

FOOD

Vietnamese Sandwich

BY PAUL A. NEUFELDT

Ingredients:

- 4 boneless pork loin chops, cut 1/4 inch thick
- 4 (7 inch) French bread baguettes, split lengthwise
- 4 teaspoons (or to taste) mayonnaise or greek yogurt
- 1 ounce chile sauce with garlic
- 1/4 cup fresh lime juice
- 1 small red onion, sliced into rings
- 1 medium cucumber, peeled and sliced lengthwise
- 2 tablespoons chopped fresh cilantro salt and pepper to taste
- 2 Grated marinated carrot



Directions:

1. Shred and marinate carrots at least 6 hours in advance in a container of white vinegar with a teaspoon of sugar.
2. Preheat the oven's broiler. Place the pork chops on a broiling pan and set under the broiler. Cook for about 5 minutes, turning once; or until browned on each side.
3. Open the French rolls and spread mayonnaise/yogurt on the insides. Place one of the cooked pork chops into each roll. Spread chile sauce directly on the meat. Sprinkle with a little lime juice and top with slices of onion, cucumber, cilantro, salt and pepper. Finish by sprinkling on the shredded carrots to your liking.

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Eggplant Soup

BY PAUL A. NEUFELDT

Ingredients:

- 1 Large-sized eggplants, split lengthwise
- 1 Large red bell pepper, split lengthwise
- 3 Tomatoes, Quartered
- 2 Yams, cut into chunks
- 1 Medium red onion, peeled and cut into chunks
- 1 full head of garlic
- 1 Tbsp. Olive oil
- 4 C. vegetable broth or stock
- 1 Tbsp. Fresh thyme, finely chopped (plus more for garnish)
- 1/4 C. Coconut milk or almond milk
- 1 small bunch green onions
- 1/4 Cup crumbled feta cheese (or yogurt)

Instructions:

1. Place all of the veggies and the garlic on a baking sheet. Brush the olive oil over the vegetables, make sure that all of the vegetables are lightly coated. Position the eggplant and yams skin side up (cut side down on the tray). Roast veggies at 350°F for 45 minutes.
2. Bring your stock to a boil in a large soup pot. Scoop the flesh of the roasted (and then cooled) eggplant and yams into the stock, leaving the skin behind. Place the remaining vegetables and garlic in the stock. Bring to a boil, then reduce to a simmer for 10 minutes.
3. Puree the soup in a blender or food processor. Return to the soup pot. Add the fresh thyme and coconut milk. Salt and Pepper to taste. Garnish with fresh thyme, feta cheese (or yogurt) and green onions.