

# FOOD

## Springtime Spaghetti

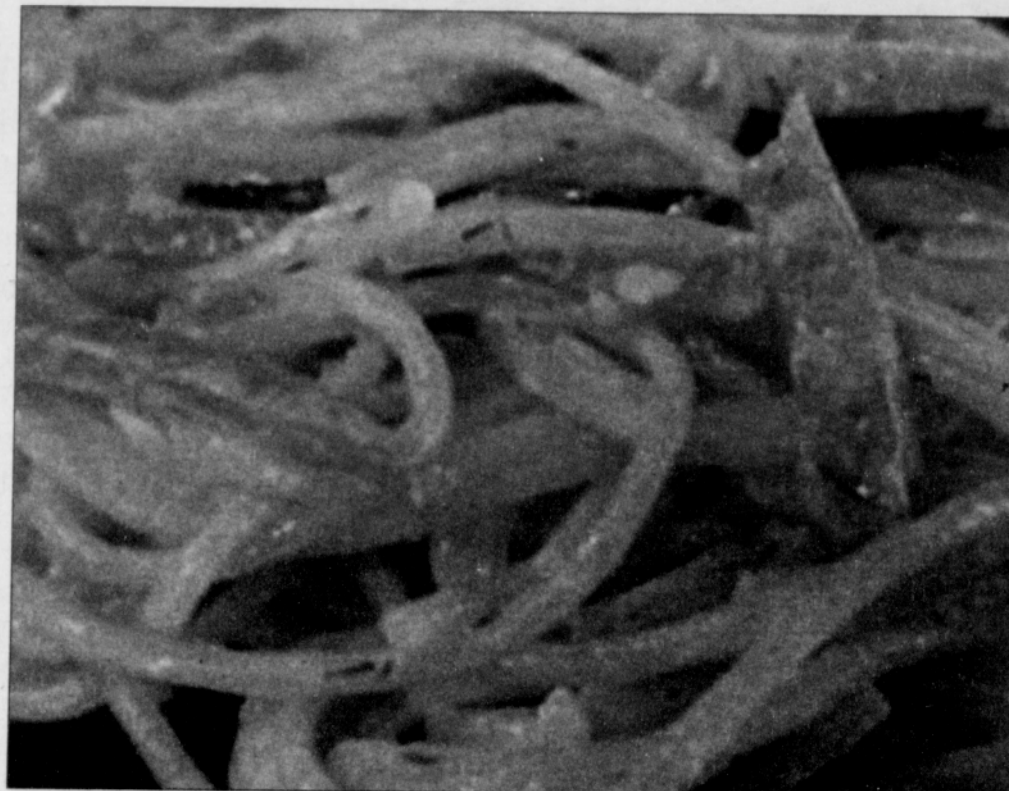
Zucchini and carrots are sauteed in butter, mixed in a creamy sauce, and tossed with spaghetti. This is a great side dish that goes really well with barbeque. Original recipe makes 6 servings

**Directions:**

1. Bring a large pot of lightly salted water to a boil, cook spaghetti for 8 to 10 minutes, until al dente, and drain.
2. Melt the butter in a skillet over medium heat, and saute the zucchini, carrots, and garlic until tender. Stir in the heavy cream, Parmesan cheese, and dill. Cook and stir until thickened.
3. Mix with the cooked spaghetti to serve.

**Ingredients:**

- 8 ounces spaghetti
- 2 tablespoons butter
- 1 large zucchini, julienned
- 3 large carrots, julienned
- 2 teaspoons minced garlic
- 3/4 cup heavy cream
- 3/4 cup grated Parmesan cheese
- 1 tablespoon chopped fresh dill





Urban League of Portland

JOIN THE URBAN LEAGUE OF PORTLAND FOR THE

### 20<sup>TH</sup> ANNUAL CAREER CONNECTIONS JOB FAIR

MONDAY, APRIL 22, 2013

10:00 A.M. - 4:30 P.M.

Double Tree Hotel by Hilton Portland, near Lloyd Center  
1000 NE Multnomah St, Portland, OR 97232

## SAVE THE DATE !!!




**2013 Employer Participants include the following and MORE!**

PGE	Metro	NECA-IBEW	US Bank
Tri-Met	Providence	Enterprise	Albertina Kerr
Kaiser Permanente	United Way Life Works	City of Beaverton	New Seasons Market
Oregon Dept. Energy	Roofers-& Waterproofers	State of Oregon	Portland State
Brooks Staffing	Bonneville Power	Oregon National Guard	PCC

**A Special Thank You to Our 2013 Career Fair Sponsors!**  
**Platinum Sponsor:** Clear Channel Media + Entertainment  
**Gold:** Oregon Department of Transportation,  
 \*Pacific NW- Carpenters Union  
**Silver:** Cambia,\*Portland Development Commission

Also Featuring  
Construction Trades & Apprenticeships



**No Pre-registration Necessary**

**Employers from Health Care, Retail, Construction, Government, Non-Profit, and Corporate Sectors**

**Visit The Urban League of Portland Career Resource Center for access to computers, copying, printing, phone, job-listings, notary, resume, interviewing, salary, ex-offender, management/ executive and other career development resources.**

Urban League of Portland | 10 N Russell Street, Portland, OR 97227 | phone 503.280.2600 | fax 503.281.2612  
www.ulpdx.org



## Overnight Blueberry French Toast

This is a very unique breakfast dish. Good for any holiday breakfast or brunch. Original recipe makes 10 servings.

**Ingredients:**

- 12 slices day-old bread, cut into 1-inch cubes
- 2 (8 ounce) packages cream cheese, cut into 1 inch cubes
- 1 cup fresh blueberries
- 12 eggs, beaten
- 2 cups milk
- 1 teaspoon vanilla extract
- 1/3 cup maple syrup
- 1 cup white sugar
- 2 tablespoons cornstarch
- 1 cup water
- 1 cup fresh blueberries
- 1 tablespoon butter

**Directions:**

1. Lightly grease a 9x13 inch baking dish. Arrange half the bread cubes in the dish, and top with cream cheese cubes. Sprinkle 1 cup blueberries over the cream cheese, and top with remaining bread cubes.
2. In a large bowl, mix the eggs, milk, vanilla extract, and syrup. Pour over the bread cubes. Cover, and refrigerate overnight.
3. Remove the bread cube mixture from the refrigerator about 30 minutes before baking. Preheat the oven to 350 degrees F (175 degrees C).
4. Cover, and bake 30 minutes. Uncover, and continue baking 25 to 30 minutes, until center is firm and surface is lightly browned. In a medium saucepan, mix the sugar, cornstarch, and water. Bring to a boil. Stirring constantly, cook 3 to 4 minutes. Mix in the remaining 1 cup blueberries. Reduce heat, and simmer 10 minutes, until the blueberries burst. Stir in the butter, and pour over the baked French toast.