

FOOD

Healthful Hummus Recipes

ORIGINAL RECIPES BY PAUL A. NEUFELDT

Ra's Dream Hummus

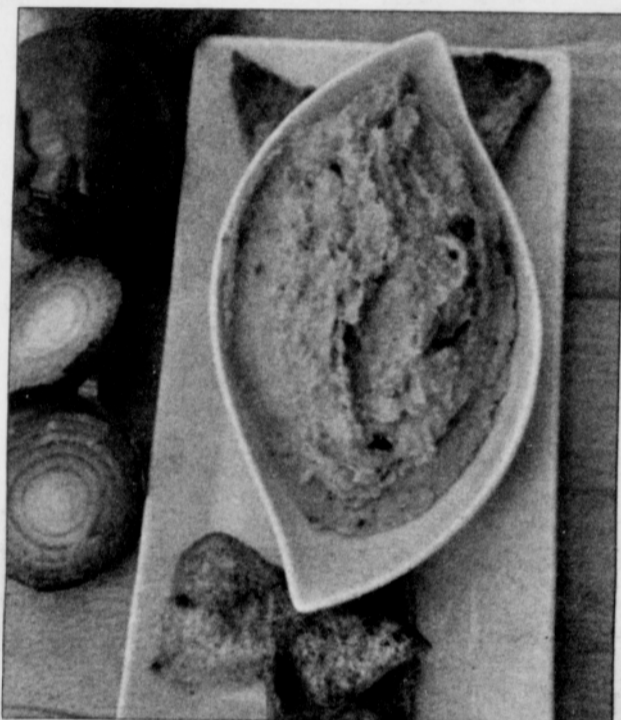
This perfect blend of flavorful broccoli and the peppery bite of radishes make hummus into a delicious meal. Makes 8 servings.

Ingredients:

- 8 radishes, washed and trimmed
- 2, 15-oz. cans chickpeas, drained
- 1 broccoli crown (chopped and stem peeled)
- 2 cloves garlic
- Juice from 2 lemons
- 2 Tbsp. olive oil
- salt & pepper to taste
- 1/2 cup Tahini

Process:

In a food processor, pulse the radishes, chickpeas, broccoli, garlic, tahini, and juice of both lemons until you have a chunky puree. Add olive oil to taste, starting with 1 tablespoon and increasing the quantity until you have the consistency of hummus you like. Season with salt and pepper to taste. Serve as a spread or dip.



Feathered Serpent Hummus

This unusual but refreshing hummus derives its extra ingredients from Peruvian Salsa (as per our recipe "Salsa Criolla" in the April 2nd issue). Lime is used rather than lemon, which combines with the red onion and jalapeno flavors to enthrall your taste buds. Makes 8 servings.

Ingredients:

- 2 medium sized red onions, sliced.
- 2, 15-oz. cans chickpeas, drained
- 1 sliced jalapeno
- 1 clove garlic
- Juice from 2 limes
- 2 Tbsp. olive oil
- salt & pepper to taste
- 1/2 cup Tahini

Process:

In a food processor, pulse the onions, chickpeas, jalapeno, garlic, tahini and juice of both limes until you have a chunky puree. Add olive oil to taste, starting with 1 tablespoon and increasing the quantity until you have the consistency of hummus you like. Season with salt and pepper to taste. Serve as a spread or dip, good with corn chips or pita bread.

Christine Poole-Jones

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community. She worked on many boards and committees dedicated to art, culture, and city pride. She served the Irvington Neighborhood Association, African American Health Coalition, and was a dedicated member of the Delta Sigma Theta Sorority, an organization that promotes academic excellence and provides help to those of need.

She will be most remembered for her intense dedication to the June Key Community Center, a building project based on principles of sustainability, which received local and national awards.

She is survived by her husband; her twin sister Kathleen Cotton of Fremont, Calif., Stephen Washington of Sacramento, Calif., Douglas Washington of Stockton, Janet Hutchinson of Sacramento, Gloria Washington of Stockton, and Marsha Edmonds of Stockton. She was preceded in death by her mother and father, and two brothers, Gerald and Bruce Washington.

The Oregon Alliance of Black School Educators and the Portland Alumnae Chapter of Delta Sigma Theta established the Chris W. Poole-Jones Scholarship Fund. Those wishing to contribute may mail their checks to OABSE in care of Rene Anderson, PO Box 3109, Portland, OR 97203. Other donations may be made toward the mortgage on the June Key Community Center. Donations in care of the Portland Development Commission, 222 N.W. Fifth Ave., Portland OR 97209. Checks payable to the Portland Development Commission should include a notation for Loan #1518-03-01 in memory of Christine Poole-Jones" in the memo section.

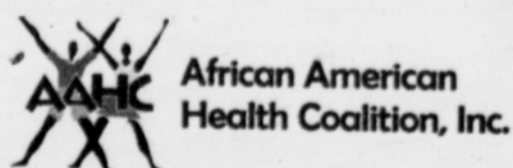


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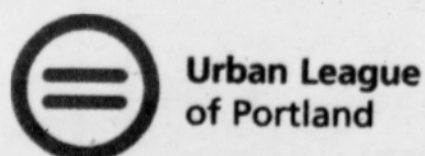
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