



MARCH IS
PROBLEM GAMBLING
 AWARENESS MONTH
 HAVE THE CONVERSATION



FOOD

Wild Rice and Chicken

Ingredients:

- 12-ounces mixed long-grain brown and wild rice mix
- 1 cup (2 sticks) unsalted butter, plus more for greasing dish
- 16 ounces fresh (or dried and rehydrated) shiitake mushrooms, sliced; reserved rehydration water if using dried mushrooms to add to broth.
- 1 small onion, chopped
- 1/2 cup all-purpose flour
- 3 cups vegetable broth
- 3 cups half-and-half
- 4 cooked boneless, skinless chicken breast halves, diced
- 1 cup toasted slivered almonds, coarsely chopped
- 1/2 cup sliced pimientos
- 1/4 cup chopped fresh parsley
- 1 teaspoon pink himalayan salt
- 1/2 teaspoon freshly ground black pepper

Directions:

1. Cook the long-grain and wild rice in a rice cooker with 26 ounces of water. Set aside.
2. Preheat the oven to 350 degrees F. Grease a 9-by-13-by-2-inch casserole dish.
3. In a large skillet, melt the butter. Add the mushrooms and onions and saute until the onions are translucent. Stir in the flour, cooking for 2 to 3 minutes. Slowly stir the broth into the onion mixture, then stir in the half-and-half. Cook until the mixture has thickened, 7 to 10 minutes.
4. Add the chicken, rice, toasted almonds, pimientos, parsley, salt and pepper into the wet mixture. Pour everything into the prepared casserole dish and bake, uncovered, until most of the liquid has been absorbed, 30 to 45 minutes.



Happy Birthday
 Ariana Jenkins
from your family,
we Love you



Happy Birthday
 Lucille
Love Always,
your family



Joyce Washington

Born: 1937 – 1996

Joyce Washington Believed in this Community and all those that made this Community Great.

Keep Reading the Portland Observer.

Your Story is important to our Community.

