

THE AIR IN OREGON STATE PARKS JUST GOT A LITTLE FRESHER

— LET'S MAKE SOME MORE FRESH AIR —

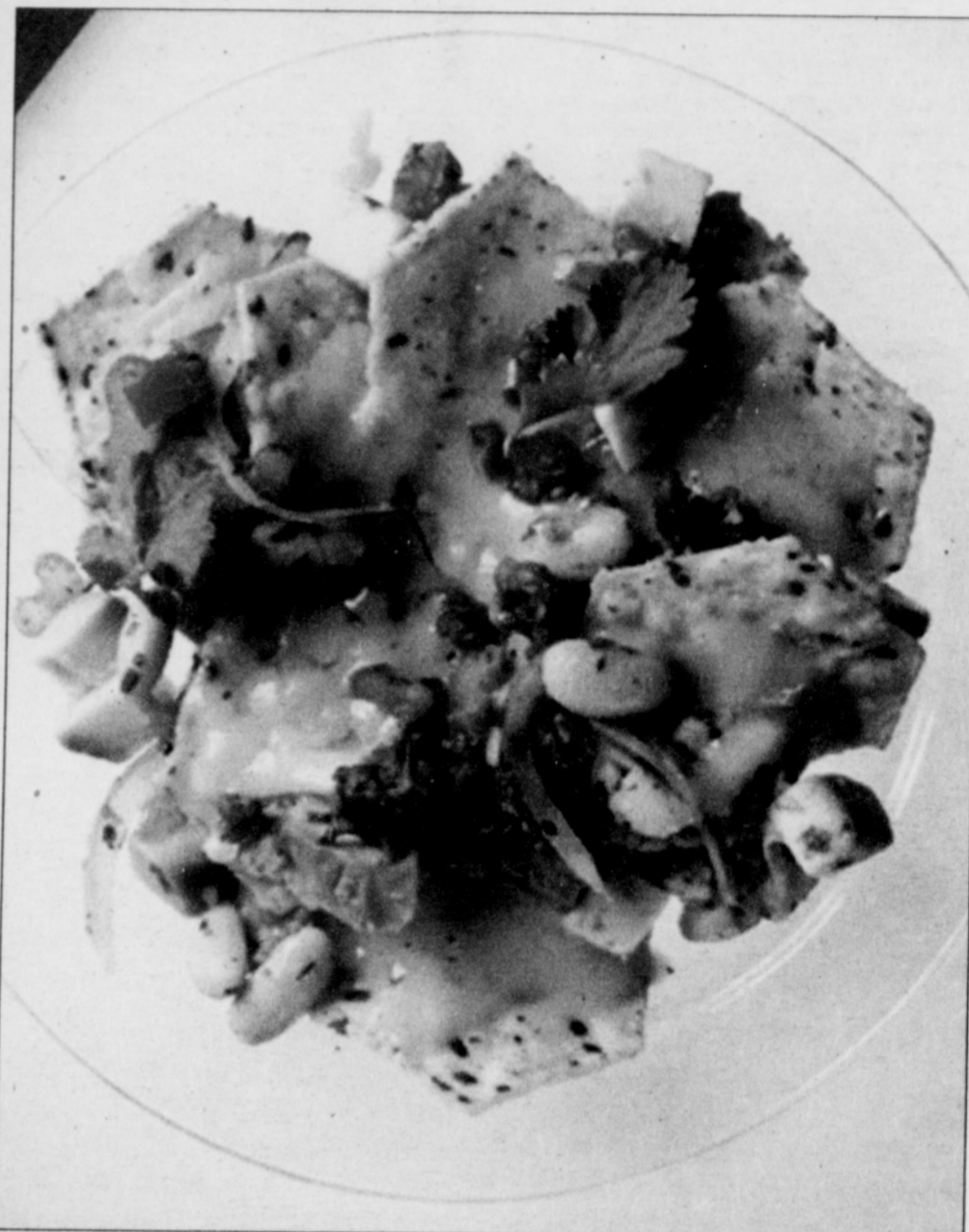
All Oregon State Parks are now smokefree. Our parks, playgrounds and other recreational areas are places where Oregonians can enjoy the outdoors and breathe fresh air. Let's make some more fresh air.

SMOKEFREE oregon

SMOKEFREEOREGON.COM #WHATSFORSALE LIKE US ON FACEBOOK

Smokefree Oregon is an Oregon Health Authority initiative.

FOOD



Power Nachos

Ingredients:

- 1 teaspoon olive oil
- 1 (15.5-oz) can cannellini beans, rinsed and drained, divided
- 1 tablespoon cilantro leaves, finely chopped, plus • leaves for garnish
- 3 tablespoons fresh lime juice, divided
- 1 rib celery, thinly sliced
- 1/4 red onion, thinly sliced
- 4 ounces multigrain tortilla chips
- 4 ounces reduced-fat cheddar cheese, grated
- 1/2 avocado, diced
- Salsa (for serving)

Preparation:

1. Preheat oven to 400°F.
2. In a medium bowl, mash the oil, 1 cup beans, chopped cilantro, and 2 TBSP lime juice. In another bowl, toss the celery, onion, 3/4 cup beans, and 1 TBSP lime juice.
3. Spread chips on a baking sheet; cover with the cheese. Bake until cheese melts.
4. Top the hot nachos with the bean mixtures, avocado, and salsa; garnish with cilantro leaves.

The Portland Observer is a Proud Member of:

AACC
AFRICAN-AMERICAN
CHAMBER OF COMMERCE

COME JOIN US...



EVERY DAY, 24/7,
WE SAVE LIVES, PROPERTY,
AND THE ENVIRONMENT

WE ARE MEN AND WOMEN
OF EVERY RACE AND
ETHNICITY

WE SAVE PEOPLE FROM
HEART ATTACKS, CHEMICAL
SPILLS, CAR PIN-INS,
AND YES, WE FIGHT FIRES

WE ARE A TEAM

WE'RE HIRING!

APPLY OCTOBER 13TH - 26TH TO TAKE OUR ENTRANCE EXAM
THE TEST WILL BE DECEMBER 17, 2014
CALL OR EMAIL OUR RECRUITER WITH QUESTIONS:
503-823-3811 / FIREFIGHTER@PORTLANDOREGON.GOV

WE ARE
PORTLAND
FIRE & RESCUE

