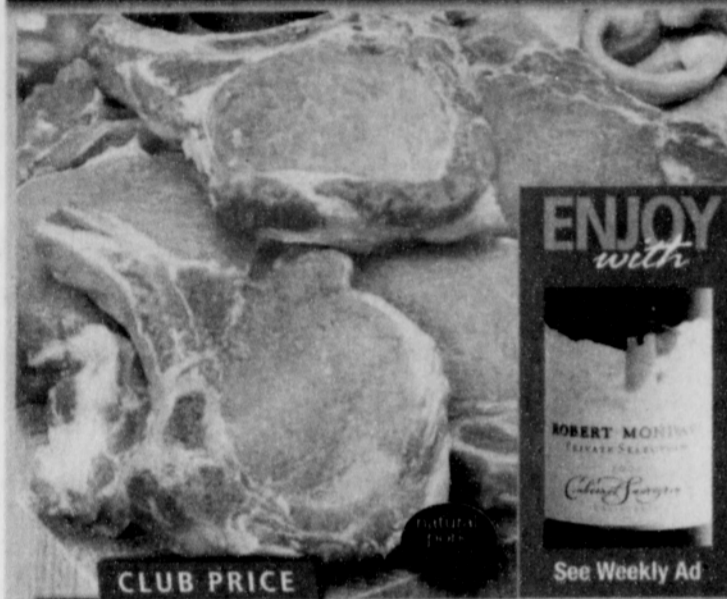
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Limit 15



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SAVE up to 50¢ ea.

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**SATURDAY & SUNDAY ONLY!**  
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**3 for \$1**  
2-Liter Safeway Soda  
Selected varieties. Plus deposit in Oregon.  
Club Price: 34¢ ea.  
SAVE up to \$3.47 on 3



**3.49** lb  
Rancher's Reserve® Boneless Beef Top Sirloin Steak  
Extreme Value Pack 12 3/4-lb. Steaks.  
SAVE up to \$2.50 lb.



**99¢** lb  
Foster Farms Split Chicken Breasts, Thighs or Drumsticks  
Fresh, Bone-in, Locally Grown.  
SAVE up to \$1.80 lb.



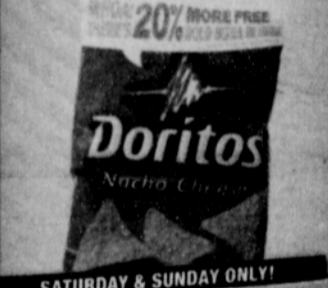
**SATURDAY & SUNDAY ONLY!**  
CLUB PRICE  
**2 for \$1**  
Hass Avocados  
Club Price: 50¢ ea.  
SAVE up to 49¢ ea.



**7.99** lb  
Fresh Atlantic Salmon Fillets  
Farm raised, Color added, Or Wild Sockeye Salmon Fillet Steaks, Fresh Thawed.  
SAVE up to \$3.00 lb.



**68¢** lb  
New Crop Fuji Apples  
Grown up to \$1.20 lb.



**SATURDAY & SUNDAY ONLY!**  
CLUB PRICE  
**1.49**  
Doritos Tortilla Chips  
11.5 to 14.5-oz. Selected varieties.



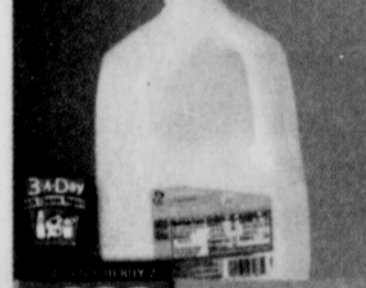
**68¢** lb  
Fresh Broccoli Crowns or Cauliflower  
SAVE up to \$1.20 lb.



**68¢** lb  
New Crop Fuji Apples  
Grown up to \$1.20 lb.



**SATURDAY & SUNDAY ONLY!**  
CLUB PRICE  
**2 for \$5**  
Oscar Mayer Deli Shaved Lunchmeat or Sliced Bacon  
7 to 16-oz. Selected varieties.  
Club Price: \$2.50 ea.



**1.99** ea  
Lucerne® Milk  
Gallon, Whole, 2%, 1%, Skim Supreme or Fat Free. All cholesterol, trans fats and sugar free.  
second item will reflect savings.



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**OCTOBER**

14 15 16 17 18 19 20  
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