**AUTO** 

HOME

LIFE

### Ingredients:

- \*cooking spray
- \*1 pound bacon, chopped
- \*2 (12 ounce) cans refrigerated biscuits (10 biscuits per can)
- \*1 teaspoon butter
- \*12 eggs
- \*1 small onion, chopped
- \*1/2 green bell pepper, chopped
- \*2 cups shredded Cheddar cheese
- \*salt and ground black pepper to taste

### **Directions:**

- 1. Preheat oven to 350 degrees F (175 degrees C). Lightly spray a 9x12-inch baking sheet with cooking spray.
- 2. Cook the bacon in a large skillet over medium heat, stirring often, until the bacon is browned and crisp, about 10 minutes. Remove bacon pieces with a slotted spoon, and drain on paper towels.
- 3. Open up the cans of biscuits, separate the biscuits, and arrange onto the prepared baking sheet so they touch. Press the biscuit dough down to seal them together into a crust that covers the baking sheet.
- 4. Bake in the preheated oven until the crust is slightly cooked and very lightly browned, about 5 minutes. Do not overbake. Remove from oven. 5. Melt the butter in a large nonstick skillet over medium heat until the foam disappears. Beat the eggs in a bowl, and pour the eggs into the hot skillet. Use a spatula to lift and gently stir the eggs just until set, but still moist, 3 to 4 minutes. Arrange the lightly scrambled eggs on the semi-baked biscuit crust. Top with the cooked bacon, onion, and green pepper; spread the Cheddar cheese all over the pizza. Season to taste with salt and black pepper.
- 6. Return to oven, and bake on the top rack until the cheese is melted and bubbling and has begun to brown, about 10 more minutes.

# Dad's Breakfast

Pizza

This recipe can be very versatile, change up the ingredients to suit your preferences. Original recipe makes 1 9x12-inch pizza.

## "Your Budget is our mission" BUDGET INSURANCE ENTERPRISES.LLC





**DURAN BEASLEY** 

At **Budget** we work with many insurance companies to find the best fit for your needs and to fit your Budget. Call today for a free quote!

**BUSINESS HEALTH** 

503 515 4377

Fax 503 610 7011 Office 503 254 7188 1710 NE 82nd Ave Portland, OR 97220 Independent agents serving Oregon & Washington

# TERRY FAMILY



2337 N. Williams Ave. Portland, Or 97227 503-249-1788

We make the service personal, You make the tribute personal.

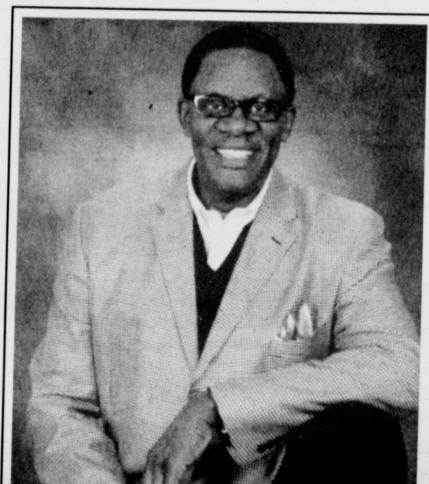
Every time we arrange a personalized funeral service, we take special pride going the extra mile. With our online Memorial Obituary, now we can do even more. Friends and family can find out service information, view photos, read obituary, order flowers and leave personal messages of condolences from anywhere, anytime. Simply go to our website.

www.terryfamilyfuneralhome.com

"Dedicated to providing excellent service and superior care of your loved one"

> Dwight A. Terry Oregon License CO-3644 Amy S. Terry Oregon License FS-0395





Dr. Billy R. Flowers

# THE NA COLUMN

An ongoing series of questions and answers about America's natural healing profession.

Part 28. Industrial Injuries: What to do if you are hurt on the job

: I was lifting a heavy object on the job site and my back just collapsed on me. I have since gone to several company doctors only to get yet another pain pill. One doctor has mentioned surgery. What do you think I should do?

: You should immediately Ire- quest to see a Chiropractor. Approximately 90% of back injuries have the capacity of being helped through Chiropractic. Our office has

an excellent track record with helping problems like yours. We make every attempt possible o get you back on the job safely as soon as possible - often within a few days. This is obviously beneficial not only to you but your company as well. It is not uncommon for a workmen's compensation back surgery to run \$100,000.

I'm sure your employer would just as soon not have expenses like that. Speak to your employer today about having a Chiropractic consultation. If you have had a lifting injury or suffer from pain, why don't you call us today. A life of suffering is indeed a wasted life. Don't let it be yours.

### Flowers' Chiropractic Office

2124 NE Hancock, Portland Oregon 97212 • Phone: (503) 287-5504