

FOOD

ASCENSION
WELL BODY & FITNESS

15 JUNE
6:30PM - 8:00PM

Well Body WEDNESDAY

GUEST SPEAKER: SHARON BLAKE

The Thought Detox
Breaking Free From A Negative Thought Life
Sharon Blake

Ascension's Well Body Wednesdays are to encourage you to approach your health and wellbeing holistically. This simply means thinking about and taking care of your mind, body and spiritual needs. June's wellness dimension is **Mental Health!**

Welcoming guest speaker Sharon Blake, CEO of Life Chronicles Publishing and Best-Selling Author presenting her book, "The Thought Detox: Breaking Free From A Negative Thought Life". To learn more about Sharon and how she is walking in her purpose please visit www.mylifechronicles.org

This event is open to the public. A \$5.00 donation is suggested.

Questions? Please email: zay@ascendwellfit.com

Admission Education & Movement, Space: 1233 SE Stark St, Portland, OR 97222 | www.ascendwellfit.com



Triple Bean Bok-Choy Salad

BY PAUL A. NEUFELDT/THE PORTLAND OBSERVER

Fiber and iron-rich beans along with the very healthy and fiber rich bok choy make up this quick and easy salad. The mixture of olive oil, vinegar, and lemon juice gives the dish a tangy flavor without the saturated fat found in creamy dressings. Serve it as a side dish or over romaine lettuce for a light lunch.

Ingredients:

- 1 tablespoon coconut oil
- 2 cloves finely diced garlic
- 1/2 cups red onion chopped
- 1 cup finely chopped whole stalks of bok choy
- 1/2 cup chopped green onions
- 1/2 cup chopped green bell pepper
- 1/2 cup chopped red bell pepper
- 1 (15.5-ounce) can garbanzo beans, drained
- 1 (15.5-ounce) can kidney beans, drained
- 1 (15.5-ounce) can black beans, drained and rinsed
- 3 tablespoons balsamic vinegar
- 2 tablespoons olive oil
- 1 teaspoon freshly ground black pepper
- 1 teaspoon lemon juice
- 1/2 teaspoon salt

Preparation:

1. Combine coconut oil, garlic, red onions and bok choy in a sauce pan, cooking until tender on medium heat (about 15 minutes).
3. While sauce pan is cooking, combine bell pepper, green onions, garbanzo beans, kidney beans and black beans in a large bowl.
4. Add cooked garlic, red onions and bok choy to bowl with beans and peppers.
5. Whisk together vinegar, oil, pepper, juice, and salt; pour over mixture in the large bowl, stirring to coat. Cover and chill.

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