



Leisurehourjrs.webs.com

**2014 LHJGP Sign-Ups & Kick Off**  
(Returning and New Participants)

**Sunday, April 6th**

Location:

New Columbia, 4625 N Trenton Street – Portland, OR

4:00PM Doors Open  
4:30PM Pizza Served  
5:00PM Kick Off Begins

Age 7 - Age 18  
Cost: \$75.00

Golf Membership Includes:  
Uniform (Hat and Shirt)  
Golf Lessons  
Learn USGA Golf Rules & Etiquette  
Transportation (Snacks)  
Experience Tournament Play  
Golf Equipment Provided  
Help Prepare For College  
End of Season Picnic at Oaks Park

If you have any questions, contact:  
Debbie Ingram (503) 936-8568

Leisure Hour Jr Golf does not limited participation in its activities on the basis of disability, race, creed, color, national origin, gender, sexual preference or religious preference.

# FOOD

## Spring Peas With Dates and Walnuts

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Drain the peas and plunge into the ice water to cool.

2. Heat the olive oil in a large skillet over medium-high heat. Add the shallot and cook until soft, about 2 minutes. Add the walnuts, dates and cayenne and cook until the nuts are slightly toasted, about 1 more minute.

3. Drain the peas, shaking off the excess water, then add to the skillet (if using frozen peas, add them here). Add 1 teaspoon salt and cook, stirring, until heated through, 3 to 5 minutes. Add the walnut oil and toss. Add more salt to taste.



## Salsa Criolla

*A Peruvian Condiment That Should Be a Staple in Your Fridge*

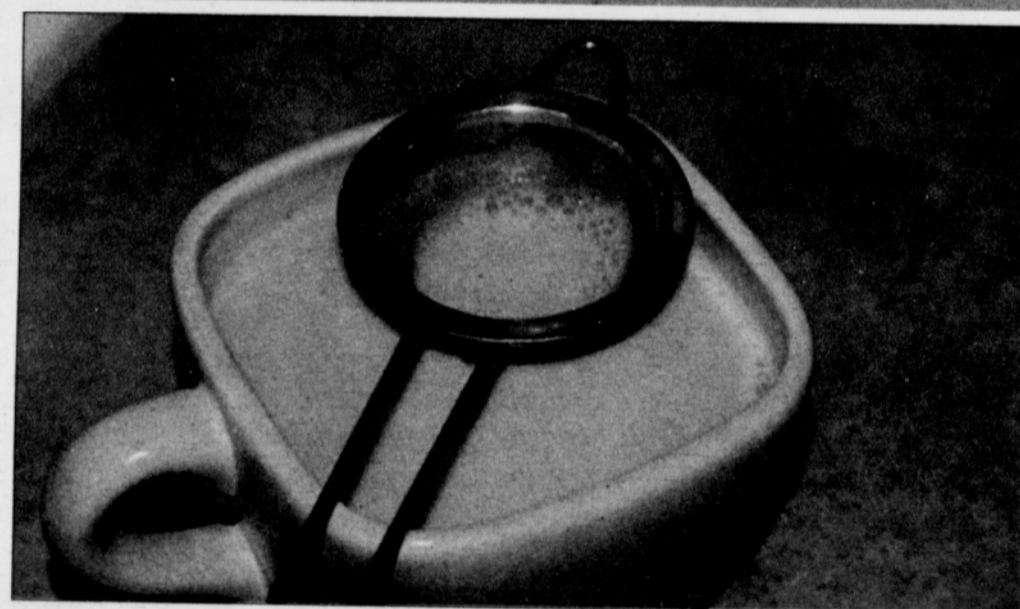
**Ingredients:**

- 2 large red onions, sliced paper thin
- ½ cup fresh squeezed lime juice
- 1 aji or jalapeno pepper sliced into thin matchsticks
- 1 teaspoon vinegar (any white vinegar will do)
- 2 teaspoons extra virgin olive oil
- 4 tablespoons chopped cilantro
- Sea salt (to taste but I used probably ¼ teaspoon)
- Pepper or powdered cyan (about 1/4 teaspoon)

**Instructions:**

Mix all ingredients together in small bowl. Let marinate for several hours or overnight. Stir once half way through marinating time to make sure all onions get soaked in the juice.

**Notes:** If you don't want too strong of an onion flavor, you can rinse the sliced onion in water prior to mixing with the other ingredients. This is said to give the onions and slightly sweeter flavor. Take out the jalapeno/aji peppers if you want a milder flavor.



## Home Made Chai Latte'

**Ingredients:**

- 2 C. Water
- 2 Regular Tea Bags
- 1/8-1/4 teaspoon EACH of ginger and cardamom
- 1 whole clove
- 1 cinnamon stick
- 6 Splenda packets or 1/4 cup Sugar
- 2 1/2 C. Milk

**Instructions:**

1. Mix tea and spices. In a sauce pan, add water, spices, and tea bags. Bring it to a boil, and boil for 5 minutes.
2. Boil it up. After boiling, it will look like this. Don't worry if a tea bag breaks open. You can strain the tea later.
3. Add the sweetener. Now add the Splenda. If you'd rather you can use 1/4 C. Sugar.
4. Add the milk. Now add the milk, and return it to a boil. This won't take long, and if you aren't careful, it will boil over. If you take a stick of butter and run it quickly around the rim of the pan when it's hot, the chai won't boil over.
5. Strain and Enjoy! I use a little cup strainer as shown in the picture. This is especially great if a tea bag breaks open. But also after boiling milk, you can get a "scum" on top. So the strainer is nice to have.

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**21ST ANNUAL CAREER CONNECTIOS JOB FAIR**  
TUESDAY, APRIL 22, 2014  
10:00AM TO 3:00PM  
Double Tree Hotel (by Hilton), Near Lloyd Center  
1000 NE Multnomah St, Portland, OR 97232  
**SAVE THE DATE !!!**




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NECA-IBEM	Kaiser Permanente	Family Care Inc.

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For more information, Please contact the Urban League of Portland - Workforce Department  
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