



Bike + Transit?

We want your feedback on bike parking and access to transit

We're looking at ways to make bike + transit trips easier, safer and more convenient – for more people. Preview the new TriMet Bike Plan and weigh in online or in person:

Weigh in online at trimet.org/bikeplan

Or, join us at an open house in May

Portland: May 2, 5:30–7:30 p.m. @ Oregon Rail Heritage Center, 2250 SE Water Ave.

Beaverton: May 3, 5:30–7:30 p.m. @ PCC Willow Creek Great Room, 241 SW Edgeway Dr.

Gresham: May 4, 5:30–7:30 p.m. @ East County Health Center Blue Lake Room, 600 NE 8th St.

NE Portland: May 5, 5:30–7:30 p.m. @ Velo Cult, 1969 NE 42nd Ave.

Alternate formats, sign language interpretation and communication aids are available.

Call 503-962-2455 or TTY 7-1-1 (8:30 a.m. to 4:30 p.m. weekdays) at least 48 hours before the meeting.



FOOD

Crispy Quinoa Cakes

Good and healthy regardless, but for those with dietary preferences, these are also vegan, gluten-free, nut-free, refined sugar-free, and soy-free. Recipe inspired by Oh She Grows.

Ingredients:

- *1 1/2 cups cooked quinoa
- *2 tablespoons ground flax + 6 tablespoons water
- *1 cup destemmed and finely chopped kale
- *1/2 cup cooked rolled oats (1/4 cup water and 1/4 cup rolled oats microwaved for 3 minutes works for a small batch)
- *1/2 cup finely grated sweet potato
- *1/4 cup finely chopped, oil-packed, sun-dried tomatoes
- *1/4 cup sunflower seeds

- *1/4 cup fresh basil leaves, finely chopped
- *2 tablespoons finely diced onion
- *1 clove garlic, minced
- *1 tablespoon runny tahini paste
- *1 1/2 teaspoons dried oregano
- *1 1/2 teaspoons balsamic vinegar
- *1/2 teaspoon fine grain sea salt, or to taste
- *3 tablespoons gluten-free all-purpose flour
- *red pepper flakes, to taste



Directions:

1. Preheat oven to 400°F. Line large baking sheet with parchment paper.
2. Mix ground flax and water in small bowl, set aside for 5 minutes or so to thicken.
3. Combine all ingredients together in a large bowl. Stir well until the mixture comes together. Don't forget the flour to bind the patties.
4. Shape mixture into 1/4-cup patties with wet hands. Pack tightly so they hold together better. Place on baking sheet.
5. Bake for 15 minutes, then carefully flip cakes, and bake for another 8-10 minutes until golden and firm.
6. Cool for 5 minutes on the sheet and then enjoy!
7. Store leftovers in a container in the fridge for up to 5-6 days. To reheat, preheat a skillet over medium heat, add a bit of coconut oil, and cook patties for about 3 minutes per side, or until heated through.



WHAT'S THE DIFFERENCE BETWEEN THESE TWO HOMES?

HINT: IT HAS TO DO WITH SAVING ENERGY AND MONEY.

Though two homes may look alike, energy-efficiency upgrades can make a big difference in terms of maximizing comfort and reducing energy use and cost.

Energy Trust of Oregon can help you find a trade ally contractor and provide cash incentives that help offset the cost of qualifying energy improvements. With upgrades to your water heater, appliances and lighting, you could save up to 20 percent on your home energy costs while not having to scale back on comfort.



Start getting more from your energy today. Visit www.energytrust.org/homes or call us at 1.866.368.7878.

Serving customers of Portland General Electric, Pacific Power, NW Natural and Cascade Natural Gas.

