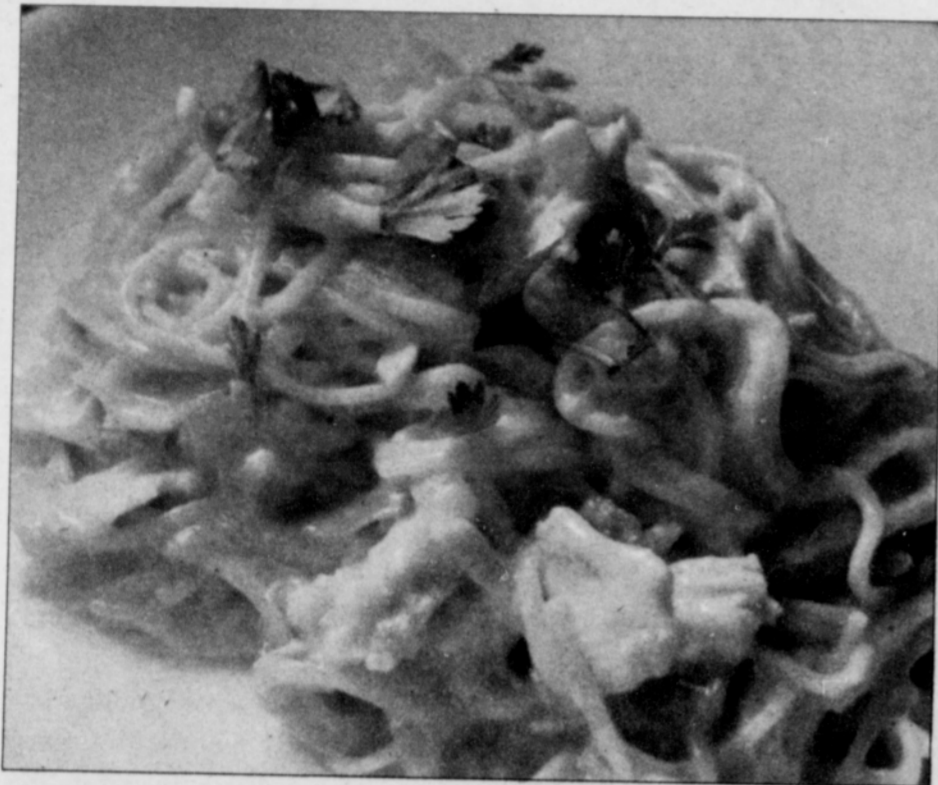


FOOD



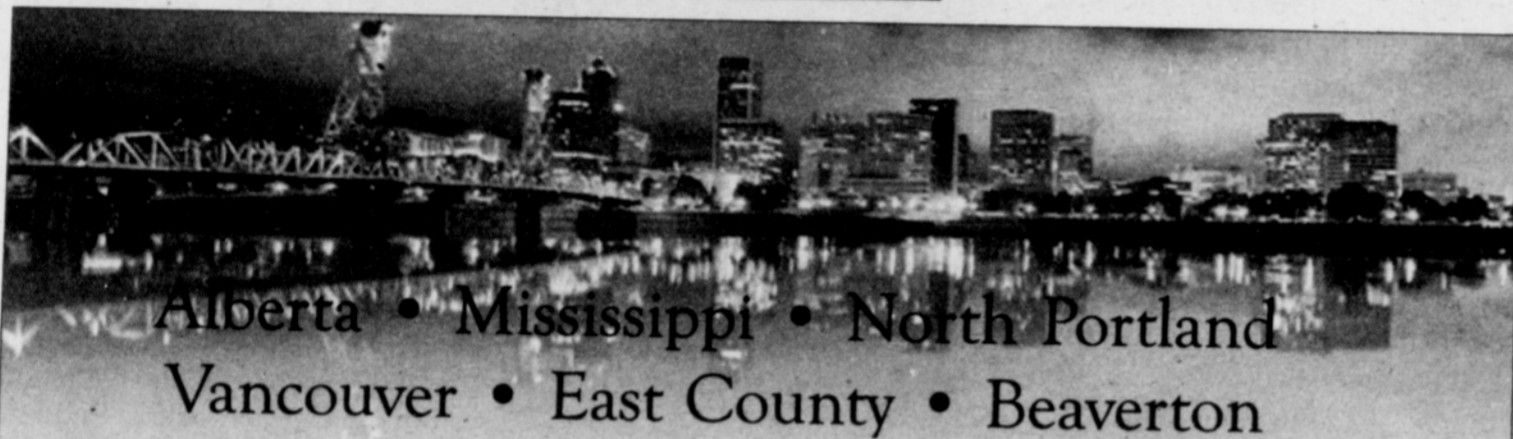
Tex-Mex White Cheddar Chicken Spaghetti

Ingredients:

- 3/4 pound thin whole wheat spaghetti
- 3 tablespoons butter
- 1 yellow onion, diced
- 2 cloves garlic, minced
- 2 tablespoons all purpose flour
- 1 cup chicken stock
- 1 cup milk
- 1/2 cup sour cream
- 8 ounces grated sharp white cheddar cheese
- 1 10-ounce can Rotel, undrained
- 1/2 teaspoon cumin
- Salt and pepper to taste
- 2 cups cooked, shredded chicken
- Cilantro, if desired

Directions:

1. Bring a large pot of water to boil. Cook spaghetti to al dente and drain.
2. Meanwhile, melt butter in a medium saucepan over medium-high heat. Add onions and saute until softened, about 5 minutes. Add garlic; cook and stir for 30 seconds.
3. Stir in flour and cook 2 minutes, stirring constantly to ensure that the flour is fully combined. Slowly whisk in chicken broth, milk, and sour cream. Increase heat to thicken sauce.
4. Sprinkle in grated cheese and stir continuously to melt into sauce evenly. Stir in Rotel, cumin, salt and pepper, chicken, and cooked spaghetti. Toss to coat everything evenly in sauce. Taste and adjust seasonings. Serve warm, sprinkling each serving with cilantro if desired.



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Green Apple Walnut Salad

This pasta dish is wonderful served with a green salad. The best thing about it is that you can put this meal together in just a few minutes. Original recipe makes 8 servings

Ingredients:

- 1 (16 ounce) package dry penne pasta
- 8 roma (plum) tomatoes, diced
- 1/2 cup Italian dressing
- 1/4 cup finely chopped fresh basil
- 1/4 cup diced red onion
- 1/4 cup grated Parmesan cheese

Directions:

1. Bring a large pot of lightly salted water to a boil. Place the penne pasta in the pot, cook 10 minutes, until al dente, and drain.
2. In a large bowl, toss the cooked pasta with the tomatoes, Italian dressing, basil, red onion, and Parmesan cheese.

Pasta with Fresh Tomato Sauce

A delicious vegan salad that also works as a great side to main dish. Makes 8 servings.

Ingredients:

- 1/2 cup walnuts, crumbled
- 1 apple, sliced and chopped
- 1/2 cup chopped onion
- 1/2 cup chopped green bell pepper
- 2 (10 ounce) packages mixed salad greens
- 1 tomato, chopped
- 1/4 teaspoon onion powder
- 3 dashes garlic powder
- 1 pinch ground black pepper
- 2 pinches salt
- 3 tablespoons balsamic vinaigrette salad dressing

Directions:

1. Microwave or saute onion and bell pepper until soft; set aside to cool.
2. In a large salad bowl, combine the onion, pepper, salad greens, walnuts, apple and tomato. Sprinkle with the onion powder, garlic powder, black pepper and salt. Toss to mix.
3. Pour on enough salad dressing or vinegar to coat, toss again and serve.

