

# FOOD

Self Enhancement, Inc. Presents:

*A Walk Down Memory Lane*

Food, Fun, Neighborhood Displacement Information

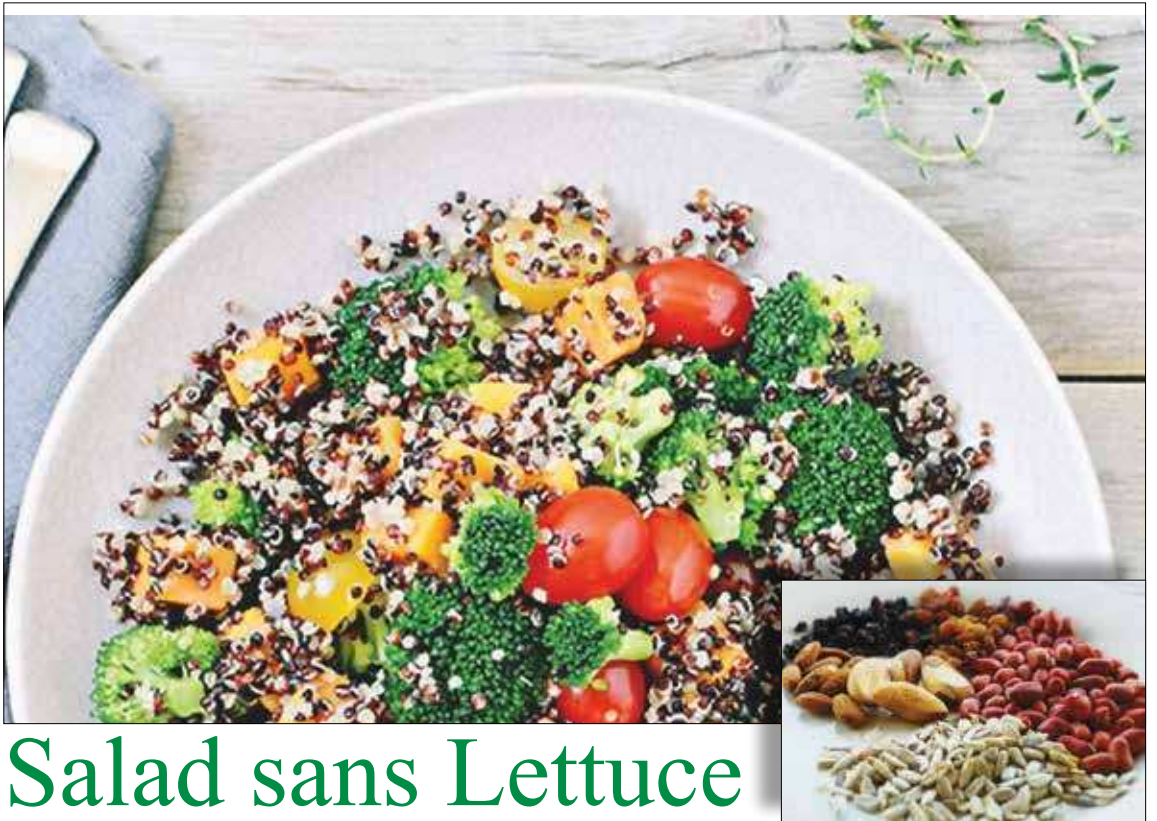
**SEI SUMMER MUSIC FESTIVAL**

Featuring a very special All-Star musical tribute to Thara Memory

OG One YungMil Mighty Beyons BeSpeak

Jarrold Lawson Tahirah Memory Mike Phillips

Saturday, August 6th  
12pm-8pm  
@ Unthank Park  
Kerby ave. & Failing st.



## Salad sans Lettuce

### Make Your Own Super Salad Without Lettuce

#### STEP 1 - Choose Veggies

**How:** Pick at least 3 different kinds of vegetables

**Why:** Utilizing more than 1 kind of vegetable keeps things interesting and provides variety of nutrients.

**Examples:** broccoli, cauliflower, bell peppers, tomatoes, cucumber, hearts of palm, artichokes, mushrooms, carrots, onions, squash, potatoes.

**Note:** Leftover veggies work great, use the ones you've already grilled or roasted. Try pre-cut and washed veggies too.

#### STEP 2 - Select a Whole Grain

**How:** Pick at least 1 whole grain.

**Why:** Whole grains provide a variety of energy-boosting nutrients and supply filling fiber.

**Examples:** quinoa, bulgur, amaranth, millet and brown rice

**Note:** The above grains cook relatively quick, so they won't take much time to prepare. Make a big batch and freeze extra for your next Super Salad.

#### STEP 3 - Add a Bean, Nut or Seed

**How:** Pick at least 1 kind of bean and/or one kind of nut and/or one kind of seed.

**Why:** Beans, nuts and seeds add more satisfaction to your salad in the way of vegetarian protein. And nuts and seeds provide healthy fats to boost that satisfaction.

**Examples:** garbanzo beans, black beans, lentils, kidney beans, cannellini beans; almonds, walnuts, peanuts, cashews, pecans, pistachios; flax seeds, chia seeds, sunflower seeds, pumpkin seeds and sesame seeds.

**Note:** Use canned beans, but drain and rinse first to remove some of the sodium.

#### STEP 4 - Pick a Protein

**How:** Pick a cheese, a meat, fish, tempeh or tofu

**Why:** We're making this Super

Salad a meal, so why not add protein and flavor to the mix?

**Examples:** Small amounts of flavorful cheeses such as feta, goat, sharp cheddar and blue cheese; fish such as light tuna, sardines, and salmon; lean meats such as chicken and turkey; tempeh, tofu or seitan.

**Note:** Buy pre-cooked or canned meats and seafood. Look for low-sodium or no-salt added varieties.

#### STEP 5 - Pick a Salad Dressing and Mix it all Up

**How:** This one is easy, just pick a salad dressing.

**Why:** Your salad needs some moisture and flavor. The dressing ties it all together!

**Examples:** Italian or vinegar and olive oil-based dressings are clean and simple and work well for many Super Salads. Or try a lemon vinaigrette or even a yogurt-based dressing.

**Note:** Use the dressing you already have! Thin it with a little water, vinegar or plain yogurt to make it stretch.

## PASTOR APPRECIATION



**Fellowship MBC Celebrates**  
Pastor Johnny Pack IV and Sis Angela Pack  
with their 29th Appreciation  
July 17th @ 3:00pm.  
4009 N. MISSOURI AVE

Guest Speaker: **Bishop Garry Tyson,**  
Pastor of Goodwill Baptist Church, Seattle, WA

**IERNVault**  
LEGAL SERVICES

**EFREM LAWRENCE, ESQ.**

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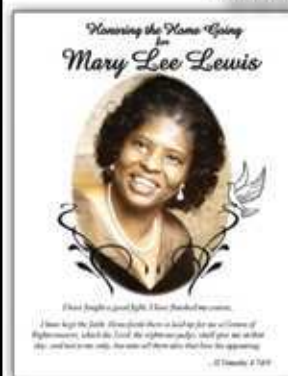
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