

FOOD

Black Mental Health Oregon's
**Movement
 Mental 4 Wellness**
 Golden Haven Wellness
 &
ASCENSION
 WELL BODY & FITNESS

\$5-\$10 Donation
 20 Spaces only!

Pilates
 9am-11am

Mats Provided
 Continental
 Breakfast

**Zalayshia
 Jackson**

January 30, 2016
 Kemba Shannon Dance Center
 2017 N. Kilpatrick Portland, OR 97217
 RSVP blackmentalhealthoregon1@gmail.com




Braised Kale with Bacon and Cider

Ingredients:

- 2 bacon slices
- 1 1/4 cups thinly sliced onion
- 1 (1-pound) bag chopped kale
- 1/3 cup apple cider
- 1 tablespoon apple cider vinegar
- 1 1/2 cups diced Granny Smith apple (about 10 ounces)
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground black pepper

Preparation:

1. Place a Dutch oven over medium heat. Add bacon; cook 5 minutes or until crisp, stirring occasionally. Remove bacon from pan, reserving 1 teaspoon drippings in pan. Crumble bacon, and set aside.
2. Increase heat to medium-high. Add onion to pan; cook 5 minutes or until tender, stirring occasionally. Add kale, and cook 5 minutes or until wilted, stirring frequently. Add cider and vinegar; cover and cook 10 minutes, stirring occasionally.
3. Add apple, salt, and pepper; cook 5 minutes or until apple is tender, stirring occasionally. Sprinkle with bacon.



Roasted Red Onions and Delicata Squash

Thin-skinned delicata squash has an edible peel, helping this side come together quickly.

Ingredients:

- 1 tablespoon unsalted butter, melted
- 1 tablespoon chopped fresh thyme
- 1 tablespoon honey
- 2 teaspoons olive oil
- 3 garlic cloves, sliced
- 2 (12-ounce) delicata squashes, halved lengthwise, seeded, and cut into 1/2-inch slices
- 1 (1-pound) red onion, cut into 12 wedges
- 1/2 teaspoon salt, divided
- 1/2 teaspoon freshly ground black pepper, divided
- Cooking spray
- 3 tablespoons chopped fresh flat-leaf parsley

Preparation:

1. Place a baking sheet in oven. Preheat oven to 475° (leave pan in oven).
2. Combine first 5 ingredients in a large bowl, stirring with a whisk. Add squash and onion; toss gently to coat. Sprinkle vegetable mixture with 1/4 teaspoon salt and 1/4 teaspoon pepper. Carefully remove preheated pan from oven; coat pan with cooking spray.
3. Arrange vegetable mixture in a single layer on pan. Bake at 475° for 20 minutes or until tender, turning once. Sprinkle with remaining 1/4 teaspoon salt, remaining 1/4 teaspoon pepper, and chopped parsley.

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