


FOOD



Reo's Ribz
on Powell
503-310-3600

THE NEW CLUB **REO'S RIBZ**

11140 SE Powell Blvd
Live Music every weekend, good R&B, Blues and Gospel.
Gospel every Sunday 3:00pm until 7:00pm
Club Reo All-Star Jam Session, Sunday 8:00pm - 1:00am
Everyone is Invited



SHOW DOGS
Grooming

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Showdogs is a full service salon. We do baths, all over hair cuts, tooth brushing, nail trims, soft claws, flea treatments, mud baths, and ear cleaning. We also have health care and grooming products to keep your pet clean in between visits.

Show Dogs Grooming Salon & Boutique

926 N. Lombard
Portland, OR 97217
503-283-1177

Tuesday-Saturday 9am-7pm
Monday 10am-4pm

*Yo dawg is gonna look like a show dawg
and your kitty will be pretty.*

Roasted Vegetable Medley

This colorful dish has the perfect blend of sweet and savory. Recipe makes 6 servings. One of the easiest, most versatile side dishes is roasted vegetables. You'd be amazed at what 20-40 minutes in the oven can do to your veggies. The process of roasting coaxes out the sweetness of the vegetables, which caramelize when cooked. We're talking crispy on the outside, soft on the inside, warm, comforting, and nourishing real foods.

Ingredients:

- 2 tablespoons olive oil, divided
- 1 large yam, peeled and cut into 1 inch pieces
- 1 large parsnip, peeled and cut into 1 inch pieces
- 1 cup baby carrots
- 1 zucchini, cut into 1 inch slices
- 1 bunch fresh asparagus, trimmed and cut into 1 inch pieces
- 1/2 cup roasted red peppers, cut into 1-inch pieces
- 2 cloves garlic, minced
- 1/4 cup chopped fresh basil
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground black pepper

Directions:

1. Preheat oven to 425 degrees F (220 degrees C). Grease 2 baking sheets with 1 tablespoon olive oil.



2. Place the yams, parsnips, and carrots onto the baking sheets. Bake in the preheated oven for 30 minutes, then add the zucchini and asparagus, and drizzle with the remaining 1 tablespoon of olive oil. Continue baking until all of the vegetables are tender, about 30 minutes more. Once tender, remove from the oven, and allow to cool for 30 minutes on the baking sheet.

3. Toss the roasted peppers together with the garlic, basil, salt, and pepper in a large bowl until combined. Add the roasted vegetables, and toss to mix. Serve at room temperature or cold.

Balsamic Bruschetta

RECIPE BY KATHY BIAS

Simple appetizer - the balsamic vinegar gives it a little kick. Best if the mixture has 1 or 2 hours to blend flavors before serving. Original recipe makes 8 servings. Bruschetta is an antipasto from Italy consisting of grilled bread rubbed with garlic and topped with olive oil, salt and pepper, then topped with various Italian derived herbs, vegetables, meats and cheeses. Bruschetta is usually served as a snack or appetizer.

Ingredients:

- 8 roma (plum) tomatoes, diced
- 1/3 cup chopped fresh basil
- 1/4 cup shredded Parmesan cheese
- 2 cloves garlic, minced
- 1 tablespoon balsamic vinegar
- 1 teaspoon olive oil
- 1/4 teaspoon kosher salt
- 1/4 teaspoon freshly ground black pepper
- 1 loaf French bread, toasted and sliced



Directions:

In a bowl, toss together the tomatoes, basil, Parmesan cheese, and garlic. Mix in the balsamic vinegar, olive oil, kosher salt, and pepper. Serve on toasted bread slices.

Spaghetti with Bacon

This is a great, simple pasta dish, also good with sauteed shrimp; makes 8 serving. Spaghetti is made of semolina or flour and water. Italian dried spaghetti is made from durum wheat semolina, but outside of Italy and Sicily it may be made with other kinds of flour. Spaghetti is made of flour and water; its name is the plural form of the Italian word spaghetti, diminutive of spago, meaning "thin string" or "twine".

Ingredients:

- 1 (16 ounce) package spaghetti
- 1/4 cup olive oil
- 8 slices bacon, cut into 1/4 inch pieces
- 4 cloves garlic, minced

Directions:

1. Fill a large pot with lightly salted water and bring to a rolling boil over high heat. Once the water is boiling, stir in the spaghetti, and return to a boil.



Cook the pasta uncovered, stirring occasionally, until the pasta has cooked through, but is still firm to the bite, about 12 minutes. Drain well in a colander set in the sink.

2. Meanwhile, heat the olive oil in a large skillet over medium heat. Stir in the bacon, and cook until the bacon has begun to shrink, about 3 minutes. Add the garlic, and continue cooking and stirring until the garlic has softened, and the bacon is crisp, about 5 minutes. Toss the drained pasta with the bacon, oil, and parsley to serve.