

5010 NE 9th Ave Portland, Or 97211 Phone: 503 284-2989

We specialize in a variety of cuts for men and women, hot towel razor shaves, braiding, hair extension, Shampoo, blow dryer and Platinum fade.

Call Today or Walk in !!!

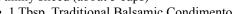
### Butternut Squash Swiss Chard Tart with Olive Oil Crust

Crust Ingredients:

- 1-1/2 cups whole wheat pastry flour
- 3 Tbsp. pine nuts, toasted and chopped
- 1/4 tsp. kosher salt
- 1/4 tsp. freshly ground pepper
- 1/4 tsp. baking powder
- 1/4 cup Arbequina or Arbosana EVOO
- 3 Tbsp. ice water

### **Tart Ingredients:**

- 3 cups peeled and cubed butternut squash
- 4 tsp. Arbequina or Arbosana EVOO
- 3/4 cup chopped onion
- 4 garlic cloves, thinly sliced
- 1 bunch Swiss chard, trimmed and thinly sliced (about 5 cups)



- 1 Tbsp. Traditional Balsamic Condimento
- 1/2 tsp. kosher salt
- 1/4 tsp. pepper
- 2 large eggs, lightly beaten
- 2-1/2 oz. Gruyere cheese, finely grated

#### **Directions:**

- **1.** Preheat oven to 400 degrees.
- 2. Lightly spoon flour into dry measuring cups. Level with knife.
- 3. In a food processor, combine flour, 1-1/2 Tbsp. nuts, 1/4 tsp. salt, 1/4 tsp. pepper, and baking powder. Pulse to combine.
- 4. Combine 1/4 cup Arbequina EVOO and 3 Tbsp. water in a small bowl. With processor on, slowly add oil mixture through the food chute. Process until dough is crumbly. Sprinkle dough into a 9-inch pie plate coated with cooking spray. Press dough evenly into bottom and up the sides of pie plate. Bake at 400 degrees until lightly browned, about 20-24 minutes.
- 5. Combine cubed squash and 1 tsp. Arbequina EVOO on a rimmed baking sheet coated with cooking spray. Toss. Bake at 400 degrees for 25 minutes, stirring just once.
- 6. Heat a large nonstick skillet over medium heat. Add remaining 3 tsp. (1 Tbsp.) Arbequina or Arbosana EVOO to the pan and swirl to coat. Add onion and garlic. Saute 7 minutes. Add chard, Traditional Balsamic Condimento, 1/2 tsp. salt and 1/4 tsp. pepper. Cook 3 minutes or until chard wilts.
- 7. Combine the chard mixture with the eggs and 2 oz. cheese in a large bowl. Add squash and remaining half of the nuts. Toss gently to coat. Pour the squash mixture into the crust, and sprinkle with the remaining
- **8.** Bake tart at 400 degrees until the filling is set, about 20-25 minutes.



# **Healthy Birth Initiatives**

Education and support for African American Families

- Pregnancy
- Breastfeeding
- Parenting classes
- Social events and more



Here for you and your baby since 1998

503-988-3



## I BRN VAULT

### EFREM LAWRENCE, ESQ.

Attorney at Law

efrem@iernvault.com 503-293-3550

Child Support & Custody Motor Vehicle Accidents



## Garlic Butter Acorn Squash

- **Ingredients:** · cooking spray
- 2 acorn squash, halved and seeded
- 1/4 cup butter, divided
- 4 teaspoons minced garlic, divided salt and ground black pepper to taste

### **Directions:**

- 1. Preheat oven to 400 degrees F (200 degrees C). Spray a 9x13-inch baking dish with cooking spray.
- 2. Place each squash half in the baking dish, cut side down.
- **3.** Bake squash in the preheated oven for 30 minutes. Flip squash over and place 1 tablespoon butter and 1 teaspoon garlic into each squash. Season with salt and pepper.
- **4.** Bake squash, cut-side up until tender, about 20 more minutes. Cool for about 5 minutes before serving.