

FOOD

Join Us For Tea!

It's Sickle Cell Advocacy Month!



At Bethesda Christian Church

109 N. Emerson Street, Portland, Or 97212
June 29, 2013 at 2:00-4:00pm

10-12% of the Black Population are carriers
Board Members Needed!
Volunteers Needed!
Help Save a Life!

Sponsored by the Sickle Cell
Anemia foundation of Oregon
4927 NE 55th Avenue,
Portland, Or 97218 503 249-1366

Pastor Marcia Taylor,
Executive Director and Founder
sicklecellanemiaportland.com

Microwave Baked Potato

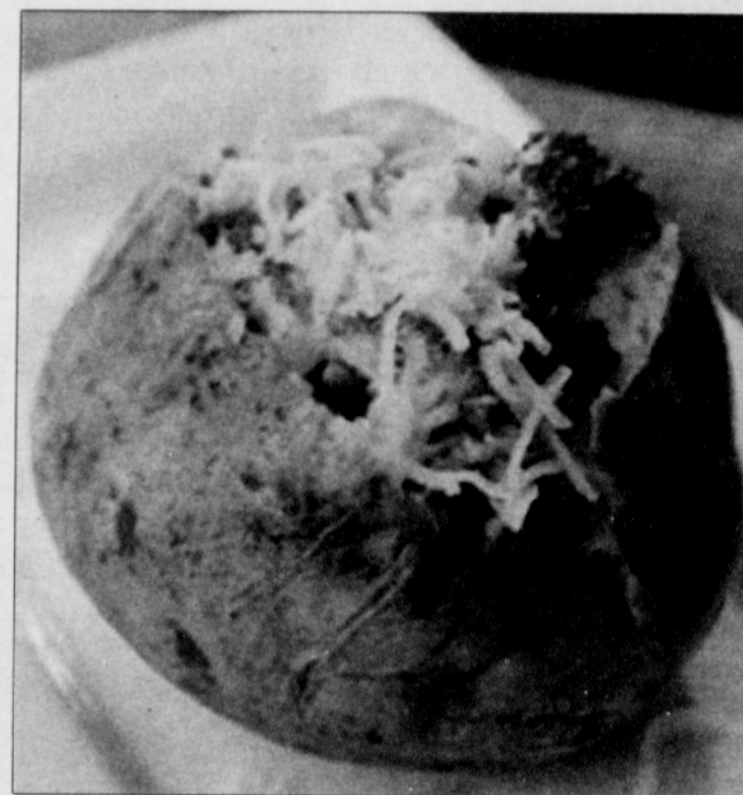
If you want the yummy taste of nice slowly baked potato, but aren't patient enough, or don't have the know how to bake it in an oven, well this is for you; 1 serving.

Ingredients:

- 1 large russet potato
- 1 tablespoon butter or margarine
- 3 tablespoons shredded Cheddar cheese
- salt and pepper to taste
- 3 teaspoons sour cream

Directions:

1. Scrub the potato, and prick several time with the tines of a fork. Place on a plate.
2. Cook on full power in the microwave for 5 minutes. Turn over, and continue to cook for 5 more minutes. When the potato is soft, remove from the microwave, and cut in half lengthwise. Season with salt and pepper, and mash up the inside a little using a fork. Top the open sides with butter and 2 tablespoons of cheese. Return to the microwave, and cook for about 1 minute to melt the cheese.
3. Top with remaining cheese and sour cream, and serve.



Slow Cooker Broccoli-Lemon Pepper Chicken

A whole chicken is seasoned with lemon pepper, garlic, and thyme, then slow-cooked to perfection; makes 4 servings.



Ingredients:

- 1 (2 to 3 pound) whole chicken, giblets removed
- 1/4 cup butter, softened
- 1 teaspoon lemon pepper
- 1 (1-inch thick) slice of lemon
- 2 cloves garlic, lightly crushed, or more to taste
- 2 tablespoons extra-virgin olive oil
- 2 teaspoons seasoned salt
- 1 teaspoon dried thyme
- cracked black pepper to taste (optional)
- 3 florets broccoli

Directions:

1. Rinse chicken, pat dry with paper towels, and use your fingers to loosen the skin over the breast and thighs.
2. Stir butter and lemon pepper in a small bowl and insert seasoned butter beneath the loosened skin using a teaspoon. Push butter from spoon using the skin. Place lemon slice and garlic cloves into the chicken cavity.
3. Place chicken into a slow cooker. Rub skin with olive oil and sprinkle seasoned salt, thyme, and cracked black pepper over the bird.
4. Cook on High for 3 hours; reduce heat to Low and cook until chicken is very tender and an instant-read meat thermometer inserted into the thickest part of a thigh, not touching bone, reads at least 160 degrees F (70 degrees C), 2 to 3 more hours. If desired, cook bird on Low setting 6 to 8 hours.

SAFeway 2013 WATERFRONT BLUES FEST

28 YEARS OF FIGHTING HUNGER
PRESENTED BY FIRST TECH FEDERAL CREDIT UNION

July 4-7 • Waterfront Park

4 DAYS • 4 STAGES • OVER 125 PERFORMANCES



THURSDAY 7/4

FIREWORKS!!

JOE LOUIS WALKER
MarchFourth Marching Band • Dusty 45s
Ted Robinson • The Silos & the Taildraggers
Huckle • Ray Bonaville • Soul Vaccination • More!

FRIDAY 7/5

ERIC BURDON & the Animals
KARL DENSON'S Tiny Universe
CHUBBY CARRIER • ALLEN STONE
HOT 8 BRASS BAND
Lil Wayne • Sarah Thum • Edridge Gray
Karen Lynn • More!

SATURDAY 7/6

JOHN HIATT & the Combo • NOKKI HILL
NORTH MISSISSIPPI ALLSTARS
CHUBBY CARRIER
Donny Chick • Kelly & Lot • Blind Bay Paxton
Scott Pemberton • More!

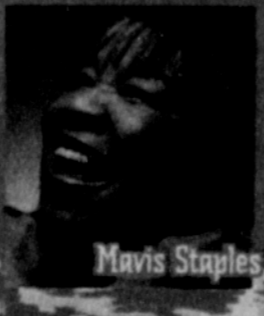
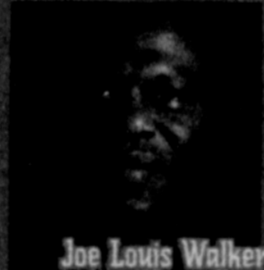
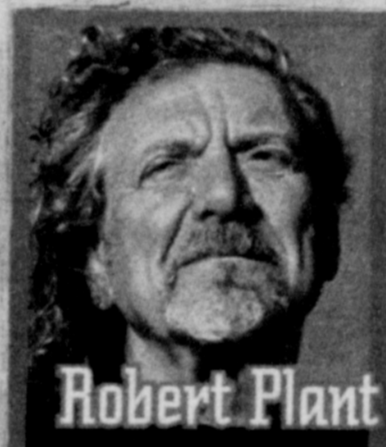
SUNDAY 7/7

FESTIVAL PASS REQUIRED

ROBERT PLANT

Presents the Sensational Space Shifters
TAJ MAHAL TRIO • MAVIS STAPLES
ROBERT RANDOLPH
Kim Plazola • Linda Hornbuckle
Cooper • John Primer • More!

PLUS
6 Delta Music Experience Blues Cruises
Zydeco Swamp Ramp • Dance Competitions
After Hrs All-Stars at Marriott Hotel



July 4-5-6: Suggested donation: \$10 PLUS 2 cans of food
Sensational Sunday, July 7: Sunday Single Day Pass: \$50 • 4 Day Pass: \$60
100% of gate donations, ticket and pass sales help Oregon Food Bank fight hunger • PASSES REQUIRED FOR ENTRY ON SUNDAY

First Tech federal credit union | FedEx Corporation | KIA | The Oregonian | hink | iQ CREDIT | SAFEWAY